



A Complete Guide to
PREDIABETES



**ONE BITE
NUTRITION**

Meeting Your Health Goals, Your Way!



With prediabetes, the insulin made in your body is not working as well as it should be, causing an increase in blood sugar levels

How Do I Know I Have Prediabetes?

The most common way that prediabetes is diagnosed is through a blood test looking at hemoglobin A1C levels. This test measures the average blood sugar levels over the past 3 months.

- Normal: less than 5.7%
- Prediabetes: 5.7% - 6.4%
- Diabetes: equal to or greater than 6.5%

Fasting blood glucose is another marker that may be tested. Below 100 mg/dl is normal, and having a level of 100 mg/dl to 125 mg/dl is considered “prediabetic”.



Those with prediabetes have a 50/50 chance of becoming diabetic



Prediabetes is categorized by elevated blood glucose levels, but not elevated enough to be considered “diabetic”. It is known to be a precursor of type 2 diabetes, but it can be reversible with lifestyle changes.

According to the U.S. National Health and Nutrition Examination Surevey, there are 10 dietary factors linked to almost half of all deaths in 2012 due to heart disease, stroke, and type 2 diabetes. These deaths were linked to an overconsumption of harmful foods and an underconsumption of healthy foods.



Let’s reverse it by maintaining a healthy weight, following a healthy diet plan, and incorporating physical activity into each day. All of these factors put you on track to lowering your A1C.



Let's talk about carbs!

Carbohydrates is the main macronutrient that has an affect on hemoglobin A1C levels. When carbohydrate intake is high, you have a higher risk of increasing you A1C levels, increasing your risk of developing diabetes.

A Note on Fiber...

Consuming adequate amounts of fiber helps to manage blood sugar levels and slow the digestion of food, slowing the movement of sugar into the blood. Adequate fiber is

- 21-25 grams per day for women
- 30-38 grams per day for men

QUICK TIP!

Add whole grains, legumes, fruit, and vegetables to your meals to help reach your fiber goals!

When considering carbohydrates, sticking to whole grains helps you to manage blood sugar levels as they have a lower glycemic index. These include brown rice, quinoa, whole grain bread, and whole grain pasta.





Choose lean meat, poultry, eggs, fish, beans, nuts, cottage cheese, greek yogurt, and tofu.

Keep your fats healthy!

The American Diabetes Association recommends consuming more monounsaturated and polyunsaturated fats, and consume less saturated and trans fat. Cutting down on saturated and trans fat help to

- reduce risk of heart disease
- decrease calorie intake
- manage weight

Don't forget about **PROTEIN!**

Consuming adequate amounts of protein helps to

- maintain muscle mass and strength
- keeps the immune system strong
- maintain weight loss

When having a snack or meal, pair protein with carbohydrates to regulate blood sugar levels. Some protein-packed snacks include hard-boiled eggs, nuts, cottage cheese, tuna, and yogurt.

Examples of healthy fats

- extra virgin olive oil
- avocado and avocado oil
- nuts
- fatty fish



The American Diabetes Association and Dietary Guidelines for Americans recommends 3-5 servings of vegetables each day.

- one serving of vegetables is about 1 cup of raw vegetables or 1/2 cup of cooked vegetables
- these can be fresh, frozen, or canned

QUICK TIP!

The more color on your plate, the more nutrients you are getting

Things to remember...

- plan your meals in advance
- swap out vegetables you eat often with new ones to try
- check the ingredients and food label of pre-packaged foods so that you are aware of the contents and sneaky added sugars
- try to avoid drinking your calories

Starchy v.s. Non-Starchy Veggies

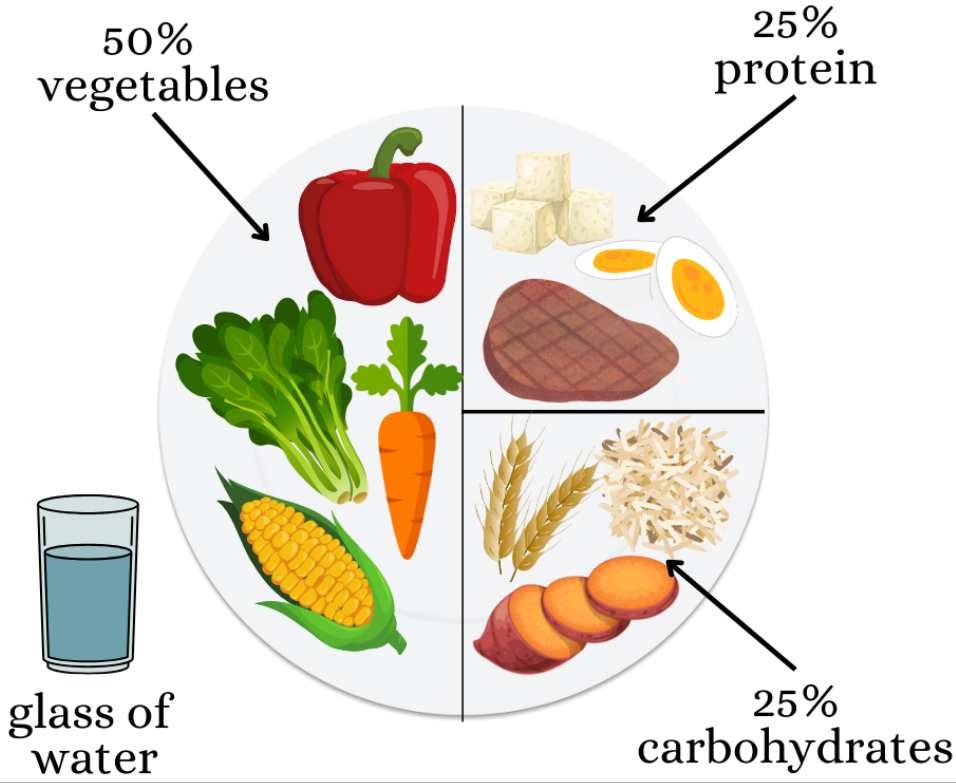
Consuming more non-starchy vegetables is recommended as they are lower in carbohydrates and have a low glycemic index. While starchy vegetables have beneficial nutrients, they are higher in carbohydrates. Try to consume more non-starchy vegetables such as greens, carrots, and asparagus.



Examples of starchy vegetables include potatoes, corn, turnips, beets, and peas.

Fill your Plate Wisely

When you are making your plate, balancing the food groups is key! To promote more stable glucose levels, pair carbohydrates with fiber, protein, and healthy fats.



Drink your water!

Drinking enough water helps to excrete excess glucose. Watch out for sugary drinks!

If you are looking for more personalized nutrition recommendations, feel free to reach out! Scan this QR code to be taken to our contact page.

Portion Sizes



aim for a closed fist size of carbohydrates



a protein portion the size of the palm of your hand



Two cupped hands for your vegetable portion



size of your thumb for a serving of healthy fats

QUICK TIP!

Use extra virgin olive or avocado oil on your roasted veggies for a serving of healthy fats



Try Out These Recipes!

Banana Pancakes

Ingredients:

- 3 bananas
- 3 eggs
- 3/8 cup of oat flour
- 1 tsp of olive oil

Pair this recipe with a side of eggs or turkey bacon for more protein

Directions:

1. Mix bananas, oat flour, and eggs in a blender for the pancake batter.
2. Heat a skillet on medium heat and grease with the olive oil.
3. Pour the batter onto the skillet to make the desired pancake size.
4. When the pancake starts to bubble, flip it and continue cooking until cooked through.



QUICK TIP!

Top your pancakes with nut butter and pumpkin seeds for added texture and healthy fats.

Shrimp Stir Fry

Ingredients:

- 1 lb of cooked shrimp
- 1 tbsp of olive oil
- 1 head of chopped broccoli
- 2 sliced bell peppers
- 2 cups of snow peas
- green onion for garnish
- 1/4 cup of low sodium soy sauce
- 1/4 cup of honey

Directions:

1. Heat 1 tsp of olive oil in a large skillet over medium heat, then add the shrimp and cook them through, then set aside
2. Add the remainder of the olive oil, broccoli, peppers, and snow peas into the skillet and saute until softened.
3. Add the shrimp back into the skillet along with your desired amount of garlic powder, salt, and pepper
4. Mix the soy sauce and honey together to form a sauce and pour over the shrimp and vegetables.



QUICK TIP!

Pair this recipe with brown rice for some whole grain carbohydrates.



Exercise to manage blood sugar levels!

Physical activity lowers blood sugar levels because when we exercise, muscles take sugar from our blood for energy without needing insulin.

Aerobic exercises are recommended as they get your heart pumping. Incorporating resistance and strength training increases the amount of glucose that is used.

QUICK TIP!

Aerobic exercises that you can incorporate into your routine are swimming, running, and cycling

Set Goals!

Creating written goals will help with consistency.

Some examples may be

- Be active for at least 30 minutes a day, 5-6 times a week
- Get 150 minutes of activity in one week
- Do 20 minutes of resistance training at least 3 days a week

Traditional Exercise isn't for You?

Everyday activities can be considered exercise like

- taking your dog on a walk
- cleaning your house
- parking further from your destination
- walking down the aisles of the grocery store

