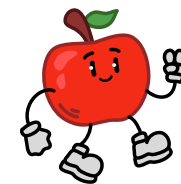




Take a NOURISH Step!

May: Spring Into Healthy Meals: Plan for Every Day, Even Sick Days



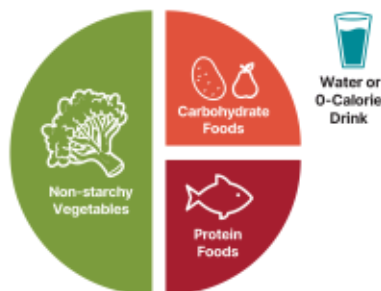
Did you Know?

Skipping meals can increase blood sugar for some individuals.

Why Regular Meals Maintain Stable Glucose

- The foods you eat play a major role in managing blood sugar levels
- Eating at regular times and giving your body two to three hours between meals will help stabilize blood sugars
- Healthy snacks can help you manage hunger and normalize blood sugars in between meals. Snacks should include protein and fiber such as:
 - Fruit and cheese or nuts
 - Hummus with carrots or celery
 - Nut butter with apple slices
- Follow the ***Diabetes Plate*** below to create healthy, balanced meals that help stabilize blood sugars

<https://diabetesfoodhub.org/blog/create-your-plate-simplify-meal-planning-diabetes-plate>



Diabetes Sick Day

- When sick with things like colds or the flu, your body is under extra stress, which can raise blood sugar levels.
- Having diabetes does not make you more likely to get sick, but it does raise the chances of getting seriously sick.
- When sick, be sure you are getting enough water. If you're having trouble keeping water down, have small sips every 15 minutes throughout the day.
- Being sick can make it hard to eat. Having simple carbs on hand (ex: regular soda, Jell-O, or popsicles) to help keep your blood glucose up if you are at risk for low blood sugar levels.



Importance of Hydration

Extra hydration is needed during illness to prevent dehydration.

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

Easy “Sick-Day” Broth Bowl

Directions:

- **Step 1:** Choose a broth (4 cups): chicken, beef, or vegetable
- **Step 2:** Add in 1 cup of pre-cooked noodles or rice
- **Step 3:** Add in ½ pound of protein (diced chicken, ground beef, cubed tofu - cook separately or use pre-cooked items)
- **Step 4:** Add in 2 cups of vegetables of choice (mixed frozen, canned, or fresh)

Optional: Add in any fresh herbs or seasoning such as rosemary, thyme, or lemon

- **Step 5:** Combine all ingredients into a large pot and bring to a simmer, cook until hot and all ingredients are cooked through.
- **Step 6:** Store leftovers in the refrigerator and use within 3 days or freeze.



Recipe adapted from
<https://diabetesfoodhub.org/recipes/favorite-vegetable-soup>



Build-a-Sick-Day Kit Checklist

- ☐ A glucose meter
- ☐ Extra batteries
- ☐ Supplies for your insulin pump or continuous glucose monitor
- ☐ Ketone test strips
- ☐ A week's worth of glucose-lowering medication (don't store longer than 30 days before use)
- ☐ Glucose tabs or gels
- ☐ Flu or cold medications that won't disrupt your diabetes management



Prepare a batch of “Sick Day” broth while you’re feeling well, then freeze it so it’s ready to heat and enjoy when you’re not feeling up to cooking.

Keep taking NOURISH Steps and learn more about A1C at:
<https://diabetes.org/getting-sick-with-diabetes/sick-days>
<https://www.cdc.gov/diabetes/living-with/managing-sick-days.html>

If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 5/2026

