



2ND HELPING

Just a Little More Help from **United Way Meals on Wheels**

April 2023

The Lowdown on High Blood Sugar

It's Potentially Dangerous But May Be Reversed with the Right Diet

More than a third of American adults have "prediabetes" and 80% don't know it. It's a condition where blood sugar is higher than normal and, without intervention, is likely to become type 2 diabetes within 10 years. But proper nutrition could help prevent that from happening. So if your doctor says you have high blood sugar, here are some healthy suggestions for your diet.

▪ **Follow the "Plate Method"**

Half of your plate should contain nonstarchy vegetables, such as salad, spinach, green beans, broccoli, cauliflower, cabbage and carrots. A quarter of your plate should be made up of lean protein, such as chicken, turkey, fish or eggs – NOT fried. The other quarter is for healthy carbohydrates, such as fruit, baked potatoes, brown rice and other whole grains.

▪ **Avoid Sugary Beverages, Snacks and Desserts**

Stick with water and other low-calorie/sugar-free drinks, such as unsweetened tea. One can of soda contains about 32 grams of sugar – as much as you should probably have all day. Juices and sports drinks can also be very high in sugar. Of course, cookies, cake, pie and pastries should be enjoyed in only very small portions.

▪ **Don't Forget the Fiber**

Aim for 25 to 30 grams of fiber a day by eating a variety of whole grains, fruits and vegetables. Breakfast cereal with at least five grams of fiber per serving is a great way to start the day; but beware of those with lots of sugar. Shredded wheat and grape nuts are especially good choices.

▪ **Use the 5-20 Rule**

Read the nutrition label on packaged foods. Try to choose products that contain 5% or less of the daily requirement of sugar, and avoid those with 20% or more of the daily requirement.

▪ **Get Back to Basics**

Stay as active as possible with some type of exercise every day, watch your weight, get seven to eight hours of sleep per night, limit alcohol consumption and avoid all tobacco products.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: cdc.gov and hopkinsmedicine.org

Remove lower portion and return with your kind donation.

YES! I'll support Meals on Wheels so that even more people can look forward to nutritious meals and friendly visits. My tax-deductible contribution is enclosed in the amount of:

___\$10 ___\$25 ___\$50 ___\$100 ___Other \$___

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You may also donate online at www.mowjeffco.org/give.

CSH-04/23

Meals on Wheels Will Be Closed the Following Days

April 7, 2023

April 24, 2023

May 29, 2023

June 5, 2023

June 19, 2023

July 4, 2023

September 4, 2023

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Call us at [205.592.0413](tel:205.592.0413).