

THE SCOOP ON NUTRITION

SHORE UP'S QUARTERLY NEWSLETTER

WHAT SHOULD I EAT?

A guide for adults and children

"The Scoop on Nutrition" is a quarterly newsletter designed by SHORE UP! Inc. The goal is to provide you, children and adults, with information to equip you with the knowledge needed that will allow the maintenance of a healthy lifestyle. This newsletter will focus on the types of nutrients children and adults should receive, the benefits of healthy eating and much more. Some of this information may be a reminder for you, but let's start with the basics. Just remember to practice this for your optimal well-being.

Adults, especially, are often faced with high cholesterol and diabetes. This newsletter will focus on foods that lower cholesterol and are good for individuals with diabetes or prediabetes.



Remember, food choices matter a lot when you have diabetes. While occasional treats are ok, diabetes is managed well when you stick to the best food options.



As you age, high cholesterol and diabetes may become an issue. Here are some good food options to manage well.

Foods that lower cholesterol:

According to Harvard Health, the following are great foods that result in a low cholesterol diet.

Oats

Barley and other whole grains

Beans

Eggplant and okra

Nuts

Vegetable oils

Apples, grapes, strawberries, citrus fruits

Soy

Fiber supplements

There are also good and bad food choices for individuals with diabetes. Some good food choices, according to WebMD, are as follows:

Whole grains like brown rice and oatmeal

Baked sweet potato

Items made with whole grains and no, or little, added sugar

Fresh veggies eaten raw or lightly steamed, roasted or grilled

Plain frozen veggies, lightly steamed

Low sodium or unsalted canned vegetables

Fruits

Greens like kale or spinach



Eating foods low in cholesterol also results in low blood pressure. "It's also good for bones, digestive health, vision and mental health."