



## **Prediabetes/Impaired Fasting Glucose(Blood Sugar)**

### **What is prediabetes?**

A person is diagnosed with impaired fasting glucose (blood sugar)/prediabetes when their fasting glucose is 100-125 or their hemoglobin A1C is 5.7-6.4%. People with impaired fasting glucose have a **50% risk of developing type 2 diabetes.**

- Blood sugar between 100 and 125 mg per dL is prediabetes.
- Blood sugar higher than 126 mg per dL is diabetes.

### **Some things you can do to prevent progressing to type 2 Diabetes:**

- Maintain a lower body weight. Your BMI should be between 18.5-24.9
- Exercise 30-60 minutes 5 times per week. Ask your health care provider what type of exercise is safe for you.
- Maintain a normal blood pressure. <140/90
- Maintain normal cholesterol and triglyceride levels.
- Eat a diet that is healthy.
  - Decrease concentrated sweets like candy, cookies, and cakes.
  - NO sugar sweetened soft drinks or iced tea.
  - Fewer white carbohydrates like rice, pasta, bread and potatoes.
  - **DO EAT** foods such as salad, vegetables, fruits, whole grain carbohydrates, fish, beans, poultry and other low fat meats.

Your health care provider can help you achieve these goals by referring you to a dietician, prescribing short term weight loss medication, anti-hypertensives or cholesterol lowering medication.



# The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

## Smart Snacking!

When hunger strikes, be ready to strike back with a snack attack! Before you grab just anything off the shelf, make sure your snack choice is the right one.

Try these snack ideas when you have that certain craving!

### CRUNCHY

- ✓ Vegetable sticks (carrot, celery, cucumber, bell pepper, zucchini)
- ✓ Broccoli or cauliflower spears
- ✓ Fruit slices (apples, pears)
- ✓ Unsalted rice cakes
- ✓ Unsalted popcorn

### SALTY

- ✓ 1/4 cup sunflower seeds
- ✓ One dill pickle
- ✓ Palmful of lightly salted nuts
- ✓ Palmful of olives
- ✓ Hummus with veggie sticks
- ✓ 1 ounce low fat cheese
- ✓ Unbuttered popcorn (try making your own seasoning blend)

### SWEET

- ✓ Fresh Fruits (mango, apple, banana, frozen grapes, pineapple)
- ✓ Palmful of dried fruits (no sugar added)
- ✓ Unsweetened canned fruit
- ✓ Plain yogurt or cottage cheese with fruit
- ✓ An ounce of dark chocolate

### THIRSTY

- ✓ Water!
- ✓ Club soda with fresh citrus and mint
- ✓ Half water or club soda with half 100% fruit or veggie juice
- ✓ Unsweetened green tea

Ask your snack these questions to be sure it has your best interests at heart:

#### Is it...

- ...baked?
- ...made with whole grains?
- ...low sodium?
- ...reduced fat?
- ...just one serving?

#### Does it have...

- ...no sugar added?
- ...no added salt?
- ...zero trans fat?
- ...about 100 calories?
- ...less than 10 grams of sugar?
- ...more than 5 grams of fiber?
- ...less than 1 gram of saturated fat?

#### Was it...

- ...fried?
- ...“flavor blasted”?
- ...stuffed or loaded?
- ...covered in caramel?
- ...dipped in chocolate?

Good snacks say:

YES!

YES!

NO!