

Health Tips

from New London Hospital

Diet and Diabetes

If you are among the 18.2 million Americans who have diabetes, you know how important your diet is in helping to control the disease and to maintain as normal a lifestyle as possible.

With respect to diabetes management, **your meal plan is one of the most important components.**

You need to ensure that your meal plan consists of a variety of healthy foods that will help you meet your daily nutritional needs. Your diet plan will be easier to follow if it is one that you enjoy and is not overly complicated.

The goals of your meal plan are to help you keep your blood glucose within a healthy range, to reduce your risk of diabetes complications, and to help you manage your weight. Your plan should include a variety of foods, especially as many of your favorites as possible.

Many grains, vegetables, and fruits are high in fiber. A high-fiber diet may help lower your blood glucose and cholesterol levels. Eating too much fat (especially saturated fat) and cholesterol can lead to heart and blood vessel disease. If you have high blood pressure, it may be helpful to eat less salt and to avoid using salt when cooking.

If you'd like to learn more about diabetes management, you are invited to attend a program sponsored by The Friends of New London Hospital and The Newport Health Center on **Thursday, December 11, from 6:00-7:30pm** at the **Newport Health Center in Newport, NH.** Pre-registration is required by calling Bonnie Peistrup at 863-4100 or e-mailing bonnie.peistrup@newlondonhospital.org.



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