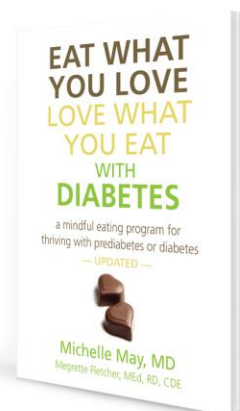


*Eat What You Love, Love What You Eat with Diabetes:
A Mindful Eating Program for Thriving
with Prediabetes or Diabetes (2nd ed)*

By Michelle May MD with Megrette Fletcher MEd, RD, CDE

Free tools: www.amihungry.com/diabetes-resources



Simple Tips for Mindful Meal Planning Using the Diabetes Plate

By Michelle May M. and
Megrette Fletcher MEd RD CDE

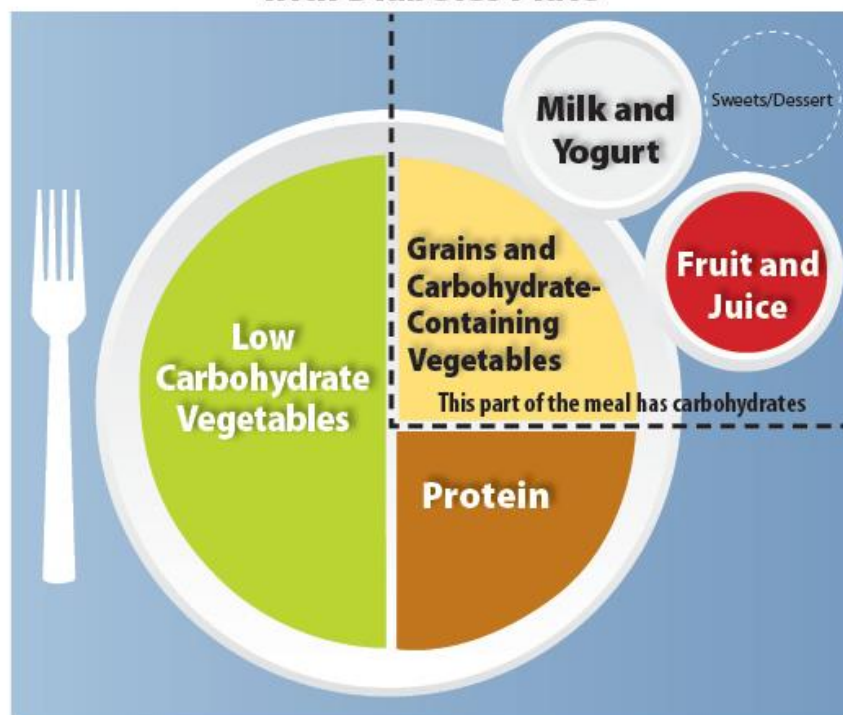
You may be familiar with the meal-planning tool “My Plate”:
<http://www.choosemyplate.gov/>.

Our version below applies this simple concept to mindful meal planning when you have diabetes.

The following simple instructions will help you plan your meal.

- Start by picturing your meal and filling half your plate with salad and other low-carbohydrate vegetables.
- Divide the other half of your plate in half again for lean protein.
- Your carbohydrate choices—grains, carbohydrate-containing vegetables, fruit, dairy, and sweets go at the top right.
- A carbohydrate choice contains approximately 15 grams of carbohydrate. Adjust the number of servings for your carbohydrate goal. My goal is: _____
- Add healthy fats in moderation for flavor, satiety, and more stable blood glucose levels.
- If you are having dessert, replace one or more of your carbohydrate choices with the desired sweet.
- Remember, *what* you eat is only one of the important decisions in your Mindful Eating Cycle!
- All foods can fit into a healthy diet by focusing on balance, variety, and moderation.
- Use your Fearless Blood Glucose Log to see how your choices affected your glucose levels.

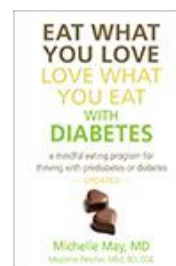
Eat What You Love, Love What You Eat with Diabetes Plate



From *Eat What You Love, Love What You Eat with Diabetes*
by Michelle May MD and Megrette Fletcher MEd, RD, CDE

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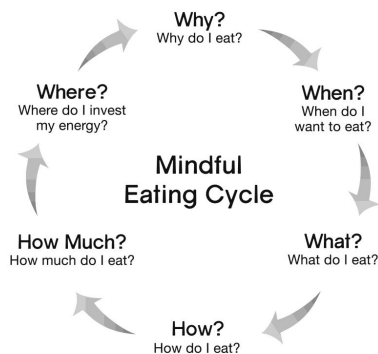
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Using the Mindful Eating Cycle for Diabetes Self-Management

By Michelle May, M.D.

You can only change what you're aware of. Use the Mindful Eating Cycle to ask questions and become more mindful about your decisions.



From *Eat What You Love, Love What You Eat with Diabetes*

Why? Why do I eat?

- Why do I think I eat? Fuel, nutrition, pleasure, fear?
- What are my target blood sugar levels?
- Am I aware of situations or emotions that trigger me to want to eat when I'm *not* hungry? Examples: Stress, boredom, socializing, fear of low blood sugar, etc.

When? When do I want to eat?

- How can I tell if I'm hungry?
- Can I identify hypoglycemia?
- How can I redirect my attention if I'm *not* hungry?
- What can I do to cope better with my emotional triggers for eating?

Examples: Manage stress better; tell someone how I really feel; find a hobby; treat myself to a hot bath; deep breaths...

What? What do I eat?

- Does my diet reflect balance, variety, and moderation?
- Am I able to estimate carbohydrate content?
- How many carbs do I typically eat at snacks and meals?
- How do my food choices affect my blood glucose, cholesterol, blood pressure, and other health issues?
- Are there changes that I want to make in my diet right now?
- How do my emotions affect what I want to eat?
- Do I restrict myself from certain foods then later overeat those foods and feel guilty?
- What foods will I keep on hand to eat when I'm hungry?

How? How do I eat?

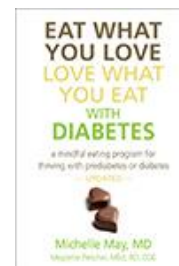
- Do I eat while distracted? Do I eat while watching TV, driving, reading, working, talking, using my phone ...?
- Do I eat fast? Do I really taste my food? Do I notice satisfaction and fullness?
- Do I eat differently in private than I do in public? Do I sneak eat? Why?

How Much? How much do I eat?

- Do I like how I feel when I'm done eating?
- Do I usually clean my plate, no matter how much is on it?
- What situations or emotions trigger me to overeat?
- How could I address those triggers better? Examples: Order less, share, leave the table, turn the TV off...

Where? Where do I invest my energy?

- Am I active? Do I exercise? What do I enjoy doing?
- Do I have too much "screen time" (TV or computer)?
- What else do I do with my energy? Hobbies, games, learn new things, volunteer, travel, spend time with friends, pray, meditate...
- Is there anything else I'd like to do with my energy that I'm not doing now? What are my hopes, goals, and dreams?



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