

PREDIABETES



SUMMARY:

Prediabetes means your blood glucose (sugar) levels are higher than normal but are not yet in the diabetic range. This is diagnosed by your doctor with an elevated A1C test, impaired fasting glucose test, or a glucose tolerance test. **Prediabetes increases your risk to develop Type 2 Diabetes** but there are steps you can take to delay or prevent Type 2 Diabetes.

The American Diabetes Association recommends that people avoid drinking sugar-sweetened beverages and switch to water or non-caloric beverages whenever possible. **Make sure to include lots of non-starchy vegetables, limit added sugars and highly processed/prepackaged foods, and choose whole grains instead of refined grains** whenever possible.

It is also recommended that people engage in 150 minutes of moderate- to vigorous-intensity aerobic activity per week.

OTHER INFORMATION:

Prediabetes is associated with heightened cardiovascular (CV) risk - which has to do with conditions affecting the heart or blood vessels. People with HIV have a higher risk of cardiovascular disease (CVD) compared to people without HIV. Therefore, it is suggested that people with Prediabetes are checked for possible risk factors for CVD.

DIABETES PLATE METHOD

Swap sugar-sweetened beverages for calorie-free beverages:

- Avoid **regular soda, fruit punch, fruit drinks, energy drinks, sports drinks, sweet tea, other sugary drinks** (visit QR code below for a list of examples)
- Try calorie-free beverages: **water, sparkling water, unsweetened tea, herbal teas, plain black coffee, water + fresh fruit**

Make $\frac{1}{2}$ of your plate non-starchy vegetables:

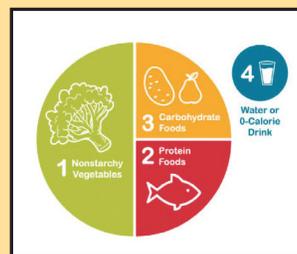
- **Leafy greens, carrots, broccoli, asparagus, tomatoes, green beans** (visit QR code below for a list of examples)

Make $\frac{1}{4}$ of your plate carbohydrates:

- **Fruit, potatoes, beans, corn, brown rice and 100% whole wheat products (whole wheat bread and pasta)**
This can help increase your fiber intake.

Make $\frac{1}{4}$ of your plate lean proteins:

- **Skinless chicken, turkey, fish, lean beef and tofu**
- Limit fat when cooking. Try baking, grilling, steaming, roasting or broiling your food.



Use the QR code to the right to learn more about the Diabetes Plate method and more examples of non-starchy vegetables. Or visit <https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well/non-starchy-vegetables>



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PREDIABETES

GUIDELINES TO CONSIDER WHEN LIVING WITH HIV:

- Avoid or cut back on sugar-sweetened beverages. Try calorie-free drinks or water instead.
- Avoid refined grains (foods made with white flour) whenever possible. Choose whole grains instead.
- Limit processed foods and prepackaged foods.
- Try healthy snack ideas such as:
 - One apple with peanut butter OR
 - One serving of fruit and a low fat cheese stick
- Weight loss is recommended if needed. Achieving and maintaining 7% loss can help. Check with your doctor to see what is right for you.
- Engage in 150 minutes of aerobic activity per week.
- Try to make ½ of your plate non-starchy vegetables at meals: *leafy greens, carrots, broccoli, cauliflower, cucumber, asparagus, tomato, mushrooms, bell peppers, green beans, cabbage, peas, brussel sprouts, bok choy, celery, okra, onion, red radishes, zucchini, beets* and many more.
- Try to choose fruit over desserts which are high in added sugars.
- Try to bake, grill, steam, roast or broil your foods instead of deep-frying or pan-frying.
- Take medications as prescribed.

Nutrition Facts

4 servings per container
Serving size 1 cup (180g)

Amount per serving
Calories 245

	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BE SURE TO READ FOOD LABELS!

- Check the **Serving size**. This label above is for a 1-cup serving.
- This container has 4 servings. If you eat the whole package, you are eating 4 times the amount of calories, carbs, fat, etc., shown on the label.
- **Total Carbohydrate shows you types of carbs in the food, including sugar and fiber.**

You can learn more about food labels by visiting these QR codes below.



www.diabetes.org



www.cdc.gov

HEALTHFUL EATING

Use the QR code to the right to learn more about food choices you can make.

www.eatright.org



References: *Non-starchy Vegetables* | ADA. (2021). American Diabetes Association. Retrieved April 29, 2022, from <https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well/non-starchy-vegetables>
 U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
Food Labels. (2021, April 23). Centers for Disease Control and Prevention. Retrieved May 2, 2022, from <https://www.cdc.gov/diabetes/managing/eat-well/food-labels.html>



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