

Nutrition for prediabetes to help manage blood sugar and weight

What you should eat

1 Protein rich foods



Lean meats, skinless poultry, fish



Lentils, beans, nuts, chickpeas, peas



Glucerna® Hunger Smart®

2 Whole grain and high-fiber carbs



Whole grain breads, cereals, pasta, brown rice



Fruits, berries (especially those with edible skin)

3 Low-fat dairy



Low-fat or skim milk



Low-fat or fat-free yogurt (plain or artificially sweetened)



Low-fat cheese

Food and prediabetes

- Having a balanced diet and eating meals at consistent times each day can help with weight loss and blood sugar control
- Limit foods with added sugars, like candy, sweets, and sugar-sweetened beverages
- Use sugar substitutes instead of regular sugar
- Watch for added sugar in juice and powdered drinks
- Stop eating when you feel satisfied, not after you're full

4 Non-starchy vegetables - including vegetables such as



Green

Asparagus, broccoli, collards, kale, spinach, cabbage, lettuce, celery



Yellow and orange

Carrots, summer squash



Red

Tomatoes, peppers, beets



White

Onions, cauliflower

5 Healthy Fats



Nuts: almonds, peanuts, walnuts



Fatty fish: salmon, tuna, trout, sardines



Seeds: sunflower, sesame



healthy oils: olive, canola, sunflower, corn, safflower

6 Drink 6 to 8 cups of water (or other very low or zero-calorie fluids) every day

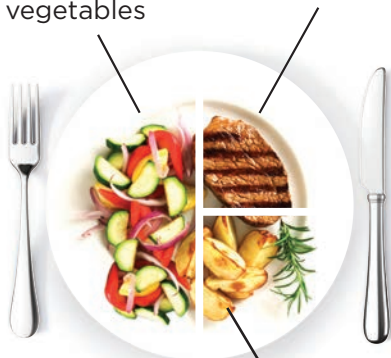


Easy tips to get the nutrients you need:

Fill up your plate with the right balance of healthy foods.

1/2 plate of non-starchy vegetables

1/4 plate of proteins



Eat a piece of fruit for dessert

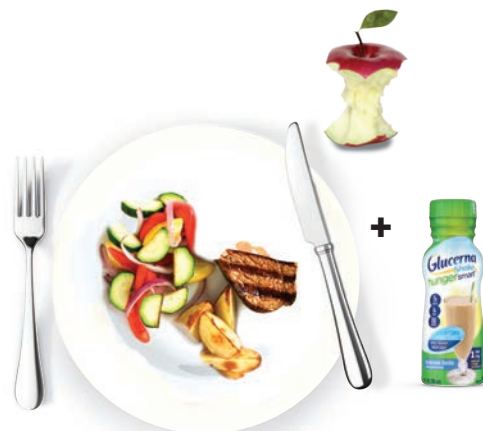
Eating only a part of your meal can result in less nutrition



1/4 plate of carbohydrates

Drink a glass of low or non-fat milk with your meal

Sometimes it may be difficult to eat enough of the right foods.



Adding a nutrition drink can help fill the nutrition need

If skipping a meal or eating less than your nutrition requirements, add Glucerna® Hunger Smart to your daily meal plan.

1 Prediabetes eating tips:

- Eat meals and snacks about the same time and in the same amount each day
- Choose lean protein foods
- Eat foods high in vitamins, minerals, and fiber (whole grains, vegetables and fruits)
- Choose non-fat milk and yogurt, and low-fat cheeses
- Limit salt, sugar, sweets, and high saturated-fat foods

3 Talk to your doctor or nurse if:

- You have problems with your eyes or vision
- You experience tingling or numbness in your hands or feet
- You experience increased thirst or urination

2 Weight Loss and Exercise:

- To help manage prediabetes, you can start by losing weight and exercising.
- Reduce your body weight by 7 percent (if you weigh 200 pounds, that would be about 15 pounds). This start to weight loss will help in managing your blood sugar levels and put you in the right direction with your weight loss.
- Aim to get 150 minutes of physical activity each week. Start with walking at least 30 minutes per day.

Use as part of a diabetes management plan.



Glucerna® Hunger Smart® has CARBSTEADY®, which includes low glycemic carbohydrates, clinically shown to help minimize blood sugar spikes in people with diabetes.

 **FAMILY PRACTICE CENTER, PC**


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