

THE PROACTIVE

Volume 4

Diabetes & Food

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A MONTHLY NEWSLETTER

Keep It Fun! Keep It Healthy!



Enjoy this sample meal, and bring some fun into your diet.

■ Breakfast (294 calories, 41 g carbs)

1/2 cup oats cooked in 1/2 cup each 2% milk & water
1 medium plum, chopped
4 walnut halves, chopped
Top oats with plum and walnuts.

■ Morning Snack (96 calories, 18 g carbs)

3/4 cup blueberries
1/4 cup nonfat plain Greek yogurt
Top yogurt with blueberries.



■ Lunch (319 calories, 37 g carbs)

Turkey & Apple Cheddar Melt
2 slices whole-wheat bread
2 tsp. whole-grain mustard, divided
1/2 medium apple, sliced
2 oz. low-sodium deli turkey
2 tbsp. shredded Cheddar cheese, divided
1 cup mixed greens
Top bread slices with mustard, apple, turkey and with 1 tbsp. cheese. Toast sandwich halves face-up in a toaster oven until the cheese begins to melt and bubble. Add the mixed greens to the sandwich just before serving.

■ Afternoon Snack (58 calories, 16 g carbs)

1/2 medium apple, sliced
1/2 tsp. honey
Pinch of cinnamon
Drizzle the apple slices with honey and sprinkle with cinnamon.

■ Dinner (490 calories, 52 g carbs)

1 1/3 cups chicken Sausage & Peppers
1/2 cup cooked brown rice
1/2 tsp. extra-virgin olive oil
1/2 tsp. no-salt-added Italian seasoning
Salt to taste



Season rice with oil, Italian seasoning and salt. Serve chicken sausage & peppers over the rice.



Diabetes & Food: A Healthy Diet

Eating healthy is important when it comes to managing Diabetes. This means sticking to foods that are rich in nutrients, and low in fat and calories. Consuming foods like fruits, vegetables and whole grains should be the main focus, as well as eating three moderate meals at the same time each day. This way, your body can better use the insulin that it produces. Talking to a registered dietitian will help you put together a diet based on your individual health goals, taste, lifestyle, and habits, such as proper portion sizes. In the meantime, here are some helpful tips anyone can follow:

Recommended Foods

■ Healthy Carbohydrates

It's important to incorporate healthy carbohydrates into your diet as they help break down the blood glucose in the body. Fruits, vegetables, whole grains, and low-fat dairy products are all healthy carbohydrates that add to a healthy diet.



■ Fiber-rich Foods

Foods like fruits, vegetables, whole-wheat flour, and wheat bran are rich in fiber which help the body digest and control blood sugar levels.

■ Heart Healthy Fish

Fish like tuna, cod, and halibut are a great alternative to other meats because they typically have less total fat.

■ Good Fats

Avocados, almonds, pecans and olive all contain monounsaturated & polyunsaturated fats. These are considered healthy fats that help lower cholesterol levels. However, they are still high in calories so be sure to consume moderately.



Foods to Avoid

■ Saturated Fats

Beef, hot dogs, bacon, and high fat dairy products all contain saturated fats, which should be avoided as cholesterol levels will rise, putting you at risk for heart disease and stroke.

■ Trans Fats

Avoid trans fats that are typically found in processed snacks, baked goods, and sticks of margarine. Trans fats are known to increase levels of cholesterol in the body.



■ Cholesterol

High-fat dairy products like egg yolks, and high-fat animal proteins like liver, are all high in cholesterol. Try to eat no more than 200 milligrams (mg) of cholesterol a day, as too much cholesterol causes fatty build ups in the arteries. This can put you at risk of heart attack, stroke, and peripheral artery disease.

■ Sodium

You should consume no more than 2,300 mg of sodium a day, and if you are hypertensive, aim for less than 1,500 mg a day. Excess sodium increases blood pressure, putting added stress on the heart.