

# Know Your Numbers

## Tips to Lower Your Risk of Diabetes

### Week 3

#### Diabetes & Diet: 7 Foods That Control Blood Sugar

##### 1. Raw, Cooked, or Roasted Vegetables

These add color, flavor, and texture to a meal. Choose tasty, low-carb veggies, like mushrooms, onions, eggplant, tomatoes, Brussels sprouts, and low-carb squashes, like zucchini. Try them with dips such as low-fat dressings, hummus, guacamole, and salsa, or roasted with different seasonings such as rosemary, cayenne pepper, or garlic.

##### 2. Greens

Go beyond your regular salad and try kale, spinach, and chard. They're healthy, delicious, and low-carb. Roast kale leaves in the oven with olive oil for quick, crunchy chips. You can also mix greens in with roasted veggies to add texture and a different flavor, or serve them with a little protein, like salmon.

##### 3. Flavorful, Low-calorie Drinks

Plain water is always good, but water infused with fruits and vegetables is more interesting. Cut up a lemon or cucumber and put it in your water, or make ice cubes with some flavoring in them.

##### 4. Melon or Berries

Did you know that 1 cup of either of these has just 15 grams of carbs? For a different twist, mix the melon or berries with plain yogurt, or put them in ice cubes.

##### 5. Whole-grain, Higher-fiber Foods

Fill up on these to keep from overeating or choosing the wrong foods. Try legumes like dried beans, peas, and lentils. You can even enjoy a black bean and corn salsa with your raw vegetables.

##### 6. A Little Fat

Good fat choices include olive oil, avocado, and fatty fishes -- think salmon served on of a bed of lettuce, for example.

##### 7. Protein

Greek yogurt, cottage cheese, eggs, and lean meats are good choices. And don't forget treats. Peanut butter on a celery stick is a good fat and protein mix for a healthy, satisfying snack.

Adapted from: <http://www.webmd.com/diabetes/features/diabetic-diet-6-foods-control-blood-sugar>

**\*\*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](mailto:workandwellness@agnesian.com).