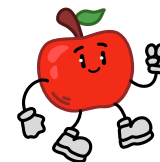




Take a NOURISH Step!



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

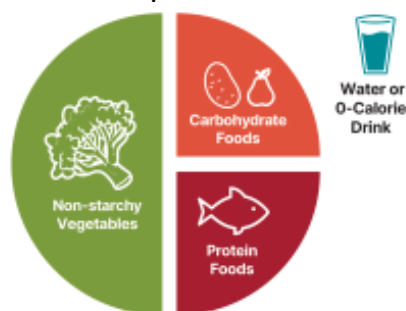
Did you Know?

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>



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.



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.



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



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

