

## MyPlate!

# Stay Informed!



[www.cdc.gov](http://www.cdc.gov)



[www.masteringdiabetes.org](http://www.masteringdiabetes.org)



[www.diabetes.org](http://www.diabetes.org)

## Meal Ideas:

### Yogurt bowl

- Greek yogurt for protein
- Strawberries for carbs
- Almonds for fat
- Granola for whole grains

### Breakfast

### Turkey Sandwich

- Whole grain bread for carbs
- Turkey for protein
- Tomatoes and lettuce for veggies
- Mayo for fat
- Side of chips & cucumbers/carrots

### Lunch

### Grilled Chicken Breas

- Grilled Chicken for protein
- Sweet Potatoes for carbs
- Broccoli for veggies
- Ice cream for fun! :)

### Dinner

## Stock Up!!

### Carbohydrates:

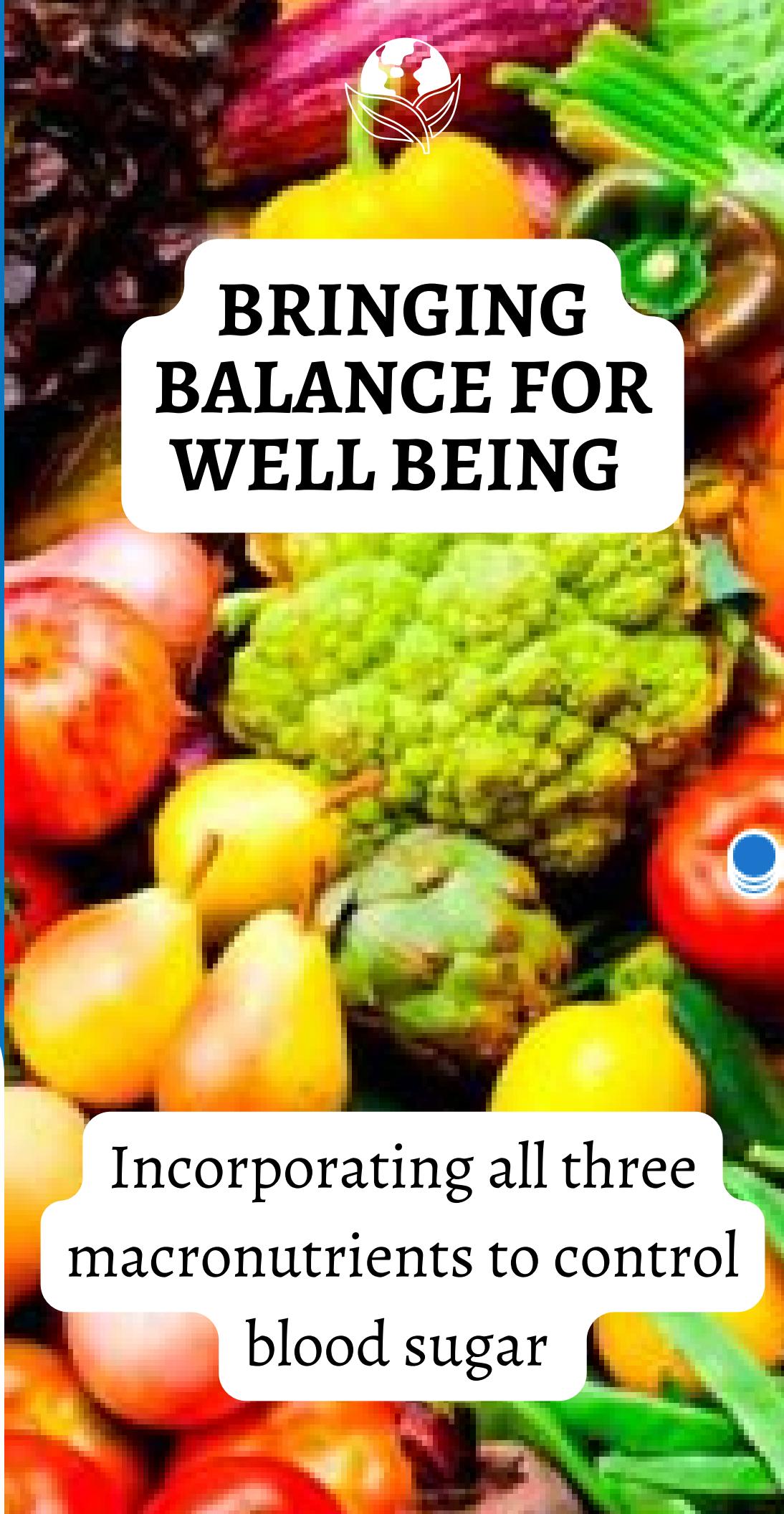
- Sweet potatoes
- Oats
- Milk
- Lentils

### Proteins:

- Chicken Breast
- Peanut Butter
- Eggs

### Fats:

- Avacado
- Mayo
- Almonds
- Olive Oil



Incorporating all three macronutrients to control blood sugar

# Terms to Know

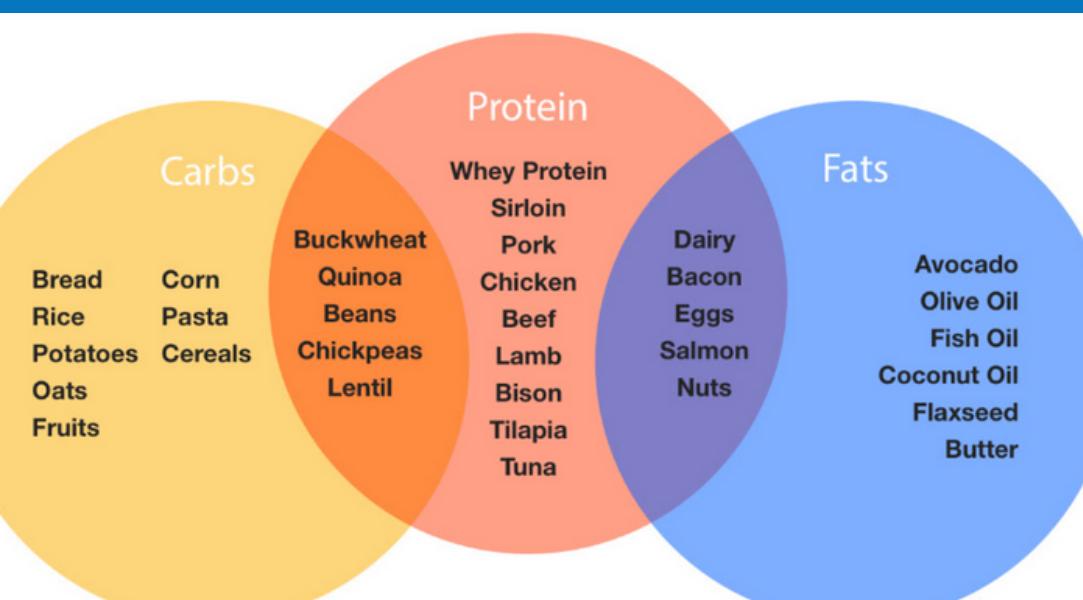
Type 2 Diabetes: a chronic resistance to insulin

Insulin: A hormone that regulates the amount of sugar in the blood

Macronutrients: Nutrients that yield energy and are needed in large amounts including Carbohydrates, Fat, and Protein

Blood Glucose: The amount of sugar in the blood

Whole Grains: involves little processing and maintains all parts of the grain



# Risk and Susceptibility

## RISK FACTORS OF DEVELOPING

### TYPE 2 DIABETES:

- Being Overweight
- Are 45 years or older
- Have a parent, brother, or sister with Type 2 Diabetes
- Are physically active less than three times/week
- Eating a high sugar/carbohydrate diet

## HOW CAN WE PREVENT DEVELOPING TYPE 2 DIABETES?

- Staying physically active 5 times/week
- Prioritizing balanced meals (carbohydrate, fat, protein)
- Having a regular meal schedule throughout days

# Other Factors Influencing High Blood Glucose Levels

Exercise-Lowers blood glucose levels by making your body sensitive to insulin

Frequency of Meals-maintains steady blood glucose levels by reducing glucose spikes

Stress-as your adrenaline rises, your glucose levels increase

# EXERCISE CAN RELIEVE STRESS

