Midday munching: Prepping a diabetes-friendly lunch

ANCHOR LEDE

Health care providers always tell people with diabetes: have a meal plan.

On today's menu: how to plan lunch.

TAKE VO

OSF HealthCare diabetes educator Nikki McBeath says, generally, choose foods high in protein, fiber and healthy fats. If you're busy, that could be a granola bar paired with string cheese or peanut butter.

For prepared at-home meals, take Sunday night to map out your food choices.

SOT
Nikki McBeath
OSF HealthCare diabetes 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)

VO TAG

When eating out, swap ingredients, like choosing a light dressing over a regular kind. And go for grilled or broiled courses instead of fried.

You can count your carbs during the day, and leave room for a small dessert. Eat that right after the meal. Don't take it home and eat it later.