

Meals and Menus to Kick Diabetes



The next steps toward kicking diabetes involve choosing the best foods, planning meals and menus, and getting practical advice to support your success. Whether you're a whiz in the kitchen or don't know where to begin, there are plenty of ways to accomplish your transition to plant-based eating.

It can take up to three to four weeks to rewire your taste buds and for your gut bacteria to adjust to the increased amount of fiber in a whole-foods, plant-based diet. A recent study reported that sugar cravings disappeared in over 85 percent of people within six days of giving up sugar and artificial sweeteners. Be prepared for sensory adjustments that take a little time. Once your taste buds become accustomed to the new normal, foods that are fatty, sugary, and salty will lose their luster, and you'll love the amazing flavors, textures, and aromas of fresh, whole foods.

Design Your Own Kick Diabetes Plant-Based Plate

Food guides are meant to help you design a diet that ensures all your nutrient needs are met on a daily basis. The Kick Diabetes Plant-Based Plate is intended specifically for adults with type 2 diabetes. It's rich in protective nutrients, minimizes harmful components, and meets the recom-

mended nutrient intakes. What follows is an overview of the foods in each group and two menus that are adjusted for different activity levels.

When you're following this guide, you don't need to meet the minimum recommended servings from every food group every day. Instead, aim to have your average intakes reach those goals over time. You can arrange meals or snacks in various ways and still meet recommended intakes for all nutrients, so there's plenty of flexibility. Special guidelines are given for five nutrients—vitamin B₁₂, vitamin D, calcium, iodine, and omega-3 fatty acids—in a section on page XX called Essential Extras.

You'll see that certain foods that may have been regulars on your menus are missing from the Kick Diabetes Plant-Based Plate. This guide is built around whole plant foods while excluding the two categories most strongly linked to increased diabetes risk: highly processed foods and animal products.



FIGURE 1
The Kick Diabetes plant-based plate

TABLE 6 Kick diabetes food groups: optimal servings and serving sizes

FOOD GROUP	SERVINGS PER DAY	FOOD EXAMPLES AND SERVING SIZES	CALCIUM-RICH FOODS 5–8 SERVINGS PER DAY
Nonstarchy Vegetables	5 or more 7+ even better!	Raw or cooked vegetables, ½ cup (125 ml); raw leafy vegetables, 1 cup (250 ml); vegetable juice, ½ cup (125 ml)	Bok choy, broccoli, collard greens, kale, napa cabbage, okra, 1 cup (250 ml) cooked, or 2 cups (500 ml) raw
Fruits	3 or more	Whole fruit, medium-sized; fruit, raw or cooked, ½ cup (125 ml); dried fruit, ¼ cup (60 ml)	Oranges, 2; dried figs, ½ cup (125 ml)
Legumes	3 or more	Cooked beans, peas, or lentils, bean pasta, or tofu or tempeh, ½ cup (125 ml); raw peas or sprouted lentils, mung beans, or peas, 1 cup (250 ml); vegetarian meat substitute, 1 oz (30 g); fortified soy milk, 1 cup (250 ml)	Black or white beans, 1 cup (250 ml); calcium-set tofu, ½ cup (125 ml); fortified soy milk or soy yogurt, ½ cup (125 ml)
Whole Grains and Starchy Vegetables	2 or more	Cooked whole grains or starchy vegetables, ½ cup (125 ml); 1 oz (30 g) very dense whole-grain bread (see page XX)	—
Nuts and Seeds	2–3	2 tbsp (30 ml) nuts or seeds; 1 tbsp (15 ml) nut or seed butter	Almonds or sesame seeds, ¼ cup (60 ml); almond butter or tahini, 2 tbsp (30 ml)
Herbs and Spices	3 or more	¼–½ tsp (1–2 ml) ground spice; 1 tsp (5 ml) dried herbs; 1 tbsp (15 ml) fresh herbs	—

Essential Extras

Vitamin B₁₂

People age sixty-five or older or adults of any age on metformin:

- Daily: Take a supplement providing 100–1,000 mcg vitamin B₁₂. (Monitor your status; your physician will adjust accordingly.)

Adults under age sixty-five choose *one* of the following:

- Daily: Take a supplement providing 25–100 mcg vitamin B₁₂.
- Two to three times a week: Take a supplement providing 1,000 mcg vitamin B₁₂.
- Daily: Consume at least three servings of foods fortified with vitamin B₁₂ that provide at least 2 mcg vitamin B₁₂ per serving. The Daily Value

(DV) for vitamin B₁₂ used on food labels is 6 mcg, so if a food provides 33 percent of the DV, it provides 2 mcg.

Vitamin D

Get daily vitamin D from sunlight, fortified foods, a supplement, or a combination of all three:

- **Sunlight.** Expose the face and forearms to *warm* sunlight (from 10:00 a.m. to 2:00 p.m.) without sunscreen for at least fifteen minutes for light-skinned people, twenty minutes for dark-skinned people, or thirty minutes for people over the age of seventy.
- **Fortified foods or supplements.** The minimum recommended intake for vitamin D is 15 mcg (600 IUs) up to age seventy and 20 mcg (800 IUs) over age seventy. For people with diabetes, especially if they're overweight, a vitamin D supplement of 25–50 mcg (1,000–2,000) per day is advised.

Calcium

The calcium-rich foods are those in various food groups that are particularly high in this mineral. They are shown in the inner circle of the Kick Diabetes Plant-Based Plate. In table 6 (page XX), they appear in the column at the right. Become familiar with high-calcium plant foods and incorporate them into your meals regularly. Recommended intakes for calcium are as follows:

- 1,000 mg per day for women age nineteen to fifty and men age nineteen to seventy
- 1,200 mg per day for women over fifty and men over seventy
- To meet recommendations, aim for five to eight servings of high-calcium plant foods daily. (The balance will come in smaller amounts from other plant foods.) Each serving of the following foods provides approximately 150 mg of calcium:
- 2 cups (500 ml) raw bok choy, broccoli, collard greens, kale, or napa cabbage
- 1 cup (250 ml) cooked bok choy, broccoli, collard greens, kale, mustard greens, napa cabbage, or okra; black or white beans
- ½ cup (125 ml) calcium-set tofu, dried figs, fortified nondairy milk, cooked soybeans, or soy nuts