

Spice of Life

Nutrition Education Newsletter

November 2020



Brought to you by your
Neighborly licensed dietitians

Managing Your Blood Sugar

Did you know

- **Diabetes is a life-long disease**
- **Diabetes affects more than 34 million people in the United States**

6 easy ways manage your blood sugar



Start a meal with a non-starchy vegetable, always include a protein and healthy fat source, and end with carbs



Walk for 20 minutes after a meal to prevent a blood sugar spike by moving the sugar out of your stomach and into your muscles



Focus on healthy fats like avocados, olive oil, nuts and seeds



Plan to eat earlier in the day rather than late at night when your digestive system is more effective.



Make your carbs count by choosing whole grains, fruits and non-starchy vegetables



Choose naturally unsweetened beverages like water, coffee, or tea.