



living with diabetes dietitian's tips

1 Sweetened beverages may help to quench the thirst you are looking for. However, most drinks have more added sugars than you would expect. Try switching to a drink with alternative sweetener or no added sugars such as La Croix and Dasani Sparkling in order to cut back on the amount of added sugars in your diet, but to still get some flavor and fizz.

2 Snacking is an important part of anyone's diet. Rather than going for a quick fix, look to having a complete snack that includes a good carbohydrate, protein, heart healthy fats and a fiber source to help control hunger cravings between meals. Here are a couple examples: an apple with peanut butter, or whole grain crackers with a cheese stick and or hummus.

3 Try eating your meals and snacks around the same time every day to help prevent against highs and lows. If you are taking insulin or diabetes medication, be sure to time these around your meals to prevent lows.

4 Not only is diet important in controlling diabetes, so is exercise! So get moving in whatever way works best for you! If you like to dance, try taking a Zumba class, if walking is more your style, or if you like to hike, lace up those tennis shoes and move!

5 If you drink alcohol, it's important to limit intake. Alcohol can cause lows, so if you do choose to drink, limit to 1-2 drinks and be sure to drink plenty of water and have a small snack or meal including carbohydrates and protein or fat.

6 In addition to keeping your carbohydrates balanced at all meals and snacks it's important to select whole grains and high fiber foods. A diabetic diet is a balanced meal plan that all individuals can follow, whether you are diabetic or not.

7 When going out to eat, split your entrée with another person, ask for dressings and sauces on the side, and check out other options on the menu to find better-for-you entrées. Don't be afraid to try new foods!



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