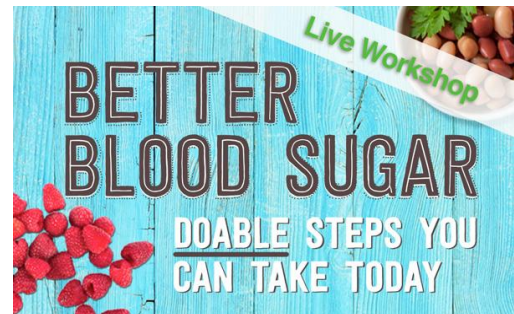


Better Blood Sugar *Workshop Summary*

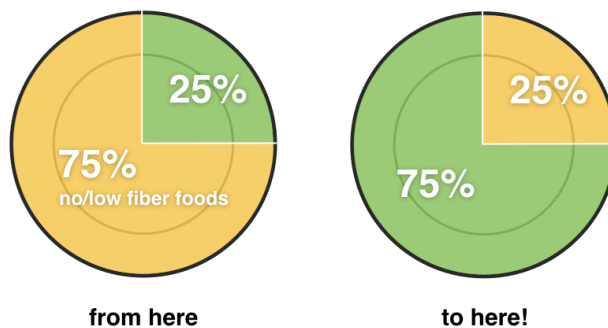
Learn more in the Full Plate Living online program – [Better Blood Sugar](#). This is a free program in your FullPlateLiving.org account.

Reminder: Consult your physician before following any of the lifestyle recommendations.



1. Eat High Fiber Foods

Create 75% Plates at every meal.



Here are recommended servings sizes to aim for each day:

- 1 - 1-1/2 cup of cooked beans; can have 1/2 cup per meal
- 1 cup raw or 2 cups cooked greens of your choice; mix them up
- 2 cups of other veggies, raw and/or cooked
- 2-3 fruits a day, focusing on berries, apples, pears, peaches, nectarines, plums, oranges, grapefruits, lemons and limes
- 1 cup cooked whole grains, focusing on steel-cut oats, quinoa, barley, farro
- 1/4 cup nuts OR 2 tablespoons nut butter
- 1 slice Ezekiel 4:9 bread

2. Drink Enough Water

Fiber loves water; make sure you drink enough. Regularly drinking water also helps lower your blood sugar levels and keep them within a more normal range.

- Aim for *at least* 8 - 8 ounces glasses throughout the day
 - Use the color of your pee as a key; goal = pale yellow
- Tips for making it a habit
 - Keep a water bottle with you throughout the day
 - Refill your bottle as soon as it is empty
 - Add lemon or lime slices to give it a hint of flavor

3. Get Moving

Find activities you enjoy doing, mix it up to keep it interesting and include a friend to make it more fun.

- Goal = 150 minutes a week of moderate intensity
 - Can break it down (i.e., 30 mins, 5 days a week)
 - Any amount of time is beneficial
 - START small: #Active15 Challenge

4. Stroll After Every Meal

Take a 15-20 minute stroll after each meal. This is a walk at a leisurely pace. This can help you lower your postprandial (after eating) blood sugar.

5. Stop Smoking

Health benefits of quitting begin immediately. Studies show that insulin can start to become more effective 8 weeks after quitting.

Visit Smokefree.gov for free information and resources to quit today.