Nutrition News

DECEMBER 2026

Keeping Your Blood Sugar Balanced

As we get older, our bodies may have a harder time managing blood sugar. Eating balanced meals can help keep your energy steady, support overall health, and reduce the risk of developing type 2 diabetes or help manage it if you already have it.

How can you keep your blood sugar balanced?

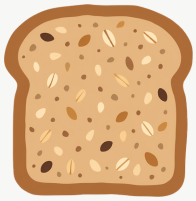
- Pair it up! Enjoy carbs like bread, rice, and fruit with protein like eggs, beans, or peanut butter.
- Choose whole grains. Try oatmeal, brown rice, and whole grain bread.
- Eat more fiber. Enjoy beans, fruits, and vegetables.
- Limit added sugar. Choose water over sugary drinks.
- Eat regular meals. Try not to skip meals.



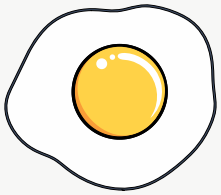


Build a balanced plate by including:

- ½ plate non-starchy vegetables like carrots, zucchini, or broccoli
- ¼ plate lean protein like chicken, fish, eggs, beans, or tofu
- ¼ plate whole grains or starchy vegetables like brown rice, whole grain pasta, corn, or sweet potatoes



Add a little more variety. Enjoy a serving of fruit, such as berries, apples, or dates, or a serving of dairy, such as low-fat milk, Greek yogurt, or mozzarella cheese.



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As the weather gets cooler, warm soups, hearty casseroles, and comforting meals are a welcome addition to the table. You don't need a long list of ingredients to prepare nourishing meals. Use the items you have to create simple, satisfying dishes that include protein, whole grains, fruits, and vegetables.

Black Bean, Corn & Rotini Soup

A warm, hearty soup that combines beans, vegetables, and whole grains for a filling meal on a chilly day.

Serving Size: 1 ½ cups
Total Servings per recipe: 2 servings

Total time: 25 minutes
Prep time: 5 minutes Cook time: 20 minutes

Ingredients:

- ½ cup uncooked whole grain rotini
- ½ cup canned black beans, drained and rinsed
- ½ cup canned whole kernal corn, drained
- 1 cup canned vegetable soup
- ½ cup water (add more as needed)
- ¼ teaspoon garlic powder (optional)
- ¼ teaspoon cumin (optional)



Directions:

1. Bring a small pot of water to a boil. Add rotini and cook according to package directions until tender. Drain and set aside.
2. In a medium saucepan, combine vegetable soup, black beans, corn, and water.
3. Add garlic powder and cumin, if desired.
4. Bring to a gentle simmer and cook for 5-7 minutes, stirring occasionally.
5. Stir in the cooked rotini and heat for another 2-3 minutes.
6. Add more water if the soup is too thick. Serve warm.

Make it your own:

- Serve with canned peaches or pears to make it a balanced plate.
- Add canned chicken for additional protein.
- Add a side of broccoli, green beans, or non-starchy vegetable for additional nutrients.
- Substitute pinto beans for black beans or add canned peas or mixed vegetables for extra variety.