



3 Tips to Manage Prediabetes

1. Limit concentrated sweets.

Concentrated sweets are high-sugar foods and beverages such as soda, sports drinks, juice and other fruit flavored drinks, syrup and fruit canned in syrup, honey, jelly and jam, molasses, and foods that contain excessive amounts of sugar such as cakes, cookies, candy, pie, donuts, pudding, custard, frozen desserts, and certain yogurts and cereals. These foods have little nutritional value and spike blood sugar levels. Instead, eat more whole grains, unsweetened cereals and yogurts, fruits and vegetables, meat and poultry, and fish and low-fat dairy products. An easy swap would be to choose peanut butter on whole wheat toast instead of a bowl of Frosted Flakes for breakfast.

2. Fill half of your plate with non-starchy vegetables.

Non-starchy vegetables pack a punch of nutrition for fewer carbohydrates and calories. Popular non-starchy vegetables include asparagus, green beans, broccoli, cabbage, carrots, cauliflower, cucumbers, salad greens, mushrooms, peppers, okra, summer squash, tomatoes, and turnips. Aim to fill half your plate with these foods, while reserving a quarter for lean protein such as chicken, fish, or lean pork or beef, and the other quarter for starches such as corn, green peas, beans, potatoes, rice, pasta, bread, tortillas, or other grain-based food.

3. Move more.

Exercise lowers blood sugar, assists in weight loss, reduces risk of heart disease, and assists in managing stress. Aim to get 30 minutes of moderate-to-vigorous intensity exercise (brisk walking, playing with children, biking at a casual pace, jogging, swimming, roller blading, jumping rope, or competitive sports) at least 5 days per week or a total of 150 minutes per week along with strength training exercises 2 times per week. Activity can be broken up throughout the day to fit a busy schedule. If just starting an exercise routine, start slowly with walking for 5-10 minutes a day and build up from there.

If you are overweight, weight loss of 5-7% of your body weight can reduce your risk of progressing to diabetes. Those who meet with a registered dietitian for at least 6 months experience an average weight loss of 1-2 pounds per week. For more tips and to receive an individualized meal plan to better assist with weight and blood sugar management, call (919) 237-1337 to make an appointment with one of our Avance Care registered dietitians.