

Partner up with your diabetes – allow your diabetes or pre-diabetes to be your partner, not your enemy. Diabetes and its subsequent possible complications can be your motivator to eat healthier and live a healthier lifestyle. Diabetes is your reason to make lifestyle changes now, not months or years from now. Many of the health problems associated with diabetes are due to the patient's denial that he/she has high blood sugars and/or not paying attention to blood sugar levels. When we feel good, we take our bodies for granted. You will often feel good, but your blood sugars will be elevated. Unless you check blood sugars regularly, you may not know where your blood sugars are.

We anticipate our bodies will keep us going, no matter what kind of fuel we give it. But what can we do nutritionally to help our bodies work more efficiently?

1. Mindful eating means "thinking about what we are eating and how much – focusing on the process of eating, not doing 3 other things while eating. Focus on the food you are eating – enjoy the flavor and texture, instead of watching TV or working on the computer.
2. Dish up a proper portion onto your plate, instead of eating out of the bag or having a serving dish within arm's reach to serve up more than one serving. Find smaller plates so you can fill it up without overeating.
3. Focus on eating regularly throughout your day. Take appropriate snacks to fit in even at your busiest moments.
4. Be sure to drink enough fluid throughout the day. Stay hydrated even if you don't feel thirsty.
5. Be sure to eat protein at each meal. It can help keep us from getting hungry so soon.
6. Know your own triggers and weaknesses. Sometimes, if we eat regularly throughout the day, we don't have as many cravings or find ourselves eating too much in the evenings.

Susan Smith, Ph.D., CDE, is a nationally Certified Diabetes Educator (CDE) and a specialist in the field of diabetes since 1988. Since 2002 she has worked with patients individually in conjunction with all of the internal medicine and family practice providers at Visalia Medical Clinic.

ssmith@vmchealth.com

Susan J. Smith, PhD, CDE  
Certified Diabetes Educator  
Visalia Medical Clinic  
ssmith@vmchealth.com

