



Nutrition News

Nutrition and Education Programs

November 2023

Our bodies and brains need sugar! We get sugar from the food we eat and use it as energy. When the body can not absorb sugar correctly, it can lead to diabetes. Diabetes occurs when there is too much sugar in the blood. Eating a healthy diet, exercising regularly, and taking medications can help manage diabetes!

BALANCED DIET

- 1/2 of your plate should be of fruits and vegetables
- 1/4 of your plate should be whole grains like brown rice, whole oats, and whole wheat bread
- 1/4 of your plate should be lean protein like fish and poultry
- Choose low fat dairy like unsweetened yogurt or milk

CARBOHYDRATES

- The carbs we eat affect blood sugar
- Eating the same amount of carbs at each meal can help keep blood sugar steady
- Whole, unprocessed, non-starchy veggies have little carbs
- Example: cucumber, broccoli, green beans

AVOID

- Limit refined, highly processed foods with added sugars.
- Limit refined grains like white bread, white rice and snack foods like cake, cookies, candy, and chips
- Choose water and limit sugary drinks like juice and soda

EXERCISE

- Can lower blood sugar levels
- Goal= 150 minutes each week of physical activity

TIMING

- Try to eat every 3-4 hours. This helps keep blood sugars level
- Avoid skipping meals

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BANANA OAT EGG PANCAKES

Prep: 5 min

Cook: 5 min

Servings: 1

Recipe by: Erin Collins

You only need 3 ingredients (banana, egg, and oats) to make these pancakes! Try adding a spoonful of peanut butter and pinch of cinnamon!



Ingredients

- 1 ripe banana
- 2 eggs
- 1/4 cup oats
- pinch of cinnamon
- 1 spoonful peanut butter
- Coconut oil/butter for cooking

Instructions

1. Mash the banana with a fork. Whisk in the eggs, oats, and cinnamon until smooth.
2. Heat a tablespoon of coconut oil/butter in a non-stick skillet over medium heat. Cook for 2 minutes, until set. Cook on the other side for another 30 seconds
3. Serve with bananas, peanut butter, and sugar free maple syrup. Enjoy!