



# NORTHERN MICHIGAN DIABETES INITIATIVE

Fall 2019 Patient Newsletter



## WHAT IS HEALTHY EATING, ANYWAY?

Let's be honest, most people are working to improve their eating habits and food choices. Eating a well balanced diet is important for overall health and for someone living with diabetes it is a critical part of managing the disease. But what exactly does "healthy eating" mean? This question is common but the answer can be complex. Healthy eating might look different depending on your culture, religion, taste preferences and financial resources.

At its core healthy eating means eating a variety of nutritious foods, that you enjoy, in the proper amounts for your body. Healthy eating should not be a chore or something that you dread. You can enjoy your food while also nourishing your body and maintaining optimal health. Continue reading to learn more.

## 7 Self Care Behaviors for Managing Diabetes

1. **Healthy eating**
2. Being Active
3. Monitoring
4. Taking Medication
5. Problem Solving
6. Reducing Risk
7. Healthy Coping

In this issue we will focus  
on Healthy Eating.

# SET THE FOUNDATION FOR HEALTHY EATING

- Fill up on non-starchy vegetables. Eat them often and choose a variety of colors.
- When eating grains, choose whole grains whenever possible. The goal is to get more fiber.
- Include protein. Both animal and plant based are good.
- Drink unsweetened beverages with water being a priority.
- Listen to your body. Eat when you are hungry, stop when you are full.



## The **BASICS** of mindful eating

B = breath and hunger gauge

A = asses food to determine if it is what you really want

S = slow down to register satiety

I = investigate hunger level throughout the meal

C = chew thoroughly to aid in digestion and allow for fullness

S = savor the food

## HOW WE EAT MATTERS

You may have heard the term "mindful eating" before or it may be new to you. According to The Center for Mindful Eating, mindful eating is:

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom.
- Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- Acknowledging responses to food (likes, dislikes or neutral) without judgment.
- Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

We talk about mindful eating in relation to healthy eating because one cannot exist without the other. Often times we become overly focused on WHAT we eat and pay little attention to our thought patterns, attitudes and behaviors towards eating. Visit The Center for Mindful Eating website for more ideas on how to start a mindful eating practice, [thecenterforminfuleating.org](http://thecenterforminfuleating.org)