

## **BUFFET TABLE TIPS FOR PEOPLE WITH DIABETES**

Barbecues, picnics and family reunions are gatherings to enjoy and treasure. How can you stick with your meal plan, yet join in the celebration and have some fun? Debbie Lay RN, Fayette County Health Department Diabetes Prevention and Control program, says **YOU CAN DO IT**. If you choose wisely and watch how much you eat, you can have a delicious meal and feel good too.

**Look for the high fiber, low-fat dishes.** Great choices are beans, peas and lentils, and dark green vegetables such as broccoli, cabbage, spinach and kale. Go for the green bean, three-bean, black bean and black-eyed pea dishes or pasta salads mixed with summer vegetables. Choose whole grain foods such as brown rice, couscous, whole wheat bread and pasta. Everyone benefits from eating these foods, not just people with diabetes.

**Watch out** for dishes loaded with mayonnaise, sour cream and butter. Choose veggies that are light on salad dressing, cheese or cream sauce. If you can, make your own dressing with a little olive oil and vinegar.

**Vegetables and grains** should fill up most of your plate, but leave room for some lean meat, poultry or fish. Be sure to choose grilled chicken and remove the skin-instead of the fried variety. If you're making a sandwich, use whole wheat bread with mustard or salsa, rather than mayonnaise.

What's for dessert? Summer means **terrific fruits**. It's hard to beat a fresh peach, fruit salad, cantaloupe or watermelon. Everyone, including people with diabetes, should eat three to four servings of fruit a day. If you can't resist sweets, have a small serving.

It's best to **drink water**, unsweetened tea or diet soda. Add a wedge of lemon for flavor.

Eating the right foods to control your blood sugar means being prepared and **planning ahead**. For more information about controlling your diabetes visit the web site [www.fayettehealthdept.org](http://www.fayettehealthdept.org). Or contact Debbie at 618-283-1044.