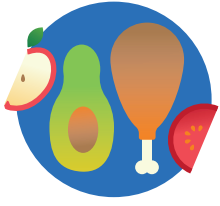


PRESCRIPTION FOR BETTER BLOOD SUGAR



Your recent blood tests show that your blood sugar is trending higher. This means that you have ___ **prediabetes** or ___ **type 2 diabetes**. But with some simple dietary and lifestyle changes you can lower your blood sugar and greatly reduce your risk of future health complications. The key is to consume less sugar, or food and drinks that digest to sugar. **Here's the prescription for what to do:**

Drinks

Simply cutting out sugary drinks will go a long way to improve your blood sugar. For some people this is the only change they need to make. When in doubt, water is always a great choice; try it with a squeeze of lemon or lime:

- **ENJOY** water, sparkling water, diet sodas
- Unsweetened tea or coffee (black or with cream)
- The occasional dry wine, champagne, gin or vodka with water or ice.
- **AVOID** sugary soft drinks, and fruit juice of any kind
- Sweet tea or coffee, sweet specialty coffees
- Beer, sweet cocktails, liqueurs, fortified wines, sweet wines

Breakfast

Whatever time you have your first meal of the day, begin with protein and fiber. Follow the advice for lunch and dinner below and make all meals consist of protein, fibre and a bit of fat for flavor. Leftovers are great.

- **ENJOY** plain Greek yogurt, or cottage cheese, with fresh or frozen berries topped with nuts and seeds
- Eggs any way; grilled meat or fish; cheese, sliced tomato, vegetables, avocado, ham, fish, or bacon
- **AVOID** boxed cereals, oatmeal, granola, or grain-based porridges
- Pastries, donuts, muffins, toast, bagels, flour-based baked goods, pancakes with syrup

Lunch & Dinner

1. Pick a protein like meat, poultry, fish, eggs, or tofu. 2. Have as many leafy-green or above ground vegetables as you want. 3: Add a bit of fat, like butter or olive oil, for flavor. As easy as 1, 2, 3.

- **ENJOY** grilled, baked, broiled, poached, or fried meat, fish, poultry, or tofu
- Plenty of above ground vegetables, leafy salads, with butter, salad dressing, or olive oil and vinegar
- For dessert cheese and nuts, plain yogurt with berries
- **AVOID** breaded or deep-fried meat, poultry or fish
- Pasta, potatoes, rice, bread, pita, tortillas, naan, or other starches
- Cakes, cookies, pastries, ice cream, or any sweets for dessert

Snacks

Eat enough at meal times that you are not hungry for snacks, but if you need a snack choose the following.

- **ENJOY** veggies and yogurt dip, hard boiled eggs, unsweetened jerky, slices of cheese, a handful of nuts like roasted almonds or pistachios.
- **AVOID** chocolate bars, sweets, muffins, donuts, pastries, potato chips, pretzels, nachos, crackers, popcorn, corn chips or other packaged snacks.

Sleep, Movement, Stress

Consuming less sugar, or foods that digest to sugar, will go a long way to improve your blood sugar levels. But other lifestyles changes can help, too, especially getting enough sleep, moving your body in activities you enjoy, and reducing stress.

- **TRY** to go to bed and get up at the same time every day; Sleep in a quiet, dark bedroom. Avoid screens before bed. Put the cellphone in another room.
- Try to walk daily, or do other light exercise or movement that you enjoy. Work up to regular, enjoyable exercise.
- Try not to sit at a desk for long periods. Get up regularly to move.
- Try meditation, breathing exercises, a warm bath, and other stress reducing activities.