Nutrition News
November 2026

JSL Friends,

November is **American Diabetes Month**, a great reminder that small, healthy habits can help everyone feel more energized and vibrant. While these tips are essential for managing diabetes, eating for stable blood sugar benefits **everybody** by providing steady, lasting energy throughout the day.

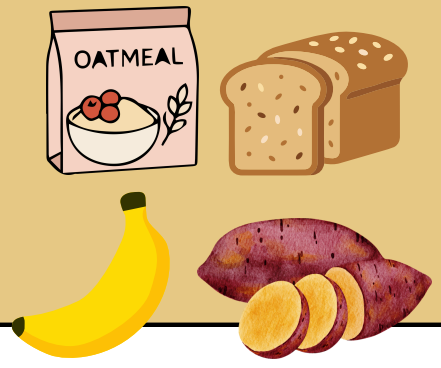
5 simple ways to support stable blood sugars and boost your daily energy:



1. **Pair carbs with fiber and protein:** Eat wholesome carbohydrates like oatmeal alongside protein-rich foods like chicken, fish, or eggs to slow down digestion and prevent sharp energy spikes.
2. **Move after eating:** Engage in light movement right after a meal—such as a short walk or seated arm and leg lifts—to naturally lower blood sugar and boost your mood.
3. **Eat on a regular schedule:** Maintain consistent meal times and avoid skipping breakfast to stop your blood sugar from dipping dangerously low or spiking later in the day.
4. **Spread carbs out evenly:** Keep wholesome carbohydrates in your diet rather than cutting them out, but space them consistently throughout the day to prevent afternoon fatigue.
5. **Drink plenty of water:** Stay well-hydrated all day long, as dehydration can concentrate glucose in your blood and cause your overall blood sugar levels to rise.

Wholesome Complex Carbs to include:

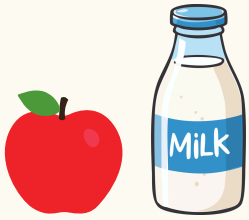
- Oatmeal
- Sweet potatoes
- Whole wheat toast
- Brown rice
- Canned beans
- Quinoa
- Whole wheat pasta
- Butternut squash
- Barley
- Bananas



Jewish Senior LIFE

The Difference Between:

Natural Sugar



- **Found naturally in foods like fruits, vegetables, and dairy.**
- **Comes with fiber, vitamins, and minerals.**
- **Absorbs more slowly, helping to keep blood glucose stable.**
- **Example: The fructose in an apple or the lactose in a glass of milk.**

Added Sugar



- **This is the sugar artificially added to processed foods & drinks.**
- **Provides empty calories with no nutrients.**
- **Absorbs quickly, causing sharp spikes in blood sugar.**
- **Example: Sugar or corn syrup added to sodas, cookies & cakes.**

Research links excess added sugar with increased risk of:

- heart disease/high blood pressure
- insulin resistance/type 2 DM
- fatty liver disease

Health experts recommend ***limiting added sugar*** to:

- less than 25g/day for women
- less than 36g/day for men

If you eat processed foods or drinks - Check your nutrition labels for 'Added Sugars.' Also check the serving size, there could be more than 1 serving per container.

Example:

A 24oz bottle of soda has 2 servings with 39g of added sugar each. That's 78g added sugar per bottle!!

Nutrition Facts

About 2 servings per container

Serving Size **12 fl oz**

Amount Per Serving

Calories **140**

	% Daily Value
Total Fat 0g	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 39g	**14%**
Total Sugars 39g	
Includes 39g Added Sugars	**78%**
Protein 0g	

Peanut Butter Banana Oatmeal in the Microwave



-5 minutes
-High Protein
-High Fiber

Ingredients

- 1/4 cup rolled oats
- 1/2 cup milk
- 1 tsp maple syrup
- 1/4 tsp cinnamon
- 1/2 tsp vanilla
- 1 Tbsp peanut butter
- 1 banana, sliced
- 2 Tbsp. chopped nuts

Instructions

- Add oats and milk to a large mug or bowl.
- Microwave on med-high for 90 seconds.
- Add maple syrup, peanut butter, cinnamon, and vanilla. Stir and microwave for another 90 seconds.
- Stir to evenly mix in peanut butter. Add sliced banana and chopped nuts (if desired.)
- Enjoy after slightly cooled :)

Recipe Credit: feastingnotfasting.com

NUTRITION CLASSES: November's topic is **The Friendly Fat Guide:** Choosing the Best Options for Your Plate.

Oak Park(Teitel): Tuesday November 17 @ 12:30pm
Hechtman: Wednesday November 18 @ 11:00am
Meer: Wednesday November 18 @ 1:00pm

Snacks are provided:)
Hope to see you there!

~Elizabeth

Jewish Senior LIFE

ELIZABETH FREYRE, RDN EMAIL: EFREYRE@JSLMI.ORG PH: 248.234.2140