

Worksheet: "Healthy Eating for Pre-Diabetes"

Return by 8/15/22

☒ Check the box that best answers the question

1) "Know Your Numbers"

a. Have you had an Annual Physical in the past 5 years?

- ☐ Yes
- ☐ No
- ☐ Not sure

b. Do you know your most recent glucose reading?

- ☐ Yes
- ☐ No

c. Do you know your most recent A1C measure? An A1C score measures sugar levels in the blood over a 2-3-month period. Depending on glucose readings your PCP will determine if an A1C reading is warranted.

- ☐ Yes
- ☐ No
- ☐ Have not had one taken

2) Aim for a healthy weight

- ☐ My weight is ideal
- ☐ I could lose a pound or 2

3) Do you need to be more active? FYI, activity also includes lifestyle, if you are doing physical labor on a bridge or road crew you are likely getting a lot of activity. If you work in management or behind a desk you probably want to assess your activity level. A pedometer (probably have one on your phone) is a good tool to evaluate general activity, do you get 10,000 steps per day?

- ☐ I should get more exercise
- ☐ I get adequate activity

4) Eat a healthy diet: keep it LEAN and GREEN!!!

- Carbohydrates are the main culprit in raising blood sugar. Focus meal planning on LEAN PROTEINS and GREEN VEGETABLES
- Drink water – 33% of added sugars come from beverages
- Green vegetables
- Lean Proteins – chicken, fish, turkey, eggs, lean beef (venison, bison, etc.)
- Limit starches and make quality choices

5) Eat a healthy diet:

- ☐ I could use some help and practice
- ☐ My diet is good

- Upcoming: in November and January we offer a nutrition program (\$50 incentive) aimed at educating and practicing good nutrition habits, keep your eyes open for the fall mailing that outlines the program!

- ☐ I am aware of the Nutrition Challenge
- ☐ I was not aware of that a nutrition program is offered each year