



Take a NOURISH Step!

Bloom Into Better Health: A1C Made Simple

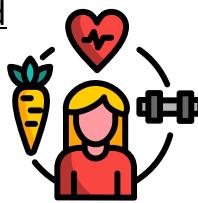


Did you Know?

A1C reflects approximately 3 months of blood sugar history.

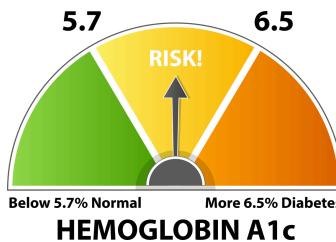
What is A1C?

- **A1C is...** a blood test for type 2 diabetes and prediabetes.
- **A1C measures...** your average blood glucose, or blood sugar, level over the past 3 months.
- **Diagnosis:** doctors may use the A1C alone or in combination with other diabetes tests to make a diagnosis. They also use the A1C to see how well you are managing your diabetes. This test is different from the blood sugar checks that people with diabetes do every day.



A1C Results

- **Below 5.7% =**Normal A1C level
- **5.7% to 6.4% =** Prediabetes
- **6.5% and above =** Type 2 diabetes



How to Manage a High A1C

- **Exercise:** Exercise regularly, aiming for 150 minutes per week. Exercising regularly is one of the best ways to manage high A1C levels. This could be going for a walk, doing chair exercises, following exercise videos at home, or going to community fitness classes.
- **Healthy Eating:** Focus on a balanced diet including fruits, vegetables, whole grains, lean protein, and healthy fats.
- **Fiber:** Incorporate fiber-rich foods at meals and snacks like beans, fruits, vegetables and, whole grains.
- **Healthy living:** Practice healthy habits such as avoiding smoking and reducing alcohol intake.



Importance of Hydration

Proper hydration can help reduce glucose spikes that influence A1C.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

For more information visit: gwaar.org/nourishstep

Chicken/Tofu & Veggie Stir Fry

Ingredients

- 4 tablespoons peanut oil or neutral oil, such as canola or avocado, divided
- 1 pound mixed vegetables (fresh, frozen, or canned)
- 1-2 chicken breasts or 8 oz of tofu, cubed
- 3 tablespoons low sodium soy sauce or stir-fry sauce

Directions

- Heat 2 tablespoons oil in a skillet over high heat. Add vegetables; cook, stirring occasionally, until soft, about 4 minutes.
- Transfer the vegetables to a bowl.
- Add the remaining 2 tablespoons of oil and chicken &/or tofu to the pan.
- For chicken, cook until 165°F (7-8 minutes per side).
- For tofu, cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and sauce. Cook, stirring, until hot, about 1 minute. Serve with quick rice or noodles.



Recipe adapted from
<https://www.eatingwell.com/recipe/277158/mushroom-tofu-stir-fry/>

A1C Goal-Setting Worksheet

CURRENT	GOAL
14	355
13	326
12	298
11	269
10	240
9	212
8	183
7	154
6	126
5	97
A1C (%)	Average Blood Sugar (mg/dL)
	A1C (%)
	Average Blood Sugar (mg/dL)

https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/print_mat/My_Blood_Sugar_Goals_508c.pdf

Directions:

- Fill in the first bar up to your current A1C and average blood sugar.
- Fill in the second bar up to your goals for A1C and average blood sugar.
- Continue practicing healthy habits to reach your goal A1C!

Keep taking NOURISH Steps and learn more about A1C at:

<https://diabetes.org/about-diabetes/a1c> <https://www.niddk.nih.gov/health-information/diagnostic-tests/a1c-test>

If you want more pep, take a NOURISH Step!
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