

# Patriot Picks

## YOUR GUIDE TO EATING WELL WITH PANTRY RESOURCES

### Diabetes

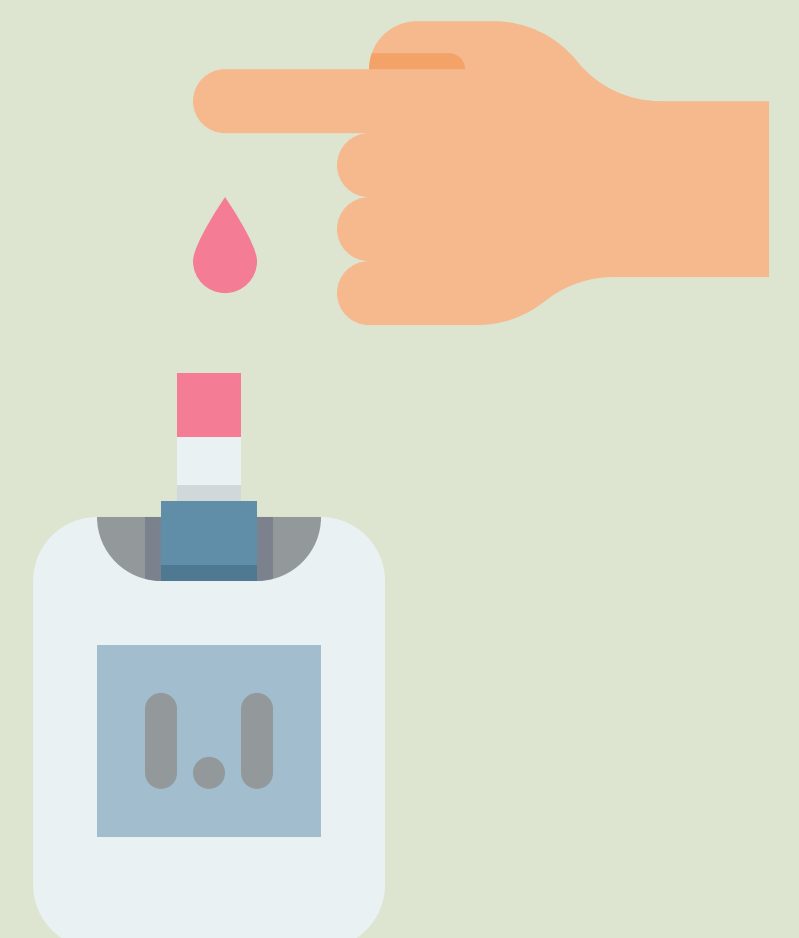
#### WHAT DOES IT MEAN?

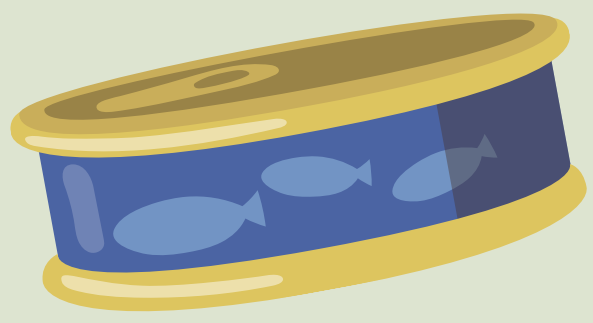
Diabetes is a chronic condition that affects how your body turns food into energy. It causes high blood sugar levels because your body either doesn't make enough insulin or can't use it properly.

- Type 1: The body doesn't produce insulin (autoimmune). Usually diagnosed in childhood or young adulthood. Not related to lifestyle
- Type 2: The body doesn't use insulin well (insulin resistance). Often linked to unhealthy eating and lifestyle but also genetics.

#### IMPORTANT LAB VALUES

- Fasting Blood Glucose: 70–99 mg/dL (Normal)
- Prediabetes: 100–125 mg/dL
- Diabetes: 126+ mg/dL
- Hemoglobin A1c (3-month average):
  - Normal: Below 5.7%
  - Prediabetes: 5.7–6.4%
  - Diabetes: 6.5% or higher





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### WHAT CAN I DO ABOUT IT?

#### Grains (Whole & High-Fiber):

- Brown Rice
- Quinoa
- Oats (Plain, Unsweetened)
- Whole Grain Crackers (Low Sodium)

#### Proteins:

- Canned Tuna or Salmon (in Water)
- Canned Chicken
- Canned Beans (Rinse to reduce salt)
- Peanut Butter (No Added Sugar)

#### Vegetables:

- Low-Sodium Canned Green Beans
- Canned Tomatoes (No Salt Added)
- Canned Spinach

#### Fruits (No Added Sugar):

- Unsweetened Applesauce
- Canned Peaches, Pears, or Pineapple in 100% Juice

#### Snacks & Extras:

- Unsalted Mixed Nuts
- Plain Popcorn
- Canned Lentils
- Low-Sodium Broth

#### Smart Tips for Pantry Users

- Choose high-fiber, low-sugar foods
- Pair carbs with protein to avoid blood sugar spikes
- Watch serving sizes—especially with rice, oats, and fruit
- Drink water instead of sugary drinks

