

AMERICAN DIABETES MONTH: TAKE CONTROL OF YOUR CARBS

What is Diabetes & PreDiabetes?

Diabetes is a chronic health condition that affects the body's ability to produce or respond to the hormone insulin resulting in elevated levels of glucose in the blood and urine. The three main types of diabetes are type 1, type 2 and gestational diabetes. When diabetes is left uncontrolled, additional health complications may occur like heart, kidney and Alzheimer's disease and nerve, eye and skin damage. *Prediabetes* is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke.

Nutrition Spotlight: Carbohydrates

Managing the carbohydrates (or carbs) that you eat play an important role in a healthful diet for both people with and without diabetes. While a balanced plate with nutrient-dense foods is the first step for disease prevention or maintenance, taking control of your carb intake is a key factor for managing blood sugar levels. Carbs provide the body with glucose (aka energy), which directly impacts blood sugar levels. There are three main types of carbohydrates:

Starches

Present in plant-based foods such as peas, corn, potatoes, beans, rice and other grain products

Sugars

Occur naturally in foods such as milk and fruit and are added to foods to make them sweet, like table sugar, honey or corn syrup

Fiber

Indigestible part of plant foods that have shown to help with digestive and heart health

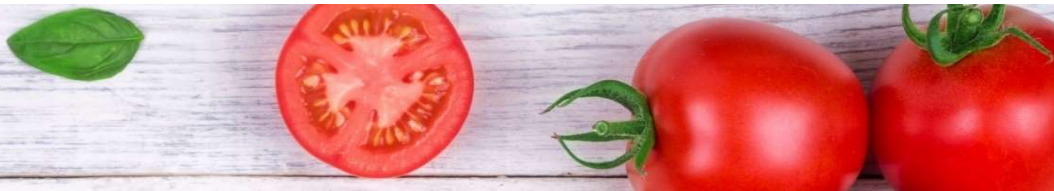
The goal to choosing the best carbs is to select the most nutrient-dense versions, meaning they contain more fiber, vitamins and minerals and are low in added sugars, sodium and unhealthy fats. When choosing healthful carbohydrates, you should aim to:

Eat Most Often: *non-starchy vegetables* such as lettuce, tomatoes, broccoli and green beans, *starchy vegetables* (listed above), *whole fruits* and *whole grains* like brown rice, quinoa, oats, and whole grain breads, pasta and crackers; *plain yogurt & fat-free or low-fat milk*

Eat Less Often: *sugary beverages* such as soda, sweetened tea or juices; *refined carbs* like white bread, pasta, tortillas, crackers, rice and cereal; *pastries* like doughnuts, croissants and sweet rolls; *sweets or snack foods* like cake, cookies, candy, chips, ice cream and sweetened yogurt; *sugar-sweetened condiments*

St. Charles AAA

November 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Sausage & Pinto Beans Brown Rice Cabbage Pickled Beets Cornbread Cranberry Juice Margarine	Turkey Salad Tossed Salad Broccoli Raisin Salad Wheat Bread Chocolate Pudding Assorted Dressing	Beef Fiesta Mac Glazed Carrots Brussels Sprouts Wheat Bread Oreo Cookies	BBQ Bone-in Chicken Chuckwagon Corn Baked Beans Wheat Roll Pineapples
	7	8	9	10
Turkey & Sausage Jambalaya Cabbage Green Beans Wheat Bread Little Debbie or Cookies	Baked Meatballs Brown Gravy Whipped Potatoes Venetian Vegetables Wheat Bread Fruit & Grain Bar	Ham & White Beans Rice Mustard Greens Pickled Beets Cornbread Orange Juice	Chili with Beans Whole Kernel Corn Peas & Carrots Saltine Crackers Pumpkin Bar	Turkey & Cheese Tossed Salad Broccoli & Onion Salad Wheat Bread (2 slc) Oreo Cookies Assorted Dressing Mustard Mayonnaise
14	15	16	17	18
Chicken Breast Lemon Sauce Carrots Whipped Potatoes Wheat Bread Little Debbie or Cookies	Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Orange Juice Mustard/Ketchup Mayonnaise Chocolate Milk	Chicken/Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake	Ham & Lima Beans Brown Rice Cabbage Fresh Apple Cornbread Little Debbie or Cookies	Meatloaf Brown Gravy Ranch Potatoes Whole Kernel Corn Wheat Bread Peanut Butter Cookie
21	22	23	24	25
Breakfast Sausage or Ham Cheese Grits Cranberry Juice O'Brien Potatoes Biscuit Little Debbie or Cookies Jelly/Margarine	Beef Patty Mushroom Gravy Stewed Tomatoes Whipped Potatoes Wheat Bread Little Debbie or Cookies	Thanksgiving Turkey Breast Brown Gravy Cornbread Dressing Green Beans Amandine Cranberry Juice Wheat Bread Almond Cookie	CLOSED	CLOSED
28	29	30		
Baked Meatballs Teriyaki Sauce Rice Japanese Vegetables Seasonal Fruit Wheat Bread Little Debbie or Cookies	Baked Ham Honey Mustard Sauce Carrots Chantilly Potatoes Dinner Roll Fruited Gelatin	Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Mustard/Ketchup Mayonnaise Chocolate Milk	Each Meal is Served with 1/2 Pint of 2% Milk	