Diabetes & Diet

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1. Two ways to manage diabetes with diet: Plate Method or Carbohydrate Counting
2. Lose weight if overweight. Follow a high-fiber, plant-forward diet like the Mediterranean Diet.
3. Exercise 30 minutes a day; a walk for 10 minutes after a meal lowers your blood sugar by 22%.
4. Hydration and fiber are key to success. Fiber is essential to healthy gut biome - vegetables, whole grains, legumes and fruits. Aim to drink half your weight in ounces of water per day (160 lb. person = 80 oz or 10 cups)
5. Time Restricted Eating (TRE) may improve weight loss, lower cholesterol and blood pressure, increase insulin sensitivity, as well as decrease visceral fat and fasting blood sugar.

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