

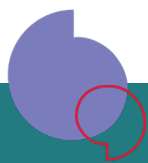
# 5 Effective Nutrition Strategies to Reduce Your Risk of Diabetes



Adopting a nutrient dense diet is foundational to health, and with the rising prevalence of diabetes, being proactive with your diet is also a powerful tool for prevention. Type 2 Diabetes is a chronic condition influenced by lifestyle factors, with diet being among the most important. By making informed choices about what you eat, you can significantly reduce your risk of developing diabetes.

## 5 nutrition strategies to reduce your risk of diabetes:

- 1. Embrace a Balanced Diet:** A balanced diet forms the foundation of diabetes prevention. Enjoy a variety of nutrient-rich foods from all major food groups and prioritize foods with a low glycemic index (GI), as they release glucose into the bloodstream at a slower pace, helping to regulate blood sugar levels. Incorporating foods with a low GI like legumes and non-starchy vegetables can contribute to better blood sugar management and reduced diabetes risk.
- 2. Portion Size Matters:** Be mindful of portion sizes. Awareness of how much you eat is the first step toward making a change. When eating a meal, aim to fill half of your plate with vegetables, one quarter with a lean protein, such as legumes, poultry, or fish, and one quarter with a whole grain, such as brown rice, quinoa or farro.
- 3. Choose Complex Carbohydrates:** Not all carbohydrates are created equal. Opt for complex carbohydrates over refined ones. Foods like whole grains, fruits, vegetables, and legumes are rich in fiber and take longer to digest, leading to a gradual and steady release of glucose into the bloodstream. This helps prevent spikes and crashes in blood sugar levels.
- 4. Include Protein:** Incorporate lean protein sources such as poultry, fish, beans, lentils, and tofu into your diet. Protein-rich foods help regulate blood sugar levels by promoting satiety and reducing the rapid rise in glucose after a meal. Including adequate protein in your meals can also help preserve lean muscle mass, which is vital for overall metabolic health.
- 5. Limit Added Sugars and Processed Foods:** Excessive consumption of added sugars and highly processed foods can cause rapid spikes in blood sugar levels and contribute to insulin resistance over time. Read food labels carefully to identify hidden sugars and opt for whole, unprocessed foods whenever possible. Sugary beverages, such as sodas and fruit juices, should be minimized in favor of water, herbal teas, and other unsweetened beverages.



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**fseap** Now we're talking.

Parlons-en. **paesf**

Taking charge of your health through nutrition is an effective way to prevent diabetes. Remember that small, consistent changes in your dietary habits can yield substantial benefits for your long-term well-being. Always consult with a Registered Dietitian before making major changes to your diet, especially if you have existing health conditions or concerns.

If you enjoyed these tips and would like more nutrition guidance for diabetes prevention, take **FSEAP's Sugar Shakedown 30-Day Challenge** for Diabetes Awareness Month! You'll be paired with a Registered Dietitian who will support you and personalize the challenge to your needs and lifestyle. Are you ready embrace healthy changes, shake off the sugar and lower your risk of diabetes? Sign up today!

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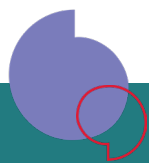
## The Sugar Shakedown 30-Day Challenge

This November, join the **Sugar Shakedown 30-Day Challenge** and team up with a FSEAP Registered Dietitian to make positive changes that align with your vision of a healthy lifestyle. Your dietitian will work with you to create a personalized nutrition plan to meet your nutritional needs and reach your health goals.

### In this 30-Day Challenge, you will:

1. Establish your main S.M.A.R.T. goal(s) and learn how to work toward them in a manageable way.
2. Discuss your progress with your Registered Dietitian in 30-minute weekly coaching sessions.
3. Be guided and supported throughout the entire 30-day journey.
4. Receive practical information, recipes, and tips to keep you motivated, focused and

**Challenge Accepted?** Call FSEAP to sign up for the **Sugar Shakedown 30-Day Challenge**, or to find out about the Nutrition Counselling Services.



Connect with us. 1.800.668.9920 / TTY 1.888.234.0414