



Week 8

Targeted...

Glucose and Triglycerides Tip

Eat breakfast.

We've all heard that breakfast is the day's most important meal, and this is especially true for those who have elevated Glucose and Triglyceride numbers. After fasting 8-12 hours, your body needs food to balance blood sugar levels and injected insulin from the previous night.



Besides, eating breakfast can help overweight people with type 2 diabetes shed extra pounds. Of the 4,000 participants in the National Weight Control Registry who maintained at least a 30-pound weight loss for about 5.5 years, almost all said they ate breakfast daily.

So what's the best breakfast? One with carbohydrate, protein and fiber, according to the ADA.

Good options are cereal or an English muffin, low-fat milk or yogurt and fruit. (Save high-fat foods, such as bacon, sausage and eggs, for special occasions.)

And think beyond the breakfast box: Leftover chicken breast with fruit is just fine too, the ADA says.

What if you're not usually hungry for breakfast? Then make your previous night's meal smaller, so you'll wake up hungry, the ADA says. It will spread your carbohydrates more evenly throughout the day, leading to better blood-sugar control. This will in turn help with Glucose and Triglyceride levels.

Cholesterol Tip

Naturally fatty fish

Incorporate fish that is naturally fatty in your diet every week. For example, a 100g portion of pilchards/salmon/tuna/mackerel/sardines/trout/herring/snoek at least once a week. These are rich sources of the healthy (polyunsaturated) fats called Omega-3's, which may reduce triglyceride (bad fat) levels in the blood.

