

DIABETES

Nutrition plays a huge role in our health. In fact, it's so important that around here we compare it to medicine! The foods we eat can directly impact our health, either in a negative or positive way. At Hunger and Health Coalition, we believe that everyone deserves access to the foods they need to be their healthiest and happiest selves!

INDIVIDUALIZED NUTRITION COUNSELING

Let a staff member know if you would like to sign up for one-on-one counseling with a member of our nutrition team! Sessions can be in person, over the phone, or through zoom and are always FREE!

TAILORED FOOD BOXES

We are not your typical food pantry! At Hunger and Health, we equip you with the food you need to manage your health. This includes medically-tailored pantry boxes, fresh produce, and baked goods.

FREE PHARMACY

We also have a pharmacy that can assist with your medications if you do not have insurance or Medicaid part D. We do not carry any controlled substances.



HERE, **FOOD** IS MEDICINE

After we eat any food, our blood sugar rises. This is supposed to happen! We want to limit your blood sugar from spiking too high and too fast, and we want to avoid your blood sugar dropping too low.

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WHAT'S IN YOUR BOX



HIGH FIBER BREAKFAST ITEMS

- Adding fiber to your breakfast can help slow down sugars getting to your bloodstream.

WHOLE GRAIN PASTA AND BROWN RICE

- These products will break down slower and sugar will enter your bloodstream at a more steady rate than refined carbohydrates.

CANNED FRUIT WITH LOW/REDUCED SUGAR

- Fruit is a great source of fiber, vitamins, and minerals! These options help limit added/refined sugars.

Adding fiber, protein, and/or a healthy fat to each meal and snack will slow the absorption of sugar and limit spikes.

FOODS TO LIMIT:

- **Added Sugars** - Products with lots of added sugars, such as sodas, can contribute to insulin resistance and excess calories. Typically, these foods are not very filling and lead us to overeating. Even honey, agave, coconut sugar, etc. can contribute to high blood sugar.
- **Refined Carbohydrates** - Refined carbohydrates (white bread, white rice, pasta made with white flour, some snack foods) don't have as much fiber and are absorbed faster into the bloodstream. Look for "wholewheat flour" as the first ingredient on the food label.

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