



SIMPLE  
ANSWERS

TAKING CHARGE OF  
DIABETES AND HEART HEALTH

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## FREQUENTLY ASKED QUESTIONS

### 1) I've heard that wine can be good for your heart. Is that true?

In some studies, moderate alcohol consumption has been associated with a decreased risk of dying from heart disease. Also, certain studies have shown that red wine has a greater heart-health benefit than other types of alcohol, yet other studies have shown that the benefits are the same for all types of alcohol. However, you should use alcohol with caution! Avoid alcohol if you are pregnant, have uncontrolled blood glucose levels, neuropathy, have a history of alcohol abuse, or if you take medications in which alcohol is contraindicated. If you choose to include alcohol, the recommended limit is no more than one drink a day for women and no more than two drinks in a day for men. One drink is defined as 5 ounces of wine, 12 ounces of beer, or 1-1/2 ounces of whiskey.

### 2) I have high cholesterol and diabetes and my healthcare provider told me to watch my fat and my carbohydrate intake. What is there for me to eat?

Watching your fat and carbohydrate intake means you should make good choices, not that you shouldn't eat! Your best choices will be foods that are low in saturated and trans fats but include small amounts of heart healthy fats with healthy carbohydrate choices in moderate amounts. This means you should avoid foods like high fat meats and cheese, butter, and fried or processed foods, choosing instead lean meat and low fat dairy, and use nuts, olive or canola oil for healthy added fats. Healthy carbohydrate choices include whole grains, starchy vegetables, legumes, low fat milk, and fruit. Water soluble fiber may help lower both cholesterol and blood glucose levels, so be sure to include oat cereals, beans, fruits and vegetables into your meal plan. Just be sure to choose all of these foods in portions that are appropriate for your blood glucose management and your weight goals.



