

Know Your Numbers

Tips to Lower Your Risk of Diabetes

Week 2

Here are some steps you can take to change the way you eat. Small steps add up to big rewards.

General Tips:

- Cut back on regular soft drinks and juice. Have water or try calorie-free drinks
- Choose lower-calorie snacks, such as popcorn instead of potato chips
- Eat salad with low-fat dressing and at least one vegetable at dinner every night
- Choose fruit instead of cake, pie, or cookies

Cut calories by cutting serving sizes:

- Eat smaller servings of your usual foods
- Share your main course with a friend or family member when you eat out. Or take half home for later

Cut down on bad fat:

- Roast, broil, grill, steam, or bake instead of deep-frying or pan-frying
- Use a small amount of oil for cooking instead of butter, lard or shortening
- Try plant based proteins like beans instead of meat and chicken
- Choose fish at least twice a week
- Eat lean meats such as the round or loin cuts, or chicken without the skin
- Cut back on high fat and processed meats like hot dogs, sausage, and bacon
- Eat less high fat desserts such as ice cream, cake with frosting, and cookies
- Avoid margarine and other foods with trans fat

Source: http://professional2.diabetes.org/PatientEducationLibraryDetail.aspx?pmIPath=Prediabetes_Flyer3_b5b0da39-b2c3-4539-a4cd-7485cfc1fdef&pmIName=Prediabetes_Flyer3.pdf&pmIId=132&pmITitle=Prediabetes_What_Is_It_and_What_Can_I_Do?

****For additional help implementing these changes, take advantage of your health coach!** To set up your appointment please contact your Agnesian Health Coaches at Tara: 920-926-5678 or Angie 920-926-5508 or e-mail workandwellness@agnesian.com.