



## Nutrition for Diabetes Prevention

Pre-diabetes is a condition that comes before diabetes when blood glucose levels are elevated above normal range, but are not high enough to make a clinical diagnosis of diabetes. Pre-diabetes is a warning sign for the onset of diabetes, heart disease and stroke.

Pre-diabetes can be reversed with **improved eating habits, exercise and weight loss**. *Diabetes, however, cannot be reversed once you have it.* There is no drug therapy currently available for pre-diabetes, so lifestyle change is the recommended treatment to prevent diabetes.

### Improve Eating Habits: Cut back on Calories and Fat

- Cut back on portion sizes; use smaller plates at home and save ½ of a restaurant portion for another meal.
- Read labels and choose foods that contain less than 200 calories and 5 grams of fat per serving.
- Drink calorie-free beverages and lots of water.
- Use half as much oil in cooking and baking and replace butter, margarine and dressings with lower fat spreads and flavorings.
- Eat more whole grains, fruits and vegetables.
- Prepare foods using low-fat cooking methods such as baking, broiling, and grilling and use no-stick pans and cooking sprays instead of oil or butter.
- Eat breakfast everyday and pack your lunch.
- Plan meals that include a low-fat protein (grilled chicken, broiled fish, beans, fat-free or low-fat dairy) to provide satiety.
- Avoid trans fats and hydrogenated or partially hydrogenated oils often found in snack foods and other processed foods.
- Keep a food diary.

### Exercise: Increase Physical Activity

- Do some form of exercise everyday, working up to 30 minutes of brisk walking or similar exercise, 5 days per week.
- Include strength training several times per week.
- Take the steps and park farther away in parking lots.
- Get off of the bus or subway one stop earlier.
- Find enjoyable activities and hobbies that promote physical activity such as gardening, playing with children/grandchildren, and dancing.



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## Lose Weight

By cutting back on calories and fat, and increasing your exercise and physical activity, you will most likely lose weight. If you are overweight, a moderate weight loss of just 5 to 10% of your total body weight can provide great health benefits and reduce your risk for diabetes, heart disease and stroke. So, if you weigh 200 lbs., you should aim for a weight loss of 10-20 pounds.



## Oriental Chicken and Spinach Salad

**Yield: 6 servings**

- 1/4 cup vegetable oil
- 3 Tbsp rice vinegar
- 1 1/2 Tbsp Equal<sup>®</sup> Spoonful OR 2-1/2 packets Equal<sup>®</sup> sweetener
- 1 Tbsp light soy sauce
- 1 tsp dark sesame oil
- 3/4 tsp grated gingerroot
- 1-6 oz bag baby spinach leaves
- 2 cups cooked, cubed chicken breast
- 1 cup (11 oz) Mandarin oranges, drained
- 1/2 cup water chestnuts, sliced
- 1/4 cup green onions thinly sliced
- 1/4 cup toasted slivered almonds

For dressing, whisk first 6 ingredients until combined. Refrigerate, covered, 1 hour to allow flavors to blend. For salad, gently toss last 6 ingredients in large salad bowl. Add dressing and toss to combine.

**Nutrition Information per serving:** 223 Calories, 15 g Total Fat, 2 g Saturated Fat, 36 mg Cholesterol, 144 mg Sodium, 8 g Total Carbohydrate, 3 g Dietary Fiber, 16 g Protein

*This recipe is sponsored, and provided by Equal<sup>®</sup> 10% calorie reduction from traditional recipe.*



## Banana Shakes

**Yield: 2 servings (1cup)**

This creamy shake takes just minutes to make and is ideal for a quick on-the-go breakfast or afternoon pick-me-up-with just 1 gram of fat. Experiment with other fruits for a change of flavor, substituting 1 cup of another fresh or frozen (no sugar added) fruit in place of the banana. Try pitted sweet Bing cherries, raspberries, strawberries, peaches, mango, or a combination of fruits.

- 1 cup fat-free milk
- 1/2 cup vanilla low-fat frozen yogurt
- 1 ea ripe banana, peeled
- 1/4 tsp pure vanilla extract

Blend the milk and frozen yogurt in a blender or food processor about 1 minute. Add the banana and vanilla; blend a few seconds longer.

**Nutrition Information per serving:** 130 Calories, 1 g Total Fat, 1 g Saturated Fat, 7 mg Cholesterol, 83 mg Sodium, 24 g Total Carbohydrate, 1 g Dietary Fiber, 17 g Sugars, 6 g Protein

*This recipe is from The New Family Cookbook for People by the American Diabetes Association*

