



5 Takeaways

Diabetes & Diet

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- 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.**

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