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Fast heartbeat after eating

Knowing what to eat can be confusing. Everywhere you turn, there is news about what is or isn't good for you. But a few basic tips have withstood the test of time. Regardless of what cuisine you prefer, here's what all healthy eating plans have in common. They include: Fruits and vegetables Lean meats and plant-based sources of protein Less added sugar Less processed foods Try the Diabetes Plate Method. Eating healthy is important, it can be hard to know what and how much to eat—especially when you're managing diabetes. If you're looking for an easy place to start, then try following the Diabetes Plate Method. This simple guide offers a stress-free way to plan your portions without any counting, calculating, or measuring. First, grab a 9-inch plate. You want to fill half your plate with non-starchy vegetables, one quarter of the plate of protein foods, and the last quarter of the plate with carbohydrate foods. Top it off with a glass of water or another zero calorie drink and you've got yourself a well-balanced plate! This helps take the guess work out of meal planning so you can spend more time doing the things you love. Check out the types of foods listed below so you can be on your way to eating good to feel great. Non-starchy vegetables Using the Diabetes Plate Method as your guide, fill half your plate with non-starchy vegetables for a healthy meal. These vegetables keep you feeling full for longer and provide you with the great-tasting nutrients your body needs without as many calories and carbs. Non-starchy vegetables include broccoli, carrots, cauliflower and more! Learn more about non-starchy vegetables. Protein Protein is an important part of a diabetes meal plan. Are you plant-based? That's okay! There are plenty of protein-rich plant-based options, such as beans, hummus, lentils and others. Learn about your best choices. Fruits Wondering if you can eat fruit? Yes! While fruit does count as a carbohydrate food, they are loaded with vitamins, minerals and fiber just like vegetables. Fruit can also help you satisfy your sweet tooth without the added sugar. Find out about the best choices. Fats Fats are not the enemy. Focus on adding healthy fats (like monounsaturated and polyunsaturated fats) to lower your cholesterol and protect your heart. Healthy fats can be found in foods like olive oil, nuts, avocados, some types of fish and a host of other tasty options. Make healthy choices to decrease your risk of heart disease. Get the facts on fats. Diabetes superfoods You may have heard of diabetes superfoods. Get the facts, and then supercharge your meal plan with these ten foods full of vitamins, minerals and fiber. Learn more about diabetes superfoods. Most eating-related side effects of cancer treatments go away after treatment ends. But some side effects can last for some time. If this happens to you, talk to your cancer care team and work out a plan to manage the problem. As you begin to feel better, you may have questions about eating a healthier diet. Just as you wanted to go into treatment with the best nutrition that your diet could give you, you'll want to do the best for yourself at this important time, too. Eating well will help you regain your strength and energy, rebuild tissue, and feel better overall. Tips for healthy eating after cancer treatment Check with your cancer care team to see if you have any food or diet restrictions. Ask your dietitian to help you create a nutritious, balanced eating plan. Try to eat a variety of colorful fruits and vegetables each day; include citrus fruits and dark-green and deep-yellow vegetables. Eat plenty of high-fiber foods, like whole-grain breads and cereals. Try to buy a different fruit, vegetable, low-fat food, or whole-grain product each time you shop for groceries. Avoid or limit your intake of red meat (beef, pork, or lamb) and processed meats such as salt-cured, smoked, and pickled foods (including bacon, sausage, and deli meats). Choose low-fat milk and dairy products. It is best not to drink alcohol. If you drink, limit the amount to no more than 1 drink per day for women, and 2 for men. Alcohol is a known cancer-causing agent. If you're overweight, consider losing weight by cutting calories and increasing your activity. Choose activities that you enjoy. Be sure to check with your cancer care team before starting an exercise program. Visit Eat Healthy or call us at 800-227-2345 to learn more about choosing foods for a well-balanced meal plan. Skip to content Restaurant meals don't have to be dietary disasters. These tricks can help you enjoy dining away from home without going overboard. Each product we feature has been independently selected and reviewed by our editorial team. If you make a purchase using the links included, we may earn commission. For many of my clients, going out to eat feels like a mini vacation where anything goes and healthy eating goals fall by the wayside. Trouble is, many are dining out more often and the effects of those splurge meals snowball, leading to weight gain or preventing weight loss. According to one recent study, a single meal at a sit-down restaurant can pack nearly a day's worth of calories, and meals consumed away from home are higher in unhealthy fats and sodium and lower in filling fiber. But restaurant meals don't have to be dietary disasters. These 7 savvy tricks can help you enjoy dining away from home without going overboard. Most restaurants post menus online. Do a little recon and scope out healthy options in advance (and when you're not already hungry). Mentally pre-ordering can prevent you from feeling stressed or rushed when you're there. It may also lessen the chances that you'll throw caution to the wind and order what sounds good in the moment, rather than what will feel good later. Some of my clients tell me they wind up nibbling on chips and salsa or tearing into a slice of bread not because they're favorites, but simply because they're there. That's easy to do when food is within arm's reach and you're hungry, but eating extras that aren't worth it, well, just isn't worth it. Next time you dine out, set a mental agenda to decline anything that isn't a favorite or worth the splurge. If you don't really love it, you won't regret passing. If you know you're going to splurge, plan it by choosing one special food and building your meal around it. For example, if you're going to a place with fantastic French fries, which are rich in carbs and fat, pair them with veggies and lean protein to create balance. The same goes for dessert. Ordering grilled fish and steamed veggies with a side of fries or following it with dessert may seem odd, but it makes a whole lot more sense than going all out and leaving the restaurant feeling stuffed and sluggish. Forget all or nothing: in between is the best, and sanest, place to be. Some of my clients tell me that they end up overeating at restaurants because they're hesitant to make a fuss when they order. But these days, customizing your meal when dining out is the norm, so don't feel bad about asking for swaps or making special requests. For example, ask for a turkey burger wrapped in lettuce instead of a bun, trade fries for steamed veggies, order side dishes in place of an entrée, and nix unwanted toppings, sauces, or garnishes. At one of my favorite restaurants I always order the same salad, but with five changes. Each time I tell the server, "I'm so sorry to be a pain, but I always respond with a friendly "No problem!" and say they want happy customers who get what they want and keep coming back. Win, win. Recent research shows that we tend to mimic the eating rate of whoever we dining with. For example, one study found that when two women eat together, when one woman's fork moves towards her mouth, the other is likely to take a bite within five seconds. This unconscious effect could trigger you to eat faster, and gobble down more overall food than you would on your own. To counter it, consciously set a slower pace. Put your fork down between bites, take eating breaks to talk or sip water, and resist picking up speed, even if your dining companion is chowing down faster. Taking it slow has been shown to result in naturally eating less, while feeling more satisfied, the perfect way to end a restaurant meal. Not only are sugary drinks bad for your health, research shows they're not filling. So when you drink 250 calories worth of sugar, you won't compensate by eating less food, and those liquid calories just get tacked onto a meal. When dining out, stick with good old fashioned H2O, and drink a glass or two before you start eating. Studies have shown that this trick can result in taking in fewer calories without trying. Sipping water between bits can also help to slow your eating pace, and keep you hydrated, which is key for both digestion and metabolism. Sometimes clients tell me they overeat when dining out because they don't want to waste food they paid for. I get it! Wasting food or feeling like you're throwing money away doesn't feel good. However, if you eat more than your body needs you're still wasting food. The difference is instead of getting thrown in the trash, the surplus gets socked away in your fat cells, and you have to carry the waste around with you 24/7. When I share this analogy with clients, this powerful realization often leads to paying closer attention to their hunger and fullness levels, ordering more appropriate portion sizes, stopping when full, and quitting the clean plate club! All changes that can lead to effortlessly shedding pounds and inches, especially when dining out. Cynthia Sass is a nutritionist and registered dietitian with master's degrees in both nutrition science and public health. Frequently seen on national TV, she's Health's contributing nutrition editor, and privately counsels clients in New York, Los Angeles, and long distance. Cynthia is currently the sports nutrition consultant to the New York Rangers NHL team and the Tampa Bay Rays MLB team, and is board certified as a specialist in sports dietetics. Her latest New York Times best seller is *A S.A.S.!* Yourself Slim: Conquer Cravings, Drop Pounds and Lose Inches. Connect with Cynthia on [Facebook](#), [Twitter](#) and [Pinterest](#). © Copyright . 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