



INTEGRATIVE INSIDER

Key Takeaways

Diabetes, Diet and Disease Prevention **Michelle Luhan, MS, RDN, CDN** **Dietitian and Nutrition Counseling**

1. Two ways to manage diabetes with diet: Plate Method or Carbohydrate Counting
2. Lose weight if overweight. Follow a high-fiber, plant-forward diet like the Mediterranean Diet.
3. Exercise 30 minutes a day; a walk for 10 minutes after a meal lowers your blood sugar by 22%.
4. Hydration and fiber are key to success. Fiber is essential to healthy gut biome - vegetables, whole grains, legumes and fruits. Aim to drink half your weight in ounces of water per day (160 lb. person = 80 oz or 10 cups)
5. Time Restricted Eating (TRE) may improve weight loss, lower cholesterol and blood pressure, increase insulin sensitivity, as well as decrease visceral fat and fasting blood sugar.

To learn more about SSIHI Nutrition Services, scan here:

