



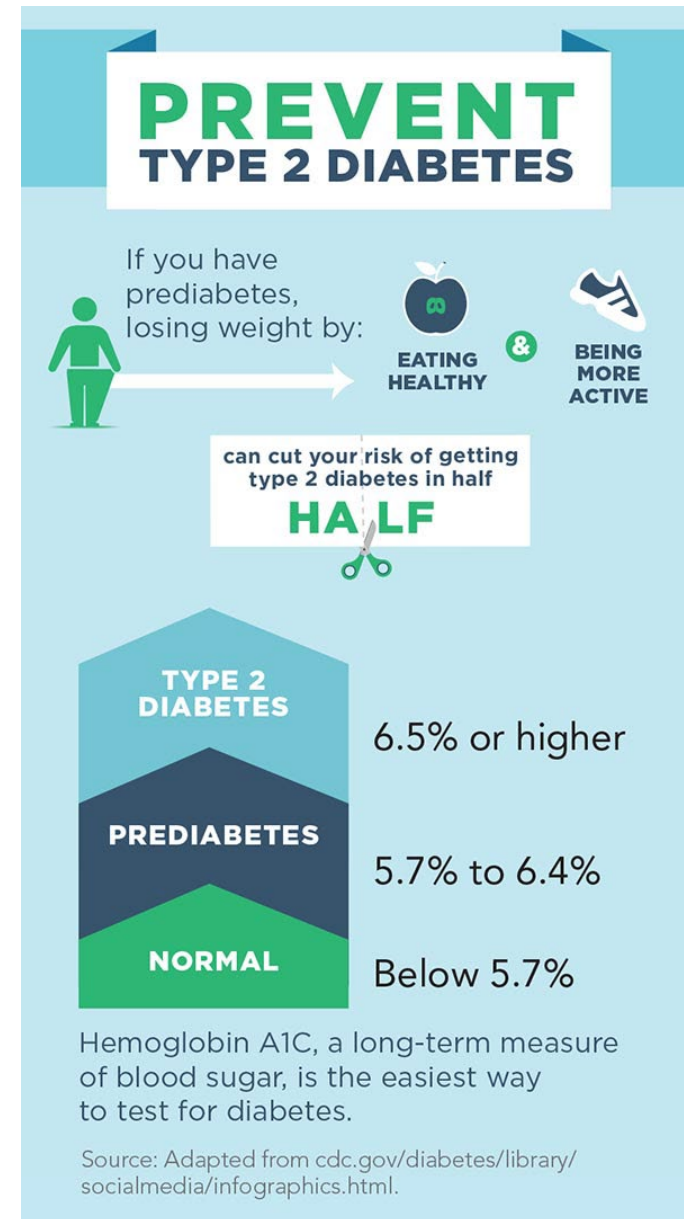


# Objectives

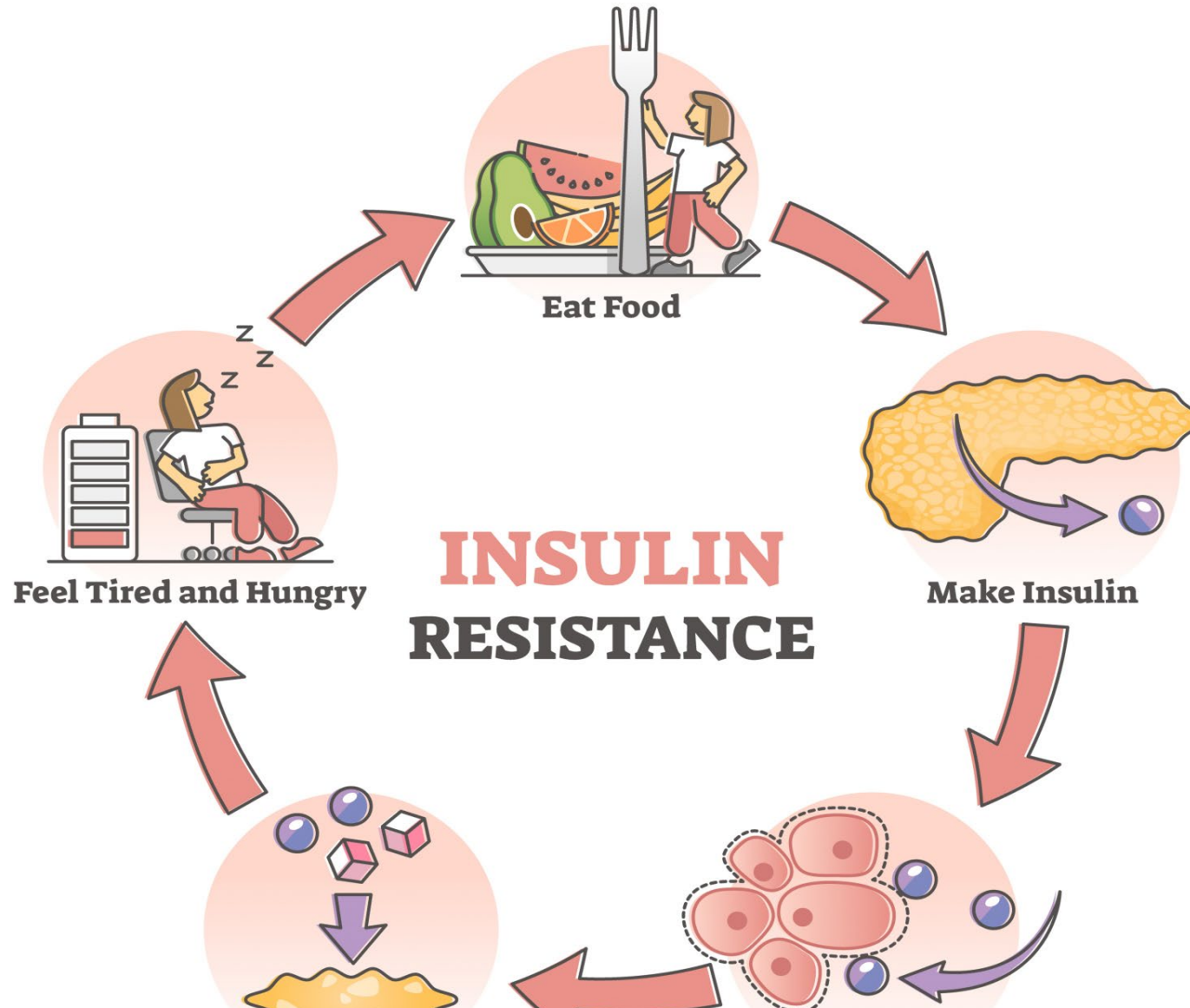
- Define Prediabetes
- Review Activity/Exercise Goals
- Review My Plate
- Highlight nutrient rich foods
- Provide tools for healthy eating:
  - Meal planning tips
  - Recipe resources
  - Grocery shopping advice
  - Eating better when eating out

# What is Prediabetes?

- When your blood sugar is higher than normal but not high enough to be considered Type 2 Diabetes.
- The good news is that if you have prediabetes, you can make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.
- This is the time to make lifestyle changes to prevent the onset of type 2 DM



Prediabetes is also known as insulin resistance



# Goals for Activity and Exercise

- Aim for 10,000 steps/day
- Move for a few minutes every hour to avoid prolonged sitting
- Exercise goals:
  - **Cardio/aerobics:** 150 minutes/week or 30 minutes 5 days/week
  - Strength training 2-3 days/week working major muscle groups
  - Stretching or balance exercises daily, or 3x/week

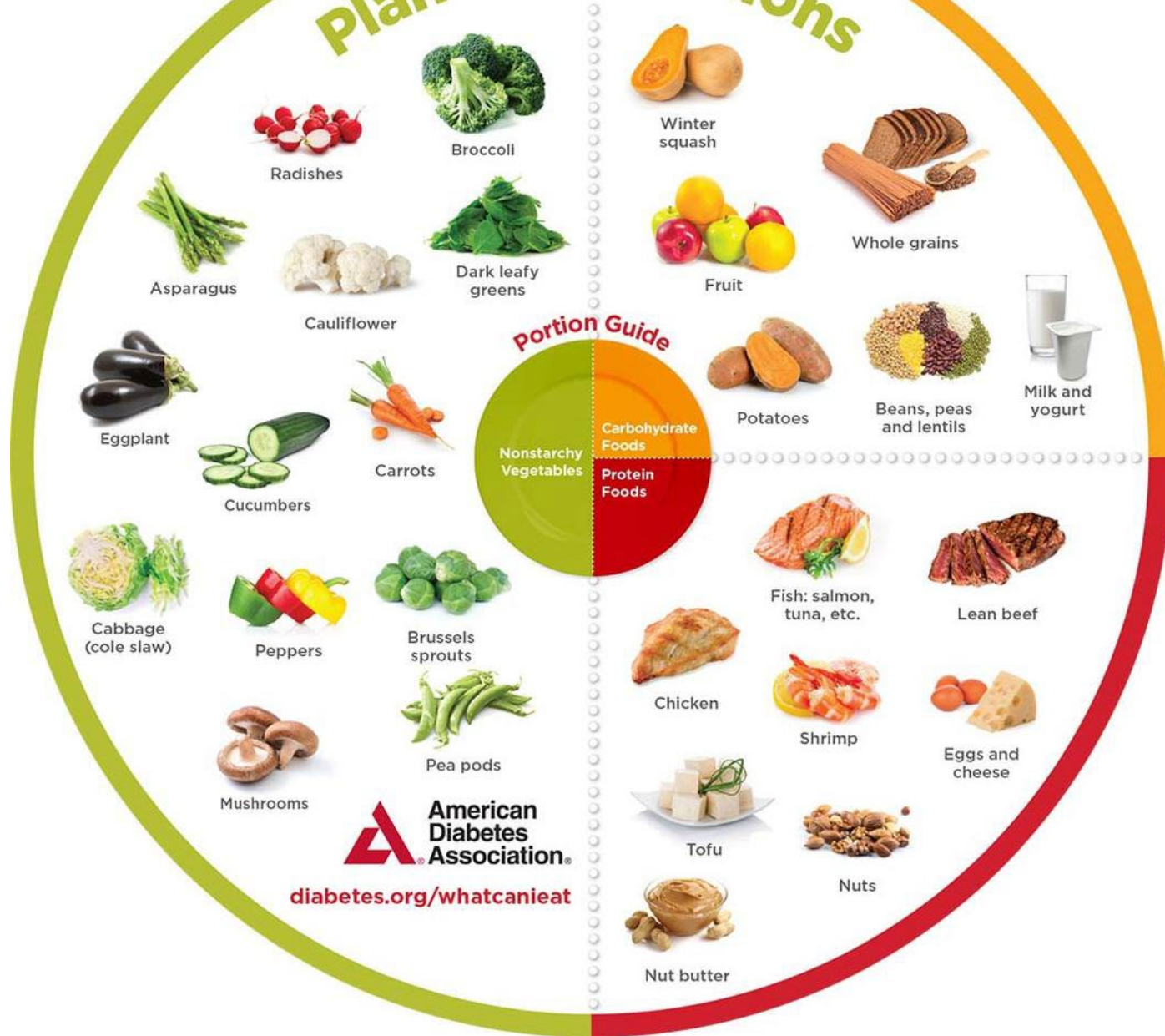




# Building Healthy Eating Habits



# Plan Your Portions



[diabetes.org/whatcanieat](https://diabetes.org/whatcanieat)

# Healthy Eating

- Work towards a balanced My Plate at meals
- Choose snacks with a source of protein and plants (fruits or vegetables)
- Know what you will eat *before* you get too hungry
- Choose foods that are nutrient rich





# Nutrient Dense Foods - Plants

## Choose a variety of colors and textures

- Vegetables
  - Fresh
  - Frozen
  - Low-sodium canned
- Fruits
  - Fresh
  - Frozen
  - Canned in 100% juice
- Plant oils
  - Olive
  - Avocado
  - Canola



- Plant-based proteins
  - Beans
  - Lentils
  - Soy foods
- Whole Grains
  - Whole wheat
  - Oatmeal
  - Brown/wild rice
- Nuts & seeds
  - All nuts
  - Nut butters
  - Chia, Flax, Sunflower seeds, Pumpkin seeds

# Nutrient Rich Foods - Animals

## Choose a variety of lean animal foods

- Meats/Poultry/Seafood

- Chicken without skin
- Loin/round cuts of pork/beef
- Ground meats at least 90% lean
- Fish & shellfish
- Eggs
- Low sodium deli meats
  - Less than 3g fat per ounce



- Dairy - choose low fat or fat-free

- Yogurt
- Greek yogurt
- Cheese
- Milk
- Cottage cheese

# Foods to Eat in Moderation

## All Foods Fit!

- High fat options

- Fried foods
- High fat meats
- High fat dairy
- Butter

- Sugary beverages

- Sodas
- Sweet tea
- Juices & juice drinks



- Refined grains & sweets

- Cookies
- Cakes
- Pastries
- Candy
- Large amounts of crackers, chips, breads, rice, pasta
- Sweetened breakfast cereals

- High sodium processed foods

# Meal Planning

- Plan meals using My Plate categories
- Plan for single recipes OR component meals
- Stock your freezer
- Create simple go to meals



# Sample Menus

- **Breakfast:** 2 eggs scrambled with spinach, peppers, onion topped with 1/3 avocado, side of 1 cup melon, coffee
- **Lunch:** Turkey sandwich on whole grain bread with 1 slice cheese, lettuce, tomato and cucumber, medium apple, water
- **Dinner:** Salmon, small baked potato, 2 cups roasted vegetables, unsweetened iced tea
- **Snack:** 2 ½ cups air popped popcorn
- **Breakfast:** 1 cup Greek yogurt (plain), ¾ cup blueberries, 12 almonds, coffee
- **Lunch:** 1 whole grain, high fiber wrap (can use corn or rice if gluten-free), 4 oz. grilled chicken breast, onions, peppers, spinach, 1/3 avocado, side of 1 cup berries, water
- **Dinner:** 4 oz. grilled steak, 1 medium baked sweet potato topped with cinnamon, 1 cup sautéed spinach with garlic and 1 teaspoon olive oil, side salad with 1 tablespoon dressing
- **Snack:** 1 small apple (~4oz.) with 1 tablespoon all natural peanut butter, almond butter, cashew butter

# Recipe Resources

- Diabetes Food Hub
  - <https://www.diabetesfoodhub.org/all-recipes.html>
- Cooking Matters
  - <http://cookingmatters.org/recipes>
- SkinnyTaste
  - <https://www.skinnytaste.com/recipe-index/>



# Grocery Shopping

Keep house stocked with nutritious, easy to prepare foods:

- Vegetables

- Frozen without sauce
- Frozen pre-chopped
- Canned low-sodium
- Tomato pasta sauce
- Diced tomatoes

- Beans/legumes

- Canned low sodium beans
- Dry beans
- Peanut/nut butter
- Nuts
- Seeds



- Grains

- Brown or wild rice
  - Dry
  - 90 second microwavable
  - Frozen
- Whole wheat or bean/lentil pasta
- Rolled or quick oats
- Quinoa
- Whole wheat bread, tortillas or English muffins
- Whole wheat or corn tortillas
- Whole wheat orzo or couscous

# Grocery Shopping

Keep house stocked with nutritious, easy to prepare foods:

- Lean proteins
  - Eggs
  - Fresh or Frozen
    - Chicken breasts
    - Turkey breast
    - Pork tenderloin
    - Ground beef  $\geq$  90% lean
  - Frozen
    - Fish filets
    - Shrimp
    - Edamame
  - Canned in water
    - Shredded chicken
    - Tuna
    - Salmon







# Flavor Food Without Salt

## Pairings:

- **Poultry:** bay leaf, Italian seasoning, garlic powder, ginger, grill seasoning, poultry seasoning, onion powder, sage, thyme
- **Fish:** basil, dill, dijon mustard, garlic powder, ginger, oregano, thyme
- **Beef:** bay leaf, chili powder, cumin, garlic powder, ginger, grill seasoning, onion powder, oregano, parsley, thyme
- **Tex-Mex or southwestern dishes:** chili powder, cumin, garlic powder, lime juice, onion powder, oregano
- **Italian dishes:** basil, bay leaf, garlic powder, Italian seasoning, onion powder, oregano
- **Asian dishes:** garlic powder, ginger, low sodium soy sauce
- **Soups:** bay leaf, Italian seasoning, thyme

# Sample Quick Cooking Meals

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- Pasta with frozen shrimp, pre-cut vegetables, onion and garlic sautéed in olive oil
- Veggie and 2% cheese omelet with tossed salad
- Tuna salad wrap (made with Greek yogurt) with baby carrots and dip
- Black beans, rice, shredded 2% cheese, salsa and guacamole
- Peanut butter & banana sandwich with baked chips
- Spinach salad with grilled chicken, mandarin oranges and slivered almonds



# Eating Out

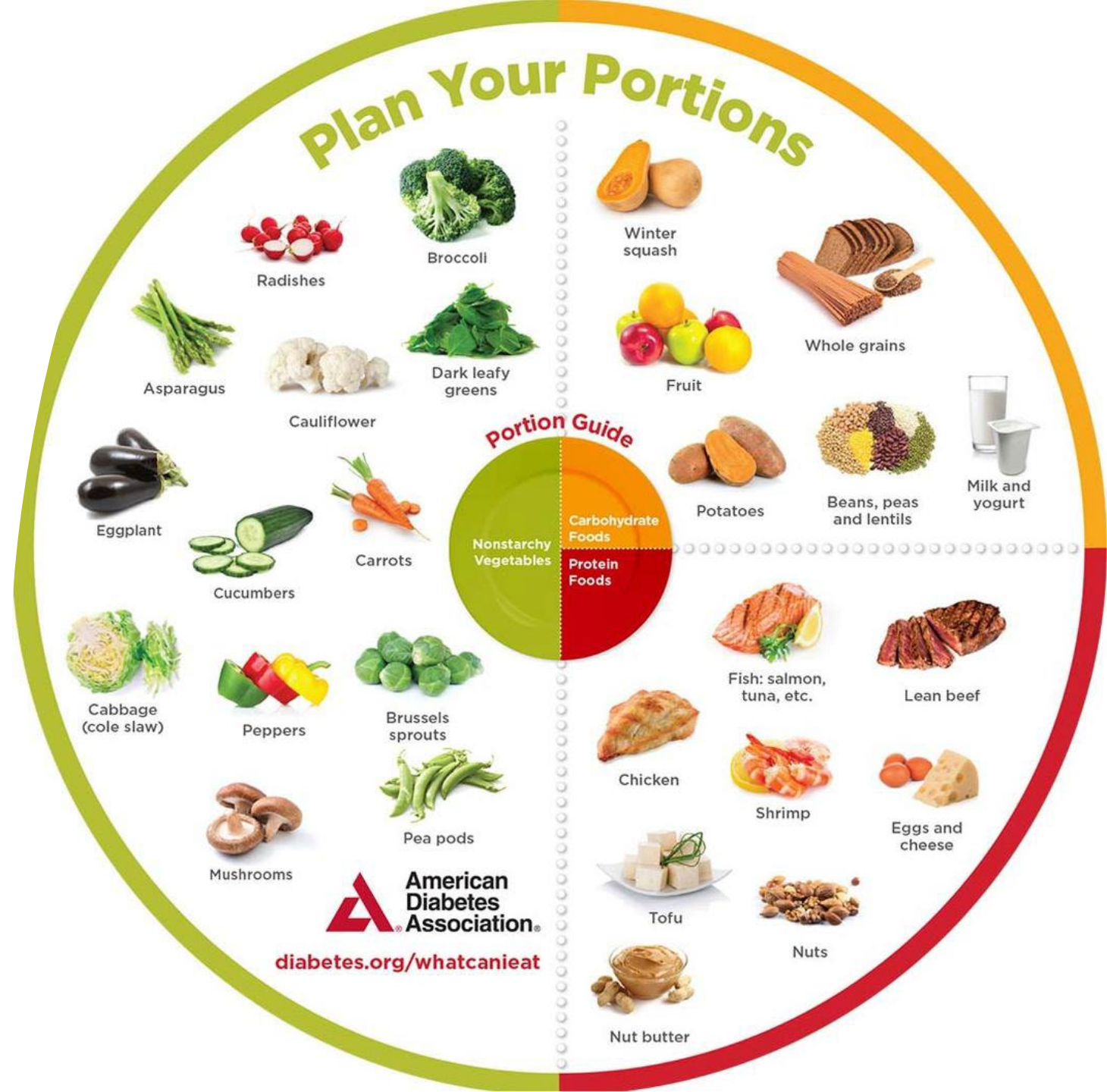
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- Look up the restaurant's nutrition ahead of time and decide what to order before arrival
- Don't scan the menu while waiting to order in the restaurant! You will talk yourself out of a pre-selected choice
- Choose zero calorie beverages
- Seek out fruits and vegetables in sides and a la carte additions



# Review Healthy Eating Tools

- Use My Plate as a guide
- Choose nutrient rich foods and enjoy all foods in moderation
- Find the meal planning style that works best for your house
- Create a dinner deck
- Keep a supply of easy to prepare ingredients
- Plan ahead when eating out



# How do you execute these new ideas?



- Keep it simple
- Pick one or two changes to make
- Make a daily/weekly plan
- Give up the all or nothing mentality
- Stack your habits
- Practice self compassion and positive thinking
- Reward yourself regularly

# Support Systems

**Handle difficult situations** — When obstacles inevitably arise, we sometimes need a little help keeping our goals in perspective.

The people in your support network will be there when you need to talk after a long day or when you're feeling overwhelmed with work, family or other obligations.

Supportive friends, family, clergy and colleagues will celebrate your successes and help you learn from your failures. They can provide the encouragement you need to meet each challenge with determination and a positive attitude.





# Support Systems



**Get motivated**—Forming relationships with family members or peers with similar health goals will help you stay engaged in your routine and motivate you to succeed.

If you are overwhelmed or struggling, your support network should be willing to help you and offer their guidance, insight and strategies for success.

Cultivating and maintaining a social support system will benefit you throughout each of your life's endeavors.





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