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NUTRITION SEGMENT NOVEMBER 5, 2007: PRE-DIABETES DISCUSSION:
Bring the Sugar Down and the Attitude Up!

Do you know that you control 70% of how well and how long you live. By the time you reach 50 years old, your lifestyle dictates 80% of how you age, the rest is controlled by inherited genes. According to the Diabetes Prevention program, you can help delay or prevent diabetes by 58% through eating and exercise changes for a lifetime. The main goal is to help your body relearn to use insulin normally.

Pick 3 things to work on from the list below. Once you feel comfortable with those 3 changes, add 3 more.

GOALS OF NUTRITION THERAPY:

1) Weight Loss: Improved eating behaviors for a lifetime

- Lose 5-7% of current body weight
- Aim for a plate filled with 1/2 vegetables, 1/4 lean protein and 1/4 whole grain (see attached page for food groups and servings)

2) FIBER: Aim for high fiber foods: Goal is 30-40 g/day

3) PRODUCE: Fruits & vegetables – 2 servings at lunch and dinner

- 1 serving fruit = 1/2 cup cooked, canned or fresh or 1 medium piece
- 1 serving vegetables = 1/2 cup cooked or 1 cup raw
- Berries and Northern fruits like apples, pears, and cherries are best

4) WATCH ADDED FAT:

- Keep added fat to 2T per day: spread, salad dressing, mayonnaise, oil
- 1 T of any fat (oil, butter, margarine) has 100 calories

5) USE MONOUNSATURATED FAT and GET 15-25 g PROTEIN PER MEAL

- Monounsaturated Fat: The only oils in your cupboard should be extra virgin olive oil and canola oil. Try almond butter on your toast. Add 2 T avocado to your salad.
- Protein: Aim for 15-25 g per meal which means 3 ounces of lean meat or 1/2 cup beans and yogurt.

6) AVOID TRANS FAT:

- Products with the words *partially hydrogenated oil* indicate trans fat even if the label says 0 grams trans fat.

7) DECREASE INFLAMMATION: Consume 1 source of omega-3 fatty acids daily/ 6-8g weekly

- Aim for 2 meals of fish a week: Choose cold-water fish like wild salmon, trout, mackerel or lower fat fish like haddock, pollock, canned light tuna or shrimp.
- **1.5 g omega-3**= 3.5 oz fish, 10 walnut halves (7g fat), 1-2 t ground flaxseed, 1 g fish oil supplement (*Polaris Omega-3s and Ultimate Omega EPA Formula from Nordic Naturals*, high amount of EPA/DHA amounts), canola oil, fortified eggs.

EXERCISE IS #1 WAY TO IMPROVE INSULIN SENSITIVITY