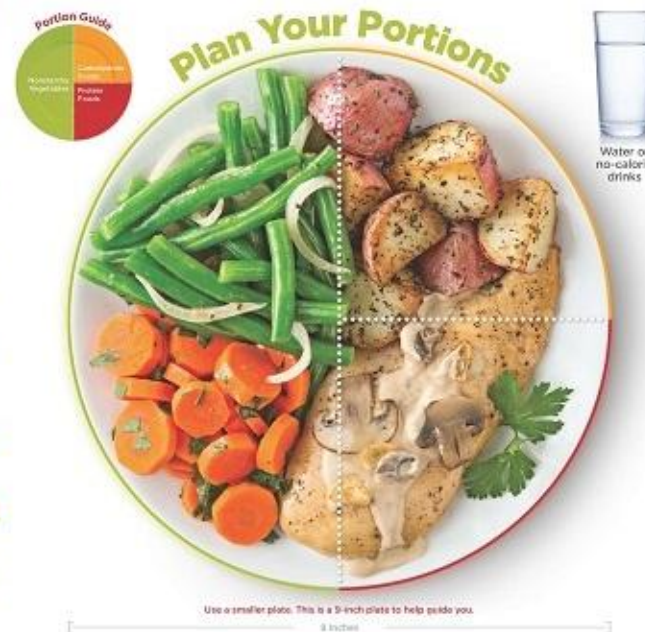


# November is AMERICAN DIABETES MONTH

**What is diabetes?** It is a disease that occurs when blood sugar (glucose) level is too high. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

There is no “diabetic diet”! It’s best to choose foods for meals & snacks that include carbohydrates (sugars & starches), fiber, fat, & protein. The “diabetes plate method” is recommended by the American Diabetes Association. There are no good or bad foods but the **proportion** on the plate is important.



Plan your portions - Fill about  $\frac{1}{2}$  of the space on the plate with any variety of vegetables that you like. Fill  $\frac{1}{4}$  of the space with a **protein** rich food & in the other  $\frac{1}{4}$  of the space include your preference for either a **carbohydrate rich** food. If you’re still hungry after finishing the plate --- refill the plate **in the same proportion**.

**Smart carbohydrates:** beans, fruits (good for fiber, especially with skin, vitamin C, & potassium); whole grains, pumpkin, plantain, vegetables, & popcorn

**Healthy fats:** avocado, olive oil, canola oil, nuts, seeds

**Healthy proteins:** beans, fish, poultry, tofu, lean beef, lean pork, eggs, yogurt

The American Diabetes Association has made November **American Diabetes Month**. The goal is to help people with learn how to thrive with diabetes and pre-diabetes. At [www.diabetes.org](http://www.diabetes.org) there is more information on **nutrition, fitness, medications, affordable insulin, advocacy, and finding a diabetes education program** near you. Take the risk test for yourself or a loved one at <https://www.diabetes.org/risk-test>



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