

# Reducing Your Risk of Diabetes

YOUR GUIDE TO HEALTHY LIVING



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## TABLE OF CONTENTS

Diabetes Prevention.....	2
Knowing Your Risk.....	2
Aim for a Healthy Weight.....	3
Tips to Reach a Healthy Weight.....	4
Healthy Eating: Important Principles.....	5
Healthy Eating: Heart Health.....	6
Healthy Eating: Portion Sizes.....	7
Healthy Eating: Meal Planning.....	8
Healthy Eating: Nutrition Information Labels.....	9
Healthy Eating: On the Go.....	10
Physical Activity: Types and Intensity.....	11
Physical Activity: Managing Stress.....	13
Improving Sleep.....	15
My Action Plan.....	16
Appendix: Helpful Resources.....	17
Appendix: Serving Sizes.....	19
Appendix: Snack Ideas.....	20
Appendix: Vegetarian Meal Ideas.....	21
Appendix: Meal Ideas.....	22
Appendix: Eating More Fruits and Vegetables.....	23
Appendix: Frequently Asked Questions.....	24

## DIABETES PREVENTION

### What is prediabetes?

Prediabetes means that your blood sugar level is higher than normal, but not yet high enough to be type 2 diabetes. You will not automatically develop type 2 diabetes if you have prediabetes. For some people with prediabetes, making lifestyle changes can help lower blood glucose levels to the normal range.

#### You can lower your risk for type 2 diabetes by 58%\* by:

- Losing 5–7% of your body weight.
- Participating in moderate-intensity physical activity most days of the week.

### What is diabetes?

**TYPE 1 DIABETES** – The pancreas stops making insulin. Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease.

**TYPE 2 DIABETES** – The most common type of diabetes, which occurs when your body does not use insulin properly (insulin resistance). At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to make enough insulin to keep your blood sugar at normal levels.

This program will help you develop a plan around healthy lifestyle choices, including:

- Losing weight or maintaining a healthy weight
- Eating healthy: Understanding the types of foods to eat and timing of meals
- Becoming or staying physically active
- Managing stress and improving sleep

### Knowing Your Risk

#### Risk factors you can change

- Weight, especially abdominal fat
- Inactivity
- High blood pressure
- High triglycerides
- Smoking

#### Risk factors you're unable to change

- Age 45+
- History of gestational diabetes
- Delivering a baby larger than 9 pounds
- Genetics
- Ethnicity

#### Other factors that can affect your blood sugar

- Illness, injury, or infection
- Medications, such as steroid therapy
- Stress
- Poor sleeping habits



**Diabetes is diagnosed** based on several test results, but an essential screening is your A1C (hemoglobin A1c), which is your blood sugar over the past 3 months.

<b>Normal:</b>	5.6% or lower
<b>Increased risk of diabetes:</b>	5.7–6.4%
<b>Diabetes:</b>	6.5% or higher

Commented [BP1]:

\*Source: U.S. Centers for Disease Control and Prevention: [cdc.gov/diabetes/basics/prediabetes.html](https://www.cdc.gov/diabetes/basics/prediabetes.html)

## AIM FOR A HEALTHY WEIGHT

If you have a body mass index (BMI) of 25 or higher, you may benefit from a 5-7% weight loss. If you're overweight, even a small amount of weight loss can help you control your blood sugar. Making gradual changes that you can stick with is the key to long-term success.

Review the charts below for examples on what your weight and/or weight loss goals might be.

Your height	BMI of 25
5' 0"	128 lbs.
5' 1"	132 lbs.
5' 2"	137 lbs.
5' 3"	141 lbs.
5' 4"	146 lbs.
5' 5"	150 lbs.
5' 6"	155 lbs.
5' 7"	160 lbs.
5' 8"	164 lbs.
5' 9"	169 lbs.
5' 10"	174 lbs.
5' 11"	179 lbs.
6' 0"	184 lbs.
6' 1"	190 lbs.
6' 2"	195 lbs.

Your current weight	Target weight loss (5-7%)
130–140 lbs.	7–10 lbs.
140–150 lbs.	7–11 lbs.
150–160 lbs.	8–11 lbs.
160–170 lbs.	8–12 lbs.
170–180 lbs.	9–13 lbs.
180–190 lbs.	9–13 lbs.
190–200 lbs.	10–14 lbs.
200–220 lbs.	10–15 lbs.
220–240 lbs.	11–17 lbs.
240–260 lbs.	12–20 lbs.
260–280 lbs.	14–20 lbs.
280–300 lbs.	14–21 lbs.
300–320 lbs.	15–22 lbs.
320–340 lbs.	16–24 lbs.
340–360 lbs.	17–25 lbs.
360–380 lbs.	18–27 lbs.
380–400 lbs.	19–28 lbs.



My goal weight is: \_\_\_\_\_

### Counting Calories

Use this guide to help you figure out the number of calories you should eat to achieve weight loss.

<u>Your starting weight</u>	<u>Daily calorie goal</u>
250 pounds or less	1200–1500
250 pounds or more	1500–1800

## TIPS TO REACH A HEALTHY WEIGHT

**Track foods:** Keep a record of what and how much you eat, as well as your physical activity. Consider online tools and apps to help you keep track, for example: MyFitnessPal, Livestrong, Fitbit, and MyNetDiary.

**Exercise:** At least 30 minutes per day. Consider exercising for shorter times but several times a day if you are low on time. Choose an activity you enjoy and think about what you can do instead of what you can't do.

**Portion control:** Keep portions reasonable. Many restaurants serve portions that are 2–3 times the amount of a recommended serving size. Try using a smaller plate or splitting meals. Avoid eating in front of the TV, computer, in the car, or at your desk.

**Plan meals and snacks:** Prepare meals ahead of time and freeze to use throughout the week. Keep protein bars and shakes in your bag or car if you need a back-up option. Aim to eat 300–500 calories per meal and 100–200 calories per snack.

**Focus on hunger awareness:** Aim for staying within a 3–7 range on the hunger-fullness scale listed below. There is no rule that says you must eat until you feel full. Likewise, delaying meals or waiting too long between meals or snacks can lead to overeating.

### Hunger Awareness

This scale is a useful tool for evaluating your hunger and fullness before, during, and after a meal. It can help you to identify hunger cues, notice how specific foods affect your appetite and fullness, and recognize how moods can trigger a sensation of hunger.

- 1 Famished – You are ravenous.
- 2 Really hungry – You may feel tired, weak, have difficulty concentrating.
- 3 Hungry – Your stomach may grumble.
- 4 Somewhat hungry – Pangs, yet you could wait to eat.
- 5 Satisfied; neither hungry nor full – You don't need to eat.
- 6 Full – You have no physical reason to eat more.
- 7 Politely full – You could eat more but you don't have to.
- 8 Uncomfortably full – You feel sleepy and sluggish.
- 9 Stuffed – Your clothes feel tight and you are uncomfortable.
- 10 Sick – You can't eat one more bite.

## HEALTHY EATING: IMPORTANT PRINCIPLES

### When, How, and What to Eat

#### WHEN to eat:

- Start with breakfast, which should be 1–2 hours after waking up.
- Eat 3 main meals every 4–5 hours. Snack only when needed. Don't skip or delay meals.
- Be aware of portion size, especially when eating out.

#### HOW to eat:

- Take 20–30 minutes to eat a meal.
- Take small bites and chew foods well.
- Limit distractions while eating (TV, computer, driving, eating on the go).
- Use smaller plates and bowls.
- Eat mindfully: Stop eating when you're satisfied, not when the food is gone.

#### WHAT to eat:

Focus on high-quality foods in appropriate sized portions. These foods are usually unrefined and minimally processed. High-quality foods generally have more nutrients good for health and can keep us satisfied longer than low quality foods.

High-quality foods	Low-quality foods
Vegetables and fruit	Processed foods (chips, fast food)
Beans and legumes	Fried foods
Proteins like fish, poultry, lean beef and pork, eggs, tofu and soy, low-fat cheese	Sugar sweetened drinks
Dairy: Low-fat milk, milk alternatives (almond, coconut, rice, soy milk), plain yogurt	Added sugars
Heart healthy fats: olive oil, nuts oils, avocado, vegetable oils	High-fat meats and protein



#### Do I have to give up some of my favorite foods just because they are “low quality?”

You can certainly continue to enjoy some of your favorite foods and eat healthy. It's important to know how much and how often to fit these foods into your plan.

#### Reduce added sugar intake:

- Less than 6 tsp. of sugar or 100 calories per day for women.
- Less than 9 tsp. of sugar of 150 calories per day for men.

#### Reduce calories from beverages:

- No sugar sweetened drinks
- Limit juice to 4 ounces per serving
- Alcohol in moderation (1 drink/day for women, 2 drinks/day for men)

## HEALTHY EATING: HEART HEALTH

### What is your risk. Know your numbers?

Your risk of getting heart disease depends on your genes, age, sex, race, lifestyle, and other factors. While you can't change some risk factors, you can adjust others. Your doctor may request blood tests to measure several risk factors.

<b>Cholesterol</b>	<b>Goal:</b>
<b>Total Cholesterol</b>	<200
<b>LDL (bad cholesterol)</b>	goal is individualized, talk to your provider
<b>HDL (good cholesterol)</b>	>40 men    >50 women
<b>Triglycerides</b>	<200

<b>Blood Pressure</b>	<b>Systolic</b>	<b>Diastolic</b>
<b>Normal</b>	less than 120	less than 80
<b>Prehypertension</b>	120-139	80-89
<b>Hypertension</b>	140 or higher	90 or higher

### Focus on Fats:

- Fat is a necessary part of a heart eating plan. It helps us feel full and satisfied, so that you don't overeat. It also helps us absorb important vitamins like A, D, E, and K. Choose more unsaturated fats, and fewer saturated and trans fats.
- Unsaturated fats are usually liquid at room temperature. Look for these types of unsaturated fats in recipes and prepared foods, and eat them in moderation as a healthy part of a balanced diet:
  - Monounsaturated fats can lower "bad" (LDL) cholesterol.
  - Polyunsaturated fats can lower "bad" cholesterol but may also slightly lower "good" (HDL) cholesterol.
  - Omega-3 fatty acids make your blood less likely to form a clot, stabilize your heartrate, and slow the build-up of plaque in your arteries.
- Saturated fats are solid at room temperature and should be limited; some can raise your "bad" cholesterol, and increase your risk of heart disease.
- Trans fats are unsaturated oils processed to make them solid. They raise levels of "bad" LDL cholesterol even more than saturated fats, and they lower "good" HDL cholesterol. They may even be linked to an increased risk of diabetes



The American Heart Association recommends that no more than 5-6% of your total daily calories come from saturated fat.

## HEALTHY EATING: PORTION SIZES

### What is the difference between a portion and a serving?

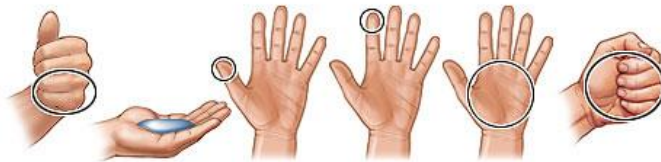
A portion is how much food you choose to eat at one time, whether in a restaurant, from a package, or at home. A serving or serving size is the amount of food listed on a food label.

Different products have different serving sizes, which could be measured in cups, ounces, grams, pieces, slices, or other quantity. A serving size on a food label may be more or less than the amount you should eat, depending on your health goals. Depending on how much you choose to eat, your portion size may or may not match the serving size.

Comparing real portions to everyday items is an easy way to help understand portion sizes — no measuring cup or scale needed.

<u>Portion size</u>	<u>One portion looks like</u>
1 cup pasta	A tennis ball
1 cup raw vegetables or fruit	A baseball
1 medium potato	A computer mouse
1 oz. cheese	4 stacked dice
1 tortilla	A DVD
2 tbsp. peanut butter	A ping pong ball
3 oz. fish	A checkbook
3 oz. protein	A deck of cards

You can also use your hand to help you estimate portion sizes.



1/2 cup	1 oz	1 Tbsp	1 tsp	3 oz	1 cup
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## HEALTHY EATING: MEAL PLANNING

Use the Harvard Healthy Plate to help you portion your meals in a healthy way. Portions below are based on a 9-inch dinner plate.

### Fill $\frac{1}{4}$ of the plate with lean protein, such as:

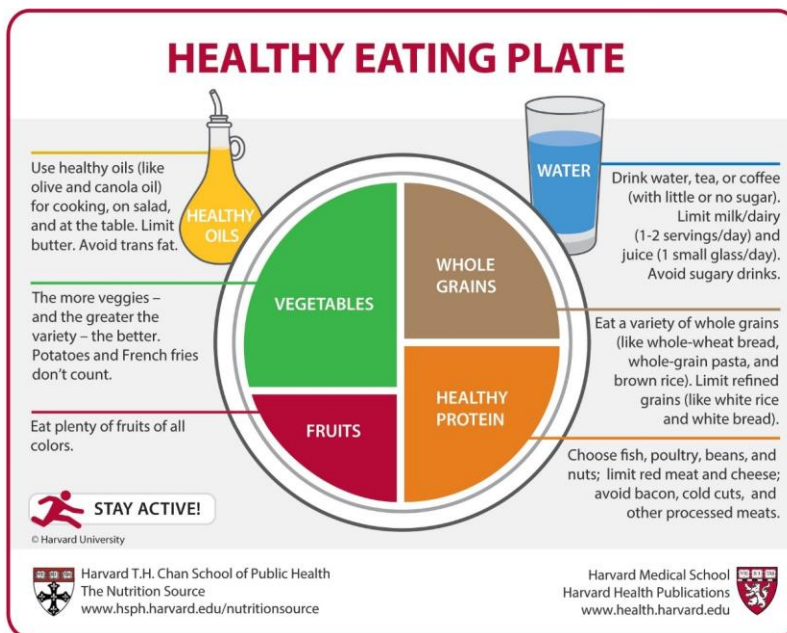
- Tofu, tempeh, veggie burgers, seitan
- Eggs, cottage cheese, low-fat cheese
- White meat chicken and turkey, no skin
- Fresh water fish and shellfish
- Lean beef and lean pork

Fill  $\frac{1}{2}$  of the plate with vegetables, such as spinach, salad, broccoli, cauliflower, cabbage, asparagus, green beans, cucumbers, and peppers.

Fill  $\frac{1}{4}$  of the plate with starch or whole grains, for example: whole grain breads, high fiber cereal, oats, quinoa, grits/polenta, pasta, brown rice, or tortillas; or beans, peas, corn, potatoes, sweet potatoes, and winter squash.

### Be sure to also add:

- a small piece of fruit
- an 8-ounce glass of low-fat milk
- healthy fats in small amounts (olive oil, nuts, seeds, avocados, vinaigrettes)



## HEALTHY EATING: NUTRITION INFORMATION LABELS

### Servings Per Container and Serving Size

Look here for both the number of servings in the package and the serving size (the amount for one serving). **Remember to check your portion size to the serving size listed on the label.** If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

**Total calories:** Find out how many calories are in a single serving.

### Percentage Daily Values (DV):

- 5% or less is low. Aim low in saturated fat, trans fat, cholesterol, and sodium.
- 20% or more is high. Aim high in vitamins, minerals, and dietary fiber.

**Counting carbs?** Here are some guidelines to consider:

- 30–45 grams per meal for women
- 45–60 grams per meal for men
- 15–20 grams per snack

### Watch for added sugars:

- Aim for less than 6 tsp, or 24 grams of added sugar, or 100 calories per day for women.
- Aim for less than 9 tsp, or 36 grams of added sugar, or 150 calories per day for men.
- Note: 4 grams of sugar on a food label = 1 tsp of sugar.

### Fiber:

- Look for 3 grams or more per serving
- Aim for a total 25-38 grams of fiber per day

### Sodium:

- The guideline for healthy adults is no more than 2400 milligrams (mg) sodium per day.
- For blood pressure control, 2000 mg of sodium or less is advised.
- A teaspoon of salt is about 2400 mg of sodium.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 23.5mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## HEALTHY EATING: ON THE GO

### Plan Ahead

Store snacks in your bag, desk, or your car to prevent the need to eat out. Snacks should be filling and reduce hunger. Choosing foods rich in protein and/or fiber can help with hunger. Keep snacks to 100–200 calories

### Healthy Snack Ideas

<u>Non-perishable snacks</u>	<u>Fresh snacks</u>
Unsalted nuts	Hummus & carrot/celery sticks
Oatmeal packets	Single serving Greek yogurt
Pumpkin seeds	String cheese
Roasted edamame	Roasted chickpeas
Peanut butter packets	Hardboiled egg
Fruit and nut mix	Low-fat cottage cheese
Protein bars*	Fresh fruit

\*Less than 200 calories, 10-15 grams protein

### Restaurant Eating

Try to eat out no more than 1–2 times per week. This can help you stay on track with your health goals.

**Before you go:** Have a light healthy snack before going to a restaurant; this can help prevent overeating. Balance your calorie intake. Offset a heavy restaurant meal by making lighter choices throughout the day. Make a reservation to prevent eating when you are overly hungry.

**Ordering:** Order first. This will help you to not be tempted by the choices of everyone else at your table. Don't be afraid to special order. Ask for sauces to be served on the side, ask about half portions, and healthy options available. Start with salad or broth based soup to curb your hunger  
Zero calorie drinks: Drink water. Limit alcohol (no more than 1 drink per day)  
Avoid extras. These include chips, bread, appetizers, alcoholic drinks and desserts.

**At the meal:** Eat slowly. Take the time to enjoy your surroundings and the company you are with. Eating too quickly may lead to overeating. Take home leftovers. Try not to eat a whole portion or consider sharing a meal. Order a smaller meal or appetizer portion. Ask for the takeout container right away and put half of your meal in it before you start eating.

### Fast Food

**Order small:** Choose a small hamburger or sandwich, or order a child size meal. Leave off cheese, mayonnaise, "special sauce," or go bun-less.

**Look for lean protein:** Chicken, fish, beans, or eggs are good options. Avoid menu items with words like "fried," "battered," or "breaded." Instead, choose grilled or broiled food.

**Think green:** Ask for a green salad or fruit instead of regular chips or fries.

**Do your research:** Many restaurants provide the nutrition information or at least the menu online. Aim to keep your entire meal to 500 calories or less. Limit trans fats, sodium, and added sugars.

## PHYSICAL ACTIVITY

Regular physical activity is key to weight loss, keeps your heart healthy, and helps your body use insulin better which lowers blood sugar.

### Physical activity can:

- Reduce symptoms of depression
- Improve insulin sensitivity
- Burn extra calories to promote weight loss
- Strengthen your heart and lungs
- Improve cholesterol and lower triglycerides
- Improve the quality of your sleep
- Decrease stress and emotional tension
- Strengthens muscles and bones
- Improve flexibility and balance
- Lower blood pressure

### Activity Intensity Levels

**Light intensity:** Not sweating; not breathing hard.

Examples: Slow walking or dancing, yoga, bowling, gardening.

**Moderate intensity:** A light sweat; can talk, but can't sing.

Examples: Dancing, walking fast, biking, mowing the lawn.

**Vigorous intensity:** Sweating; breathing hard, can't talk or sing.

Examples: High-impact aerobic dancing, biking uphill, interval training, swimming laps, running.

### Types of Activity

**Aerobic:** This form of activity helps your body use insulin better. It improves heart health, builds endurance, improves blood circulation, and reduces stress.

Aim for 30 minutes of moderate intensity activity at least 5 days per week or a total of 150 minutes per week, or 75 minutes per week of vigorous activity. Try to spread out the activity over at least 3 days per week, and try not to go more than 2 days in a row without exercising. If you haven't been active for a while, you can start out with 10 minutes per day. Increase days per week that you're active, and eventually increase the time during each session. You'll notice that over time your endurance will improve.

### Some examples of aerobic activities include:

Walking	Swimming
Cycling	Running
Hiking	Skiing
Dancing	Aerobics class

**Strength training:** This activity makes your body more sensitive to insulin and builds strong bones and muscles. The more muscle mass you have, the more calories you burn.

Aim to do strength training at least 2 times per week in addition to aerobic activity. Aim for 20 minutes at least two days a week of strength training exercises such as weight lifting. Work all the major muscle groups, and wait 48 hours before you work a muscle group again.

### Some examples of strength training include:

- Weight machines or free weights
- Resistance bands

- Lifting objects at home, such as water bottles or canned goods
- Using your own body weight (push-ups, sit-ups, wall squats, planks, lunges)

## PHYSICAL ACTIVITY: GETTING STARTED

**Assess your current fitness level.** You probably have some idea of how fit you are, but assessing and recording your baseline level prior to starting a program can help you measure progress.

**To assess your current levels, consider recording the following:**

- Your heart rate before and right after walking a mile
- How long it takes to walk a mile
- Your waist circumference
- Your weight
- How far you can reach while seated on the floor with your feet in front of you



**Have a plan.** Consider your goals. What are you hoping to accomplish? Weight loss? Improved strength? Train for a 5K race? Having clear goals can help you stay focused and motivated.

**Create a balanced routine.** Use the recommended guidelines of 150 minutes per week of aerobic activity and strength training of all major muscle groups 2 times per week as a reference point. Not there yet? That's okay! It's a good long-term goal to strive for. And if you're just starting out, don't progress too quickly. Start with 5–10 minutes per day and increase as your endurance and strength improve.

**Find the time.** Make fitness a priority to help you stay on track. Try building activity into your day such as watch your favorite show while walking on the treadmill, park further in the parking lot, or doing squats at your work desk are all examples of fitting fitness into your day.

**Make it fun!** You likely won't follow through with a program if you don't find it enjoyable. Physical activity isn't just going to the gym. It could be taking dancing lessons, learning a new sport, or hiking outside.

**Gather your equipment.** Think about what you will need to start your fitness routine. Are you planning to join a gym? Use at home fitness videos? Planning to be active outside? Evaluate what you will need to help you accomplish your fitness goals. If you're planning to invest in equipment, choose something practical, enjoyable and easy to use. Consider using fitness apps or other tracking devices to monitor your progress.

**Check in with yourself.** Evaluate your fitness program and assessment after 6 weeks and then again every few months. Do you need to increase the duration or frequency to continue improving? Lost motivation? Set new goals or try something different. Find a friend or join a class to help you stay on course.

## MANAGING STRESS

### Stress and Prediabetes

Stress is a part of life. It is the way we react physically, mentally, and emotionally to the demands of and changes in our lives. The causes of stress can be both positive and negative in response to situations, such as:

- Fear and worry
- Financial issues
- Life changes (marriage, childbirth, divorce, death, etc.)
- Reaction to the unknown (moving, new job, illness, etc.)
- Life issues (work pressure, traffic, etc.)

Stress can raise your blood sugar. Additionally, it may be harder to closely follow your usual routine if you're under a lot of extra pressure. Left unaddressed, over time stress can negatively affect both physical and emotional health.

#### Symptoms of stress:

- Rapid heart rate
- Shoulder stiffness
- Trembling, shakiness
- Sleeping too little or too much
- Changes in appetite
- Trouble with concentration
- Irritability
- Feeling depressed
- Stomach problems (nausea, diarrhea, constipation)
- Sweating
- Headaches
- Rise in blood pressure
- Rise in blood sugar

#### Check your stress levels.

##### The primary sources of negative stress in my life are:

- Work pressure
- Illness
- Finances, debt
- Testing my blood
- Caring for a relative
- Problem with child
- Changing lifestyle habits
- Other: \_\_\_\_\_

##### I would rate my current stress level as:

- Normal (what you would expect from daily life)
- Moderate (occasional stressful periods)
- High (feel stress much of the time)
- Very high (feel stress almost all of the time)

##### The time of day when I usually feel the most stress is:

- Morning
- Midday
- Evening
- Bedtime

## Coping With Stress

We all respond differently to life's stressors. Be aware if you are coping in negative ways such as smoking, drinking alcohol, overeating, or isolation. We cannot always control or change what happens in our lives, but we can control how we deal with it.

**Know your triggers:** These are different for everyone. There are major triggers such as health concerns, finances, and death of a loved one, and smaller triggers, such as traffic jams, running late, or an unexpected deadline at work. Big or small, it is important to recognize what triggers stress in your life.

**Take control!** Have a plan in place. Try coping strategies, such as:

- Exercise
- Get plenty of rest
- Practice relaxation techniques
- Practice positive self-talk
- Maintain a well-balanced diet
- Avoid being a perfectionist
- Keep a journal of your feelings
- Learn to say NO
- Take up a hobby
- Have spiritual activities
- Volunteer to help others
- Talk with someone

**Ask for help:** It's hard to do this alone. Find support that can help you work around stressors.

- Family and friends
- Co-workers
- Health care team
- Community groups
- Professional counseling

**Be specific:** Communicate how you need support with stress. Others can't help you if they don't know how. Some examples of the support you may need may include:

- “Please listen to my concern.”
- “Help me with following a plan.”
- “Exercise with me.”
- “Don't judge me.”
- “Go to doctor's appointments with me.”

## Relaxation Resources

### Kaiser Permanente Wellness Coaching

Call **1-866-862-4295** to make an appointment for phone coaching. In addition to stress management, this wellness coaching can also help with weight management, physical activity, tobacco cessation, and healthy eating.

### Kaiser Permanente Centers for Complementary Medicine

Visit **kpccm.org** to learn about Mindfulness-Based Stress Reduction. Improve your ability to manage the physical and psychological symptoms associated with chronic illness, chronic pain, anxiety, depression, and stress-related conditions using meditation and stress reduction techniques. To make an appointment, call **1-844-800-0788**.

## IMPROVING SLEEP

### How a Lack of Sleep Affects Prediabetes

- **Increased insulin resistance:** Lack of sleep can resemble insulin resistance which affects blood sugar.
- **Increased hunger:** Too little sleep may alter hormones that control hunger leading to increased hunger and appetite.
- **More opportunity to eat:** Less sleep means more hours awake and more time to snack.
- **Change in schedule:** Can lead to irregular meal times, increased snacking, relying on foods and drinks to stay awake.
- **Decreased physical activity:** Poor sleep can lead to tiredness and may curb physical activity.
- **Lower body temperature:** Sleep deprived people tend to have lower body temperatures which may lead to the body using less calories.

Other health issues that can be caused by sleep deprivation:

- Increased risk of heart disease
- Memory loss
- Depression

### How much sleep do I need?

Most people need 7–9 hours of sleep per 24-hour period, although this amount can vary with individuals. One method to assess your sleep needs is to take a sleep vacation. During a time that allows a flexible schedule, maybe during a vacation, pick a consistent bedtime and do not use an alarm clock to wake up. It's possible that you will sleep longer the first few days as you will likely catch up on sleep. As you continue to go to bed at the same time and wake up naturally, you will start to notice a sleep pattern. This should help identify how much sleep is needed.

### Ways to Improve Sleep

- **Create a routine:** Establish a regular bedtime and wake up schedule, even on the days you do not go to work or have somewhere to be.
- **Limit stimulants later in the day:** This includes caffeine which may last for up to 16 hours in one's system. Up to 400 mg of caffeine per day is considered safe for most healthy adults. Consider stopping caffeine intake 6 hours before bed to prevent it from affecting sleep. Sources of caffeine include:
  - Coffee – 100 mg per 8 oz. cup
  - Tea – 14 mg to 60 mg per 8 oz. cup
  - Most sodas (unless labeled caffeine-free) – 45 mg in 12 oz. drink
- **Limit alcohol before bed.** It may make you feel drowsy, but can contribute to poor quality sleep.
- **Manage stress:** Plan a relaxing evening and avoid stress, especially within the hour before bedtime. Relaxation techniques such as yoga, meditation, and deep breathing may help.
- **Physical activity:** Regular activity may help with improved sleep, but should be done at least 3 hours before bedtime. Activity too close to bedtime can act as a stimulant and prevent adequate sleep.
- **Create a pleasant environment:**
  - Cool: temperatures (65°–72°)
  - Quiet: Use a noise machine or fan to drown background noise.
  - Comfortable: Quality bedding and mattress.
  - Devices: Turn off electronics 30 minutes before bed.



## MY ACTION PLAN

On a scale of 0–10, how motivated are you to change your lifestyle habits? (Circle one)

Not motivated Very motivated  
0 1 2 3 4 5 6 7 8 9 10

How confident are you that you can make changes in diet, exercise, and lifestyle?

Not confident Very confident  
0 1 2 3 4 5 6 7 8 9 10

If you rated less than 5 on these scales, think about what you could do to increase your motivation and/or confidence. Or, turn to the Appendix to review other resources.

### My Action Plan

I am ready to improve my health!

1. **My goal weight is:** \_\_\_\_\_ by \_\_\_\_\_ (date).
2. **Motivation:** “I want to become healthier because...”
3. **Preparation:** “I will prepare to change by...” (Check all that apply):
  - Keeping a daily food log
  - Enrolling in an exercise class
  - Eating fewer meals out
  - Reducing my portion sizes
  - Monitoring my steps with a pedometer
  - Manage my stress
  - Improve my sleep
  - Other: \_\_\_\_\_

4. **What steps will you take to achieve these goals?**

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5. **How will you know when you have successfully made these changes?**

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## APPENDIX: HELPFUL RESOURCES

**Participate in the Healthy Connections program.** This year-long program can help you lose weight and prevent diabetes. It begins with 16 consecutive weeks of in-person classes, followed by monthly support groups. For information on classes offered across Denver/Boulder, call **303-614-1070 (TTY 711)**, or visit [kphealthyme.com/healthyconnections](http://kphealthyme.com/healthyconnections).

### Talk to a wellness coach.

Whether you're trying to eat better, lose weight, get active, or manage stress, getting started and staying motivated can be a challenge. **1-866-862-4295 (TTY 711)**, weekdays, 7 a.m. to 7 p.m. to schedule a one-on-one coaching session. Coaching is free to members and available in English or Spanish.

### Find tips and tools online

- **Healthy eating/weight loss webinars:** Access free, live, and recorded sessions. Visit [kphealthyme.com](http://kphealthyme.com) and select the "Weight Loss" tab for details.
- **Food for health, physician-approved recipes:** Get inspired to prepare delicious, healthy meals. Browse recipes by category — such as vegan and vegetarian dishes, hearty soups, or desserts. When you subscribe, you'll get daily recipes delivered to your inbox. Get cooking at [kp.org/foodforhealth](http://kp.org/foodforhealth).
- **Podcasts and videos to promote wellness:** Look, listen, and learn about your health and wellbeing. Choose from a wide variety of videos and podcasts to help you relax, sleep better, reduce stress and focus on healthy changes. Visit [kp.org/video](http://kp.org/video) or [kp.org/audio](http://kp.org/audio).

### Learn about medical weight loss

Call Medical Weight Management at **303-764-4665 (TTY 711)**, weekdays, 8:30 a.m. to 5 p.m. for more information.

### Explore community resources.

- **Weight Watchers:** Get details at [weightwatchers.com](http://weightwatchers.com).
- **Overeaters Anonymous:** A 12-step program for those who suffer from compulsive eating. Learn about face-to-face, online, or phone meeting options at [oa.org](http://oa.org).

### Get outside:

- Locate parks and recreational centers [letsmove.gov/lets-move-outside](http://letsmove.gov/lets-move-outside).
- Outdoor activities in Colorado: [getoutdoorscolorado.org](http://getoutdoorscolorado.org)
- Plug in your zip code for parks near you [nwf.org/naturefind](http://nwf.org/naturefind)
- LiveWell Colorado: [livewellcolorado.org](http://livewellcolorado.org)

### Additional Resources:

**Pediatric Wellness** – If you are concerned with your child or family's eating and activity habits, our Pediatric Dietitians can help. Services are available in English and Spanish, and include physical activity counseling and access to community resources. Call **303-614-1070** or visit [kphealthyme.com](http://kphealthyme.com) for more information.

(Servicios en español, El comer saludablemente puede ayudarle a verse y sentirse lo mejor que pueda. Sea para mantener su salud, o controlar una condición médica continua, estamos aquí para ayudarle! Para pedir una cita individual, o para inscribirse en nuestras clases de diabetes o colesterol en español, llame al **303-338-4545**. También se ofrecen citas gratuitas por teléfono.

## APPENDIX: HELPFUL RESOURCES

### Websites

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Kaiser Permanente Colorado  
Nutrition Services  
**kphealthyme.com**  
**303-614-1070** (TTY 711)

Academy of Nutrition and Dietetics  
**eatright.org**  
**1-800-366-1655**

American Diabetes Association  
**diabetes.org**  
**1-800-DIABETES**

American Heart Association  
**heart.org**  
**1-800-AHA-USA1**

America on the Move  
**americanonthemove.org**

National Diabetes Information Clearinghouse  
**diabetes.niddk.nih.gov**  
**1-800-860-8747**

National Weight Control Registry  
**nwcr.ws**  
**1-800-606-NWCR**

National Heart Lung and Blood Institute  
**nhlbi.nih.gov**  
**301-592-8573**

### Smart Phone Apps and Websites

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The Calorie King Counter  
**calorieking.com**

MyFitnessPal  
Fitness goal tracker  
**myfitnesspal.com**

Livestrong  
**livestrong.com**

Spark People  
**sparkpeople.com**

FitDay  
**fitday.com**

Vree for Diabetes  
**diabetesincontrol.com**

### Books and Magazines

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Eating Well Magazine, [eatingwell.com](http://eatingwell.com)

Lickety-Split Meals, by Zonya Foco

Month of Meals, by the American Diabetes Association

Quick and Healthy Recipes and Ideas,  
by Brenda Ponichtera

The Best of Simply Colorado, by the Colorado Dietetic Association

400 Calorie Fix: Slim is Simple: 400 Ways to Eat 400 Calorie Meals, by Liz Vaccariello and Mindy Hermann

Eat, Drink, and Be Healthy,  
by Walter Willett

Intuitive Eating, by Evelyn Tribole

The 90/10 Diet Plan, by Joy Bauer

The Ultimate Volumetrics Diet, by Barbara Rolls

## APPENDIX: SERVING SIZES

Food Group, Nutrients Provided	Serving Size Examples	Best Choices	Use Less Often, Limit Portions	Healthy changes I can make:
<b>Grains/Starches</b> (carbohydrate) B vitamins and fiber	1 slice bread 1/3 cup pasta or rice ½ cup potato, corn, or peas ½ cup cooked cereal ¾ cup dry cereal	Whole grains, such as whole wheat bread and pasta, corn tortillas, oatmeal, sweet potato, barley, quinoa, beans, peas	Baked goods made with white flour, white rice, French fries, chips, biscuits, croissants	
<b>Fruit</b> (carbohydrate) Vitamins C and A, potassium, folate, and fiber	1 small piece of fruit 1 cup berries ¼ c dried fruit	Whole fruit - fresh, frozen, or canned (rinse syrup)	Fruit juice: Limit to 4-6 ounces per day	
<b>Milk/Yogurt</b> (carbohydrate) Calcium, protein, vitamin D	1 cup milk 6 oz. yogurt	Fat-free or 1% milk, lactose-free milk, soy milk	2% or whole milk Yogurt with added sugars	
<b>Non-Starchy Vegetables</b> Vitamins A and C, folate and fiber	1 cup raw ½ cup cooked 6 oz. vegetable juice	All are good choices! Focus on a variety of colorful vegetables	High sodium canned vegetables	
<b>Meat/Protein</b> Protein, iron, zinc, and B vitamins	1 oz. meat, poultry, or fish 1 egg ¼ cup tuna or cottage cheese 1 oz. cheese ½ cup tofu	Chicken, fish, lean cuts of meat prepared with little fat/oil, low fat cheese, nut butters, tofu	High fat meats/proteins, such as regular cheese, sausage, bologna, hot dogs, and fried fish	
<b>Fats/Oils</b> Essential fatty acids, vitamin E	1 tsp oil 1 tbsp salad dressing, mayo 1/8 <sup>th</sup> of avocado 10 peanuts 6 almonds	Plant-based fats and oils, such as olive oil, canola oil, avocado, nuts/seeds	Solid fats, such as shortening, butter, stick margarine, regular cream cheese and sour cream, bacon	
<b>Sweets, added sugars, and sweetened beverages</b> (carbohydrate)	Keep portions small, limit to occasional use. Sweets provide little nutrition value and raise blood sugar—as do all carbohydrates.			

## APPENDIX: SNACK IDEAS

### Little or no carbohydrates

- 2 slices of lean ham + 2 T. light cream cheese + 2 pickle spears (160 calories, 8 grams protein)
- 3-ounces shrimp + 1 T. cocktail sauce (125 calories, 18 grams protein)
- 1-ounce goat cheese + ½ cup sliced cucumber (85 calories, 5 grams protein)
- 1 hardboiled egg + paprika and cumin (70 calories, 6 grams protein)
- 1-ounce deli turkey + 1 ounce Swiss cheese (130 calories, 12 grams protein)
- ½ cup salsa + 1 cup jicama (70 calories, 1 gram protein)
- ¼ cup tuna + 2 T. light mayo + vegetables: cucumber/carrots/peppers/celery (120 calories, 10 grams protein)
- 1 ounce deli turkey wrapped around 1/8 avocado (70 calories, 4 grams protein)
- Pickled cucumber salad: ½ cup cucumber + white vinegar (5 calories, 0 grams protein)
- 1-ounce mozzarella cheese + 3 tomato slices + drizzle of balsamic vinegar and olive oil + fresh basil (100 calories, 6 grams protein)
- Turkey and lettuce wrap (1-ounce turkey, mustard, 1 romaine lettuce leaf)

### Low carbohydrates (<15 grams carbohydrates)

- ½ cup edamame (75 calories, 6 grams protein)
- ½ cup cottage cheese + ¼ cup blueberries + sprinkle of cinnamon (140 calories, 16 grams protein)
- 1 cup watermelon + 1 ounce reduced fat feta + fresh mint (105 calories, 6 grams protein)
- Tuna and white bean salad: ¼ cup tuna + ¼ cup white beans + 2 T. light vinaigrette dressing + salad greens (185 calories, 15 grams protein)
- 1-ounce smoked salmon + 2 T. light cream cheese + 6 multigrain crackers (210 calories, 10 grams protein)
- 1 rice cake + 1 T. cashew butter (120 calories, 4 grams protein)
- 1 cup cantaloupe + 1-ounce prosciutto (105 calories, 7 grams protein)
- Ants on a log: (1 celery stalk + 2 T. peanut butter + 8 raisins (205 calories, 6 grams protein)
- 4 T. hummus + ½ cup carrots (165 calories, 5 grams protein)
- ¼ avocado on 1 slice whole wheat toast (160 calories, 4 grams protein)
- 1 cup cucumber and cantaloupe salad with mint (60 calories, 1 protein)
- ½ cup low fat ricotta cheese + ¼ cup cherries + 1 T. almonds (240 calories, 12 grams protein)
- ¼ cup berries and ½ cup coconut milk with 2 T. shredded coconut (200 calories, 1 gram protein)
- 2 T. baba ghanoush (roasted eggplant dip) + ½ whole wheat pita (160 calories, 5 protein)

### Low carbohydrates (20–25 grams carbohydrates)

- Vanilla almond chia seed pudding: 2 T. chia seeds + 1 cup almond milk + ½ teaspoon vanilla extract + ½ cup seasonal fruit (240 calories, 7 grams protein)
- ½ large banana + 1 T. almond butter (155 calories, 3 grams protein)
- 15 plantain chips and ½ cup salsa (160 calories, 1 gram protein)
- 2 T. bean dip + 1-6" whole wheat tortilla + 1 ounce cheddar cheese (235 calories, 12 grams protein)
- Whole wheat pretzels + mustard to dip + ¼ cup peanuts (270 calories, 11 grams protein)
- 4 dried figs stuffed with 7 walnut halves (180 calories, 3 grams protein)
- ¼ cup dried apricots and 1-ounce turkey jerky (180 calories, 20 grams protein)
- ¼ cup roasted chickpeas (135 calories, 7 grams protein)

## APPENDIX: VEGETARIAN MEAL IDEAS

### Breakfast

- ¼ cup dry oats + 2 T. chia seeds + 7 walnut halves + 1 cup almond milk + cinnamon. Add all ingredients to a mason jar with lid. Shake and store in fridge overnight. GF, V 390 cal, 38 g carb
- 2 slices whole grain bread toasted with 1/4 avocado mashed V 280 cal, 44 g carb
- Green smoothie: 1 cup coconut milk, 1 cup spinach, 1 cup pineapple + ½ banana 1 T. flaxseed. GF, V 230 cal, 41 g carbs
- 2 poached eggs over 1 cup sautéed spinach and mushrooms + 1 cup polenta GF 310 cal, 33 g carbs
- Tofu scramble: Sauté 1/5 block tofu crumbled, 1 cup peppers and onions + 1/2 cup black beans + spices (cumin, garlic powder) Serve with 2 corn tortillas and salsa. GF, V 320 cal, 40 g carb
- 2 rice cakes with 2 T. cashew butter, topped with 2 T. coconut flakes GF, V 340 cal, 31 g carbs
- 1 cup plain low-fat Greek yogurt topped with ¼ cup chopped pistachios + ¼ cup dried apricots GF 310 cal, 40 g carbs

### Lunch

- Salad: ½ cup chickpeas + ½ cup cucumber slices + 1 cup spinach + 1 ounce feta cheese + 2 T. golden raisins + lemon juice and 1 tsp. olive oil dressing. ½ pita on the side. 380 cal, 53 g carb
- Lentil Hummus Wrap: 1-6" whole wheat tortilla spread with 2 T. hummus, filled with ½ cup cooked lentils, red pepper flakes, and ½ cup salad greens. V 335 cal, 46 g carb
- Bean Tostadas: 2 corn tostada shells + 3/4 cup vegetarian refried beans + 1 T. black olives + ¼ cup diced red onion and tomato. GF, V 245 cal, 37 g carb
- Beet salad: ½ cup roasted beets + 1 cup arugula + 2 T. pumpkin seeds + 1 ounce goat cheese + 2 T. light vinaigrette dressing + 6 Triscuit® crackers. 500 cal, 47 g carb
- Caprese Grilled Cheese: 2 slices sour dough bread, spread with 1 T. pesto. Add 2-ounces mozzarella + 2 slices tomato. Cook on griddle or in a pan with olive oil. Serve with a green salad and balsamic vinegar 355 cal, 40 g carb
- Cucumber and Avocado Sandwich: 1 whole grain English muffin with 2 T. hummus. Add cucumber slices, ¼ sliced avocado, and alfalfa sprouts. Serve with seasonal fruit. V 340 cal, 48 g carb

### Dinner

- ½ baked spaghetti squash (cooled and insides separated with a fork). Mix with ¼ cup tomato sauce + ½ cup sautéed mushrooms. Place filling back in shell, top with parmesan cheese and bake until cheese melts. GF 170 cal, 31 g carb
- 1 whole grain bun + 1 Portobello mushroom cap grilled. Top with sliced tomato, onion, mustard, and pickles. Serve with ½ cup baked beans V 310 cal, 54 g carbs
- Stir fry: 1/5 block firm tofu, cubed. Sauté in olive oil + 1 cup vegetables (broccoli, peppers, mushrooms) + sauce (low sodium soy sauce, rice vinegar, ginger). Serve with 1 cup brown rice (or cauliflower rice for lower carbs) GF, V 330 cal, 50 g carbs
- Flatbread Pizza: 1 6" whole wheat pita bread topped with ¼ cup pizza sauce + 1 ounce mozzarella cheese. Optional toppings: sundried tomatoes, mushrooms, chopped spinach, green olives 260 cal, 40 g carb

GF = gluten free

V = vegan

## APPENDIX: MEAL IDEAS

### Breakfast

- 2 frozen waffles with 1 cup blueberries, 45 g
- Breakfast burrito with 6" tortilla, 1 egg, 1/2c. diced potato and low-fat cheese and salsa, 45-50 g
- English muffin with 2 T low fat cheese, and 1 cup fat free or 1% milk, 45 g
- Toast 1 slice 100% whole wheat bread, add 1 T peanut butter and ½ of a banana, 37-40 g
- One packet instant plain oatmeal, 2 T raisins and 6oz lite yogurt, 48 g
- Toast 2 slices of raisin bread, top with 1/2 cup low fat cottage cheese, 37 g
- 1 cup cheerios, ¾ cup fat free or 1% milk and 1 small banana, 43 g
- 1 cup Wheaties, ¾ cup fat free or 1% milk and 1 cup frozen or fresh blueberries, 47 g
- ½ bagel, 2 tsp peanut butter, small fruit, 40-45 g

### Lunch

- Medium sized baked potato (6oz) 1/2cup pinto beans, margarine and low-fat cheese and salsa, 45 g
- Tossed salad with ½ cup garbanzo or black beans, ½ cup corn, and small apple, 45 g
- 1 cup reduced sodium vegetable soup, 6 crackers, and ½ sandwich with turkey, low-fat mayo, 40-45 g
- Fill 6" pita bread with veggies, tuna, low fat dressing and 6 oz. lite yogurt or 1 cup low-fat milk, 47-50g
- 2 slices of rye bread, with turkey or lean roast beef and a small orange, 40-45 g
- 1 cup minestrone soup, and 6 crackers, string cheese and a small apple, 45-50 g

### Dinner

- Chicken breast grilled with spices, 1 cup brown rice, with broccoli or other non-starchy vegetables, 45 g
- Buy packaged salad, add 3 oz. tuna or chicken, and add ½ cup beans, a small roll or 6 crackers and a piece of fruit, 45 g
- 3 oz. lean pork, medium sweet potato (6 oz.), 1 cup cauliflower, 3 graham cracker squares, 45 g
- 2/3 cup cooked pasta with ½ cup no sugar added spaghetti sauce with ground turkey breast; cooked broccoli and a tossed salad with light dressing, 40-45 g
- 3 oz. grilled fish or chicken breast, medium baked potato (6 oz.) with light margarine, 1 cup cooked carrots, raw vegetables, and ½ medium banana sliced over sugar free gelatin, 45 g



## APPENDIX: EATING MORE FRUITS AND VEGETABLES

Are you eating the recommended 2–2½ cups of fruits and vegetables every day? If not, you are not alone. Many adult Americans are not meeting the recommended amounts set by the U.S. Department of Agriculture.

Here are some suggestions to help increase your daily intake of fruits and vegetables:

### Shopping and Planning

- **Go meatless one day a week.** “Meatless Mondays” is gaining popularity with many people. The idea is to go meat free one day per week and increase fruit and vegetables in your diet. Reducing meat can help lower the risk of heart disease and certain cancers. It can also reduce your food budget—meat can be expensive. Choose a convenient day to cut meat out of your diet; it doesn't need to be a Monday. For recipe ideas, visit: [meatlessmonday.com](http://meatlessmonday.com).
- **Visit your local farmer's market.** Take advantage of visiting your local farmer's market during the summer and fall months. This is a great way to learn about produce you've never tried before, and support your local community. Don't know what to do with it? Ask the farmer or vendor for cooking suggestions and recommendations. To learn more about markets near you, visit: <http://www.localfarmmarkets.org/>
- **Feature a fruit/vegetable of the week.** Experiment with a seasonal fruit or vegetable each week. If you choose a food in season, you'll get the best flavor of that food and you're more likely to enjoy it. Check your grocery store ads to find foods on sale. Specials often mean that a food is in season and abundant. Once you have an idea of what you'd like to try, look through food magazines, online recipes or cookbooks for recipes.



### In the Kitchen

- **Add finely chopped, shredded, or pureed vegetables to dishes.** These can be easily added to meals when cut into small pieces. Try sautéing in olive oil first to reduce moisture and add flavor. Great vegetables to use include zucchini, sweet potatoes, summer squash, carrots, onions, and red peppers. Good meals to add vegetables into are soup, pasta sauce, lasagna, chili, waffle and pancake batter, and meatloaf.
- **Add to a smoothie:** This is a great way to add a variety of fruits and vegetables into your day. Greens such as spinach, kale, parsley, and cucumbers work well in smoothies. If the idea of a green drink isn't appealing, start with fruits such as berries, mango, and banana, then add vegetables such as carrots and avocado.
- **Add to baked goods:** Think outside the banana bread box and add vegetables to other baked goods. Try adding zucchini and carrot to bran muffins, or add pumpkin or butternut squash to pancake and waffle mix. Or consider adding avocados to pudding. Chocolate is a great way to compliment the flavors of vegetables. Beets can be added to chocolate cake, or pureed spinach can be added to brownie mix.



## APPENDIX: FREQUENTLY ASKED QUESTIONS

### **What are carbohydrates? Is a low-carbohydrate diet right for me? Do I need to eliminate sugars?**

Carbohydrate foods are our energy or fuel source and provide many important nutrients. Both starches and sugar contain carbohydrates. Starchy foods such as pasta, bread, cereal, and starchy vegetables like potatoes and beans may contain fiber and are nutrient packed. Foods with sugar include fruit, milk, yogurt and sweet foods like desserts, cookies, and ice cream. Eating too much carbohydrate overall or too much at one time may raise your blood sugar. It is best to spread your carbohydrates throughout the day and eat less sugary or sweet foods and beverages which are higher in calories and lacking in nutrients.

### **What are “good” carbohydrates to eat?**

“Good” carbohydrates usually contain more fiber and nutrients. Healthy choices would include whole grains, such as brown rice, whole wheat pasta, old fashioned oatmeal, or beans and legumes. Look for a minimum of 3 grams of fiber or more on the food label. Aim for 20–35 grams of dietary fiber per day.

### **What if I want to carbohydrate count? How many carbohydrates should I eat?**

As a general guideline, most women should aim for 30-45 grams of carbohydrate at each meal. Men generally need 45-60 grams of carbohydrate per meal. If you eat snacks, 15 grams of carbohydrate is reasonable. Again, try to select high fiber and/or whole grain carbohydrates.

### **What about using the glycemic index?**

The glycemic index (GI) is a measure of how individual foods impacted the blood sugar of study participants over 1–2 hours. Many factors influence the GI value of a food, including fiber/fat content, processing and cooking method. The lower the GI number, the better. Choosing every food based on its GI value may be impractical and challenging. However, choosing one or two low glycemic index foods each day, or balancing low GI foods with higher GI foods might be one way to use this system. Some good low GI foods are beans, fresh fruits, such as apple, cherries, peaches or plums, sweet potatoes, whole-wheat pasta, and soybeans.

### **What about sugar substitutes?**

Sugar substitutes like aspartame (Equal), sucralose (Splenda), saccharin (Sweet N Low) and stevia-based sweeteners (Truvia) are options for those who are trying to cut down on added sugar. Sugar alcohols, like sorbitol, xylitol, and mannitol do not raise our blood sugar as much as table sugar. However, they may cause digestive side-effects like gas and diarrhea. These products are considered safe by the U.S. Food and Drug Administration. Foods made with these products, however, are not always lower in calories.

### **What about alcohol?**

Moderate alcohol consumption does not seem to be a risk for developing diabetes. Moderate alcohol consumption is defined as no more than 1–2 drinks/day for men, 1 a day for women. A drink is considered 5 oz. wine, 12 oz. beer, or 1 ½ oz. spirits. You may be asked to limit your alcohol consumption if you have high triglycerides or high blood pressure.

**We're here to help! Kaiser Permanente Nutrition Services is dedicated to helping both Kaiser Permanente members and the community improve their overall health through evidenced-based nutrition education and counseling.**

**Kaiser Permanente Nutrition Services  
303-614-1070 (TTY 711)  
kphealthyme.com**