

According to the American Diabetes Association, "What is a Healthy Diet?"

A healthy diet is a way of eating that that reduces risk for complications such as heart disease and stroke.

Healthy eating includes eating a wide variety of foods including:

- vegetables
- whole grains
- fruits
- non-fat dairy products
- beans
- lean meats
- poultry
- fish

Carbohydrate Counting:
 $\frac{1}{2}$ cup = 15 grams of
carbohydrates

"Diabetes Superfoods" - Beans

"Whether you prefer kidney, pinto, navy, or black beans, you can't find better nutrition than that provided by beans.

They are very high in fiber, giving you about $\frac{1}{3}$ of your daily requirement in just a $\frac{1}{2}$ cup, and are also good sources of magnesium and potassium.

They are considered starchy vegetables, but $\frac{1}{2}$ cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much sodium as possible."

