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EAT WELL, AGE WELL.

EASY, NUTRITIOUS MEALS FOR PEOPLE WITH DIABETES.

Navigating certain diets may seem tricky and even overwhelming at first. However, finding easy recipes and staple ingredients is a great way to simplify this task. These meals are not just for diabetics, they can be delicious for everyone! Below is a list of healthy staple ingredients suitable for both Type 1 and Type 2 Diabetes.

1. Fatty fish like salmon
2. Leafy greens
3. Cinnamon
4. Eggs
5. Chia seeds
6. Turmeric
7. Greek yogurt
8. Nuts
9. Squash
10. Garlic

WEEKLY CHALLENGES

TRY OUT A NEW RECIPE USING 2 OR MORE INGREDIENTS FROM THE LIST

ADD CHIA SEEDS TO A SMOOTHIE

TRACK YOUR CARBOHYDRATE INTAKE FOR ONE DAY

UNDERSTAND THE DIFFERENCE BETWEEN SIMPLE AND COMPLEX CARBOHYDRATES.

Did You Know?

Approximately 25% of adults over the age of 60 years have diabetes

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Easy Nutritious Meals for People with Diabetes*
- Placemat/handout – *Simple Stir Fry*
- Table Tent- *Diabetes Management*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Stuffed Peppers*
- Table Tent- *Fiber*

Week 3: Give out/Post

- Placemat/handouts – *Stuffed Chicken Breast*
- Table Tent- *Prevent Winter Weight Gain*

Week 4: Give out/Post

- Placemat/handout- *Butternut Turkey Soup*
- Table Tent- *Low Carb Foods*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org