



spotlight

5 tips to lower your diabetes risk

Did you know that March is Nutrition Month in Canada? Lifestyle and particularly diet play a big role in preventing, treating and managing chronic diseases such as prediabetes and diabetes. If you want to learn how to reduce your risk of diabetes, read on for our **5 following tips**.

- 1. Plan for meatless Mondays:** Meatless Mondays can be a great way to not only switch up your weekly menu, but incorporate more high fiber plant-based foods that can help regulate blood sugars. Try swapping your usual sandwich at lunch for a veggie bowl with roasted chickpeas, hemp hearts or seared tofu. Plant-based foods offer a variety of vitamins, minerals, fibre and other nutrients that are important for a healthy lifestyle while lowering your risk of diabetes!
- 2. Make your meals:** Eating out means we have far less control over or knowledge of what goes into our food. Focus on whole foods by cooking more often, and limit the high carbohydrate and sugary items on your menu. If you're at risk for diabetes, aim to fill half your plate with non-starchy vegetables like cauliflower, bell peppers or leafy greens. Salad, stir-fry, curry and steamed veggies are just a few ways you can enjoy them.

- 3. Avoid sugary drinks:** Sugary beverages like pop and fruit juices are high in sugar and typically offer calories without other nutrients that support our health. So, instead of choosing pop and fruit juice, quench your thirst with flat or carbonated water, and add a splash of citrus, frozen berries or fresh herbs for flavour.
- 4. Get moving:** Being physically active is a key component for reducing your risk of diabetes. Ideally, aim for 20 to 30 minutes of exercise every day; you can start small by taking the stairs instead of the elevator at work, or replacing some of your commute with walking or biking. You can explore activities like swimming, hiking or find a gym where you are comfortable. The options are endless!
- 5. Choose great snack solutions:** Instead of relying on packaged foods that are high in sugar, enjoy some healthy snacks to fuel your day. As a rule of thumb, aim for a snack with fibre and protein to keep you satisfied. For example, enjoy some berries and Greek yogurt or cucumber slices with a can of flavoured tuna.

Author: NDC Nutrition at Work

spotlight webinar

Webinar: Nutrition Facts – reducing your health risks through healthy eating

When: March 28, 2023, from 1:00 p.m. to 2:00 p.m. ET

You and your family members are invited to attend our free live webinar and Q&A to learn more about nutrition and healthy eating from a registered dietitian.

There's no question good nutrition is a critical piece of overall health. With rising rates of diabetes and other chronic conditions, healthy eating is top of mind. We'll talk about:

- Preparing balanced and nutritious meals while maintaining healthy eating habits
- How to better understand nutrition labels to make healthier choices when grocery shopping and meal prepping
- How eating habits can impact sugar levels and how to use that understanding to minimize the risk of health complications and chronic conditions

Presenter: Andreeanne Fortin, Registered Dietitian and Certified Diabetes Educator.

Space is limited. Please [register](#) to reserve your spot.

This educational session is made possible through the support of Abbott Diabetes Care, a division of Abbott Laboratories Co.



GET WELL. STAY WELL. LIVE WELL.

did you know?

Did you know that March is Nutrition Month in Canada?

Healthy eating habits play a critical role in reducing your risk for chronic diseases like diabetes.

- ✓ **Plan for meatless Mondays:** Eat more high fiber plant-based foods that can help regulate blood sugars.
- ✓ **Make your meals:** Eating out means we have less control over our food. Aim to fill half your plate with vegetables like cauliflower, bell peppers or leafy greens.
- ✓ **Avoid sugary drinks:** Instead of pop or fruit juice, quench your thirst with water, and add a splash of citrus or fresh herbs for flavour.
- ✓ **Get moving:** Aim for 20 to 30 minutes of exercise every day; you can start small by taking a walk on your lunch break or moving around your workspace during the day.
- ✓ **Choose great snack solutions:** Try snacks with fibre and protein to keep you satisfied. For example, enjoy some berries and Greek yogurt or cucumber slices with a can of flavoured tuna.

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recipe

Paprika chicken with quinoa tabouleh

Get Well. Stay Well. Live Well. Eat Well.

Ingredients

- | | |
|--|--|
| 1 cup (200 g) of quinoa | 1 1/2 tsp (7.5 ml) of paprika,
plus extra to sprinkle |
| 1 bunch of flat-leaf parsley, leaves picked,
finely chopped | 1 tsp (5 ml) of ground cumin |
| 2 tbsp (30 ml) of finely chopped mint or coriander | Pinch of cayenne |
| 8 cherry tomatoes, quartered | 1 tsp (5 ml) of sugar |
| 3 spring onions, thinly sliced | 100 g of low-fat thick Greek yoghurt |
| 1/4 cup (60 ml) of extra virgin olive oil | 1 tbsp (15 ml) of olive oil |
| 2 tbsp (30 ml) of lemon juice | 4 x 180 g of chicken breast fillets |

Method:

1. Place the quinoa and 600 ml water in a small saucepan over medium heat, then bring to a simmer. Cook for 10 minutes or until tender. Drain well and leave to cool.
2. Add herbs, tomato and onion to quinoa and toss to combine. Combine oil, lemon juice, 1/2 tsp of paprika, cumin, cayenne and sugar, then season.
3. Place yoghurt in a bowl and drizzle over 2 tsp dressing, then sprinkle with some paprika. Toss salad in remaining dressing.
4. Preheat grill to medium-high. Mix oil and remaining paprika, season, then brush over chicken. Grill for 7-8 minutes each side until cooked through. Serve sliced with salad and yoghurt.

Source: www.taste.com.au