



PRE-DIABETES

If you have pre-diabetes, you are at a higher risk of developing type 2 diabetes. Pre-diabetes develops due to an unbalanced diet high in sugar and refined carbohydrates, low in fiber and nutrient dense foods, and lack of exercise. Making changes to support stable blood sugar will not only help you prevent diabetes, but it will also support stable energy and mood, improved body composition, and overall health.

Pre-Diabetes Lab Values:

HbA1c (blood sugar over past 3 months) **5.7-6.4%** or **Fasting Glucose over 100.**

Healthy Blood Sugar Goal:

HbA1c (blood sugar over past 3 months) **below 5.6%** or **Fasting Glucose 70-99.**

AVOID/ REDUCE

- **High Glycemic Carbs to avoid (raises blood sugar quickly and low in fiber):**
 - sweetened drinks: soda, Gatorade, fruit juice, aguas frescas, coffee+ sugar or creamer. energy drinks
 - white bread, tortillas, pastries, candies, crackers, cereal
 - sweetened yogurt, oatmeal, sauces
- **Highly Processed Foods (artificial ingredients and hidden sugars):**
 - diet or sugar-free drinks, foods, and sweeteners (Splenda)
 - fast food, frozen meals, meal replacements, chips and snacks
- **Skipping Meals and Grazing** (instead of eating balanced meals)
- **Sedentary lifestyle** (sitting most of the day)

THERAPEUTIC FOODS

- Eat 3 balanced meals and 1-2 snacks daily.**
Balanced: Protein + Healthy Fat + Fiber-rich Carbs
- **Low Glycemic Carbs (raises blood sugar slowly and high in fiber). Eat 2-3 cups daily.**
 - non starchy veggies like greens and broccoli
 - **Medium glycemic carbs (raises blood sugar more - stick to a handful per meal)**
 - fruit, rice, oatmeal, potato, whole grain pasta and bread, corn, quinoa, beans
 - **Always pair starchy carbs with protein.**
 - Protein examples: eggs, chicken, fish, Greek yogurt, cheese, beans and lentils, tofu, nuts, seeds
 - **Eat a balanced breakfast like:**
 - eggs +spinach+ whole grain bread+ avocado
 - plain yogurt+ fruit+ nuts and seeds
 - smoothie: berries+protein +greens+seeds

LIFESTYLE HABITS



Move your body for at least 30min/day. Walk, lift weights, do yoga, dance, anything helps!



Read ingredient list on packaged foods to avoid added sugars & other unhealthy ingredients



Get 7-9hrs of sleep, practice deep breathing, meditation, or other activities to help manage stress.



Focus on eating a diet full of colorful plants and whole foods versus processed foods.