



## LIVING A DELICIOUS LIFE: Diabetic-Friendly Recipes

**F**ood directly impacts health, influencing your weight, strength, and your risk for chronic illnesses. Type 2 diabetes is a chronic illness closely tied to diet and lifestyle. Consuming a diet high in processed foods, saturated fats, and carbohydrates is a contributing factor in developing type 2 diabetes. Such foods cause insulin resistance - the main cause of type 2 diabetes.

The pancreas produces insulin to help the body manage healthy blood sugar levels. With insulin resistance, the body doesn't respond to insulin effectively, causing blood sugar levels to rise. This causes the onset of prediabetes, which may eventually develop into type 2 diabetes.

Eating healthily can prevent some diseases and mitigate or even reverse type 2 diabetes. The National Institute for Diabetes and Digestive and Kidney Diseases suggest that a low-fat, reduced-calorie diet, helps prevent type 2 diabetes. Here are some delicious, healthy meals from the American Diabetes Association:

- 1. Breakfast Quesadilla:** Whisk eggs, chiles, cheese, and bacon (or other protein of choice) together and melt between two whole wheat tortillas. It's a fresh and savory way to start your day.
- 2. Spinach & Mushroom Stuffed Chicken:** Sauté mushrooms and spinach combine with cheese, and stuff into chicken breast. This meal is flavorful and satiating.



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**3. Simple Chicken Stir Fry:** Prepare chicken stir-fry using a bag of frozen vegetables combining chicken broth and low-sodium soy sauce. Stir-fry is easy to make and easily adaptable to personal taste preferences.



**4. Apple Crisp:** For a delicious dessert, combine sliced apples with a crumbly topping consisting of oats, brown sugar, margarine, and a few other ingredients. This tasty treat is sure to satisfy your sweet tooth.

These delicious diabetes-friendly recipes avoid unnecessary fats, added sugars, and refined grains. They're healthy options for many different lifestyles, especially for anyone looking to lose weight and manage or prevent type 2 diabetes. Prepare these meals for yourself, friends, and family to encourage an overall healthy lifestyle. Remember to incorporate regular exercise into your routine to maximize the health benefits!



**SOURCES:** [NIDDK.NIH.gov](https://www.niddk.nih.gov), [ClevelandClinic.org](https://www.clevelandclinic.org), [MayoClinic.org](https://www.mayoclinic.org)

## FOUR TIPS TO MANAGE DIABETES

If you were recently diagnosed with type 2 diabetes, you might be overwhelmed by the required lifestyle changes. Adjusting to this new normal doesn't have to completely derail your life. Here are some tips to help you manage your diabetes.

### EXERCISE REGULARLY:

Moving your body has numerous health benefits. In addition to managing a healthy weight or weight loss, it improves your body's response to insulin and encourages balanced blood sugar levels.

### READ NUTRITION LABELS:

Carefully check labels before purchasing and or preparing your next meal. Many things we routinely eat contain hidden sugars, carbohydrates, and unhealthy fats. Do research or consult with a dietitian to learn best practices for understanding food labels and helpful techniques for avoiding unnecessary spikes in blood sugar.

### INCORPORATE DIABETES-FRIENDLY LIFESTYLE:

Even if you can't cook all your meals, try sticking to a diabetic-friendly diet. That means avoiding foods with added sugars, saturated fats, and high carbs. If you're having trouble choosing a safe meal, try ordering a meal with grilled chicken and roasted vegetables like broccoli, green beans, or cauliflower without any added butter.

### IMPLEMENT HEALTH STRATEGY:

There are numerous treatment options for type 2 diabetes. Your physician may prescribe injections, oral medications, and lifestyle changes. Empower yourself to ask important questions with your doctor. Be vocal about what will work best for you and bear in mind that diabetes mismanagement can be very dangerous.

Team up with your Primary Care Physician (PCP) for diabetes questions or concerns. If you do not have a PCP, you may call the Health Advocate number on your BCBSIL member ID card or [log on to Blue Access for Members<sup>SM</sup> \(BAM<sup>SM</sup>\) bcbsil.com](https://www.bcbsil.com) and use the Provider Finder. This fast, easy-to-use tool improves members' experience when searching for in-network healthcare providers.



*Adapting to life with type 2 diabetes can be overwhelming, but adjusting to this new normal doesn't have to completely derail your life.*

