

Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS
PINELLAS COUNTY

November 2021

Brought to you by your
Licensed Dietitian Nutritionist



Check and log your blood sugar. Having high blood sugar over time damages your blood vessels and negatively affects your health.



Log what you eat, drink, and your physical activities to see how they affect your blood sugar.

What is your blood sugar?

Why is it important to know your blood sugar levels? How and when should you test it? What can you do if your blood sugar levels are high or low? Are you overwhelmed with these questions and not sure what to do? These 4 tips can help you manage your blood sugar.



Talk to your doctor about your log and the different blood sugar tests. Your fasting blood sugar and A1C test can tell you if you have diabetes or prediabetes



If you have diabetes or prediabetes, work with your doctor and dietitian to learn how to manage it.

It's the last month of Hurricane Season!

Call 727-456-0222 ext-2241 for our operational status during a major storm. Keep your hurricane (shelf-stable) box until December 1 if we have to cancel deliveries



November is Diabetes Awareness Month

November is Diabetes Awareness month to shine a light on this disease. Approximately 11.8% of the adult population in FL have been diagnosed with diabetes, and 500 million have diabetes but do not know it. For additional information, read our news article on the Neighborly.org website under the news tab.

Want more information about managing blood sugar levels?
Call 727-573-9444 to speak with your licensed dietitian.

Sources: Know Your Blood Sugar Numbers: Use Them to Manage Your Diabetes | NIDDK (nih.gov)
Manage Blood Sugar | Diabetes | CDC
ADV_2020_State_Fact_sheets_FL.pdf (diabetes.org)