



MyPlate!

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

Stay Informed!



WWW.CDC.GOV



WWW.MASTERINGDIABETES.ORG



WWW.DIABETES.ORG

Carbohydrates:

- Sweet potatoes
- Oats
- Milk
- Lentils

Proteins:

- Chicken Breast
- Peanut Butter
- Eggs

Stock Up!!

Fats:

- Avacado
- Mayo
- Almonds
- Olive Oil



**BRINGING
BALANCE FOR
WELL BEING**

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

