Lance met with his healthcare team and learned that the soluble fiber in oat bran, legumes, carrots and root vegetables, and pectin is extremely beneficial for anyone with Type 1 or 2 Diabetes. Lance learned that daily intake of fiber is important for overall digestive health and may have a positive effect on blood glucose levels. There are two types of fiber, soluble or insoluble.

**Types of Fiber**

- **Soluble**
  - Helps slow digestive process
  - Adds bulk to bowel movements
- **Insoluble**
  - Adds bulk to bowel movements

Good Sources of Dietary Fiber

- Oat bran
- Legumes
- Carrots
- Root vegetables
- Pectin

**Fiber and Glucose**

Lance met with his healthcare team and learned that the soluble fiber in oat bran, legumes, carrots and root vegetables, and pectin is extremely beneficial for anyone with Type 1 or 2 Diabetes.

Fiber helps blood glucose levels and stability:

Foods with fiber typically do not cause blood glucose to rise as high as foods without fiber. A quick rise in blood glucose can cause the body to release more insulin.

The cholesterol-lowering effect of soluble fiber may also help reduce the risk of heart disease.

**Quick Tip**

A convenient way you can increase fiber in your nutrition plan without spoiling your daily routine is by taking a fiber supplement. Fiber supplements are available in different varieties, such as powders, pills or chewable tablets.

Visit www.MeetLance.com for more helpful tips!

Brought to you by Trividia Health, Inc., makers of the TRUE Brand.


Healthy meals can make a big difference in your blood glucose levels. After talking to his healthcare team, Lance was surprised to find out that eating out could affect the management of his diabetes.

Lance follows diabetes friendly recipes which focus on healthy eating and watches what he eats when eating out.

The goal of smart diabetes management is to keep blood glucose levels near normal or within your target range. Healthy meal planning is the first step in regulating blood glucose levels.

Lance’s glucose levels were out of his target range and he decided to start managing his glucose levels by healthy meal planning.

Healthy meal planning is the first step in regulating blood glucose levels.

Lance’s healthcare team encouraged him to make the right choices and gave him the following tips for smarter shopping at the grocery store.

Never skip meals and make sure you plan ahead. If your schedule does not allow you to sit down for a meal, carry a nutritious snack to prevent the occurrence of low blood glucose levels.

Reading and understanding food labels and using measuring tools – such as a food scale or measuring cup – are excellent ways to help you learn proper portion sizes.

Through regular testing and tracking, you can determine if your meal plan is helping you to achieve your target blood glucose goals.

Regular blood glucose monitoring – before and after eating – will help you identify which foods may be causing your glucose levels to be too high or low.

There are many resources available to help you eat healthy and improve your glucose control.

Lance’s healthcare team encouraged him to make the right choices and gave him the following tips for smarter shopping at the grocery store.

Make a list and limit trips
Don’t shop on an empty stomach
Stick to the perimeter
Ignore the pictures and read the boxes

Benefits From Practical Meal Planning

- Ensures that you are eating nutritious foods
- Helps you achieve a desirable body weight
- Maintains normal levels of cholesterol and triglycerides
- Aids in preventing the occurrence of the complications of diabetes

Menu

Nutritional Info

Calories: 150
Protein: 10g
Carbohydrates: 20g
Fat: 5g
Sodium: 150mg

Quick Tip

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