Midday munching: Prepping a diabetes-friendly lunch

SOT
Nikki McBeath, RN, BSN
OSF HealthCare diabetes resource educator

"With a lot of the patients I see, I recommend going to the store and getting steamable bags of vegetables. It's super easy. You put it in the microwave for three minutes. There are lots of simple versions of foods. Get them [at the store], and make them quickly at home. It's easier than people think. They just have to be on the lookout at the store." (:25)

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"Go to restaurants that let you substitute ingredients or ask your meal be cooked a certain way. Ask how things are prepared. Avoid fried foods. Ask for light or fat free dressing. Be mindful of the extra calories that come with big portions." (:30)

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"Throughout the day, count your carbs. Leave some room [in your carb budget] for something sweet. Portion yourself. Have the dessert right after your meal. Don't wait a couple hours because you might be hungry for more. Try substitutions like dark chocolate for regular chocolate or white chocolate." (:22)

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"Pair the granola bar with something like string cheese or peanut butter. Adding some fiber or protein can make it more of a meal and give it more of a balance for your blood sugar." (:12)