



## NUTRITION AND LIFESTYLE RECOMMENDATIONS FOR PEOPLE WITH PRE-DIABETES

Pre-diabetes is determined by your **fasting blood glucose** ("blood sugar") level:

Normal fasting glucose	70 - 100 mg/dl
Pre-Diabetes (impaired fasting glucose)	101 - 125 mg/dl
Diabetes	126 mg/dl or higher on 2 occasions

**Here are some tips on how to keep pre-diabetes from turning into diabetes:**

- 1) Include daily physical activity:** Because muscles use sugar/glucose for energy, activities like walking, bicycling and gardening help to lower your blood glucose. Aim for 30 to 60 minutes or more per day.
- 2) Lose weight if you are overweight:** Extra body fat contributes to "insulin resistance" and pre-diabetes. Look for areas in which you can cut your calorie intake by 250 to 500 hundred calories per day. For example, you can:
  - Reduce your portion sizes.
  - Reduce your intake of high carbohydrate foods such as cookies, other desserts, bread, pasta, tortillas, rice, crackers, pretzels and chips.
  - Choose calorie-free beverages in place of regular sodas, fruit juices, lemonade, "smoothies," sweetened coffee and tea drinks, and alcohol.
  - Choose low-calorie dressings or use regular salad dressing sparingly.
  - Limit nuts to a small handful (1/4 cup or less) per day.
- 3) Reduce intake of carbohydrates:** Because carbohydrates cause blood sugar levels to rise, carbohydrate intake usually needs to be reduced and spread evenly throughout the day. Not sure where carbohydrates are found? See list below.

### CARBOHYDRATES ARE FOUND IN THE FOLLOWING FOODS:

- Sugars: white sugar, brown sugar, honey, fructose, corn syrup
- Jelly, jam and maple syrup/pancake syrup
- Cakes, cookies and candy; flavored yogurts (*unless* artificially sweetened)
- Fruit juice, fruit drinks, lemonade, regular sodas as well as whole fruit
- Bread, cereal, rice, pasta, tortillas, chapattis, crackers, chips, etc.
- White potatoes, sweet potatoes, corn and peas. These "starchy vegetables" have a higher carbohydrate content. Most other vegetables (such as broccoli, green beans and even carrots) are fairly low in carbohydrate.
- Legumes: beans (e.g. pinto beans, black beans), lentils and split peas
- Milk and yogurt (contain the natural "milk sugar" lactose)

### How to Move toward a Lower-Carbohydrate Eating Pattern:

1. Don't eat too much carbohydrate at one meal or snack. Combine a carbohydrate food with lean protein and unsaturated fat for "balanced" meals and snacks.
2. Try a lower carbohydrate breakfast. In place of fruit juice with toast and jam, eat a slice of whole grain bread with peanut butter or with an egg white omelet.
3. Choose high fiber, unrefined, whole grain carbohydrates (for example, whole wheat bread in place of white bread). You still must watch your portion sizes.
4. Eat a heart-healthy diet low in saturated fat, trans fat and cholesterol. Foods high in unsaturated fats (e.g. olive oil, canola oil, nuts, avocado, fatty fish) can be included. But remember that high-fat foods are high in calories.

HIGH CARBOHYDRATE FOODS	BETTER CARBOHYDRATE CHOICES TO USE IN MODERATION
Sugar (white & brown), honey, syrup	Cut amount in half or use Splenda
Fruit juice	Substitute whole fruit (up to 3 servings/day)
Cereal	Choose high fiber (5 grams or more/serving), low sugar (5 grams or less/serving) cereals
Bread	Best is 100% whole wheat. Second choice has whole grain as first ingredient. Look for bread with 3 grams fiber or more per slice.
Rice	Use brown rice or wild rice in place of white rice. Bulgur/cracked wheat, whole wheat couscous and quinoa are even higher in fiber.
Pasta	Choose whole wheat or whole grain pasta. High fiber, high protein blends are 2 <sup>nd</sup> best.
Tortillas	Use corn tortillas or whole wheat tortillas
Legumes: mature beans, lentils and split peas	Beans (e.g. pinto beans, black beans, lima beans, garbanzo beans) and lentils contain protein, carbohydrate and soluble fiber. A 3/4 cup portion is adequate.
Yogurt	Buy plain, unsweetened fat-free yogurt or Greek yogurt (e.g. Fage 0%). Add fruit, vanilla extract, Splenda or 1 tsp. of sugar. Or choose artificially sweetened, "light" yogurt.
"Starchy" vegetables: white potatoes, sweet potatoes (yams), corn, peas	Use in moderation. Reduce consumption of other carbohydrates (e.g. rice, bread) at same meal. Eat more of the low-carbohydrate vegetables (broccoli, carrots, greens, etc.)