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MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



DIABETES AND MEAL PLANNING

November is American Diabetes Month! When you have diabetes, your body has a hard time turning glucose (sugar) into energy. Over time, unchecked high blood glucose can damage almost every part of your body. 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 practical 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 doing the “plate method”

Visit 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 are interested in learning how to cook nutritious, easy meals, we have a new program for you! MCHD, alongside Central State University Extension Office and the Wellness Coalition, is offering a FREE nutrition class based on an evidence-based program called Eat Smart, Live Strong. Topics include how to select and prepare fruits and vegetables, how to incorporate exercise in to your life, and more. A simple recipe demo will be taught as well. Those who attend the class will receive FREE kitchen utensils and entry into a drawing for additional items to help you get started on your journey towards healthy eating! This class is for everyone, including those with and without diabetes. This class is FREE and will be held at the Chesterhill Church of Christ on November 7th from 10am-12pm. To register, please call MCHD at 740-962-4572.