

Nutrition and Diabetes | ADA

 diabetes.org/food-nutrition

What does it mean to eat healthy? The answer is a little different for everybody, but it's a delicious journey to find out what works best for you. Here's where you can start to navigate nutrition and the science-backed facts about food.



Healthy Eating Can Be Delicious!

Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), but it also helps you have a better relationship with food. Intentional food choices like eating more non-starchy veggies, opting for lean meats or plant-based proteins, choosing quality carbohydrates, and low-fat versions of cheeses and dressings, will all help you meet your health goals—and they'll taste great too! It is not about one food, or one meal, it's about healthy eating over time. Food nourishes you so you stay healthy, but our food choices are also impacted by our memories, culture, and community

Healthy Eating Tips

From healthy swaps and how to shop the grocery store, to new recipes and eating well in a fast food restaurant, we've got the tips you need to set yourself up for nutritious success.

- [Fast-Food Dining](#)
- [Shopping the Grocery Store](#)

[Get the Tips](#)



How Food Affects Blood Glucose

All foods affect your blood glucose (blood sugar), but some have a bigger impact than others, such as foods high in simple carbs, fat, and calories. Find out how to plan your meals to help manage your blood glucose.

- [Meal Planning](#)
- [Understanding Carbs](#)

[Find Out More](#)



Figuring out the Nutrition Facts label on food can be tricky—that's why we have a breakdown of what it all means and how you can use the food label to make healthier choices.

[Learn How](#)



Did you know? Many Americans face food insecurity, which means they don't have reliable or consistent access to healthy foods. If that's you, we have resources that can help.

[Find Resources](#)



The American Diabetes Association has partnered with the chefs at Homemade to provide a free live cooking class every month so you can learn to make tasty, healthy meals at home. And our nutrition experts will be standing by to answer your questions!

[Register for a Class](#)

Diabetes Food Hub® is your go-to destination for free diabetes-friendly recipes. Search for recipes for every meal (even snacks and desserts!) and for almost every cuisine type and dietary restriction. Plus, use the meal planner and grocery store list maker to simplify your routine.

[Get Cooking](#)

