

## Rise and shine with a diabetes-friendly breakfast

Run time - :38

**ANCHOR LEDE:** For people with diabetes, careful food choices are the norm to keep the disease in check.

For breakfast, there are good options whether you are at home or on the go.

Tim Ditman of OSF HealthCare has more.

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Jalinn Nobis-Wichman is a diabetes educator at OSF.

She says a lean protein and food with 15 to 30 grams of carbs are good choices. An English muffin in the drive-thru is okay, too, in a time crunch.

On the avoid list: high carb and processed foods like pancakes, waffles, and cereal. Those will shoot your blood sugar high.

**\*\*\*SOUNDBITE\*\*\***

**Jalinn Nobis-Wichman [jay-LIN // NO-biss // WICK-men], OSF HealthCare diabetes educator**

**“You have to live with this disease for the rest of your life. So, I will never tell anybody they absolutely cannot have a certain food. You just have to do it very wisely. Pick and choose how much, when and with what.” (:12)**

I’m Tim Ditman.

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**ANCHOR TAG:** Talk to a health care provider about what food is right for you. Visit OSF and the American Diabetes Association online for good recipes.

If your diabetes symptoms get out of control, seek medical help right away.