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# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
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MORGAN COUNTY HEALTH DEPT.



## LIVING WELL AND EATING WELL WITH DIABETES

If you have been diagnosed with diabetes, you have probably heard that healthy eating is a key part to staying healthy. According to the Centers for Disease Control and Prevention (CDC), managing blood sugar is the key to living well with diabetes, and eating well is the key to managing blood sugar.

One strategy is to have a meal plan. A meal plan is your guide for “when, what, and how much to eat to get the nutrition you need while also keeping your blood sugar levels in check”. Making a solid meal plan can be complicated, so talk to your doctor or registered dietitian if you need help. The CDC says that a good meal plan will typically include:

- More non-starchy vegetables, such as broccoli, spinach and green beans
- Fewer added sugars and refined grains, like white bread, rice, and most pastas
- Whole foods instead of highly processed foods (sugary drinks, cookies, some frozen dinners, luncheon meats)
- Consider counting carbs and the “plate method”. Visit [www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html](http://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html) for more information and make sure to talk to your doctor about your recommended daily number of carbs you can eat

By making a proper meal plan with regular, balanced meals, you can avoid high or low blood sugar levels. Different foods can affect your body in different ways, so make sure you follow your doctor’s recommendations to best manage your diabetes.

If you have diabetes or pre-diabetes, we have a new program for you! MCHD, alongside Central State University Extension Office, is offering DEEP (Diabetes Empowerment Education Program) classes, an evidence-based diabetes self-management program. This program is designed to help adults with pre-diabetes and diabetes learn skills to control diabetes and reduce health risk. Topics include understanding the human body, nutrition education and meal planning, the importance of physical activity, stress management, and more.

Classes are FREE and start March 16th at Kate Love Simpson library. They will occur every Wednesday from 10am-12pm until May 4th. To register, please call MCHD at 740-962-4572 or visit [www.bit.ly/DEEPmorgan](http://www.bit.ly/DEEPmorgan).