

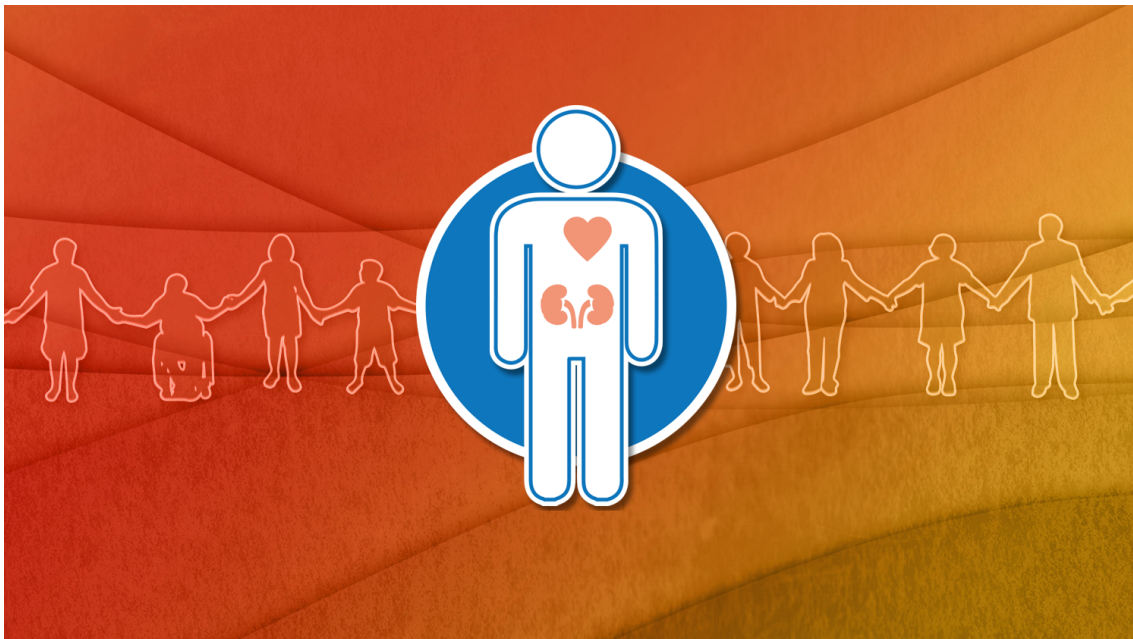
March 2018 Newsletter

March 2018 Edition

THE JOHNS HOPKINS PATIENT GUIDE TO DIABETES



Our Vision: To provide a trusted and reliable resource based on the latest evidence that people with diabetes or interested in diabetes can use to live healthier lives.



What's New?

Check out the New Additions to the Nutrition Blog!

8 Ways to Sneak Fiber into Your Diet

So you heard fiber is good for you but you are trying to control your carbs. Fiber has many health benefits, including glycemic control. Here are some easy ways to eat sneak in more fiber.

Don't Forget About Fiber

If you are on a low carb diet, you may also be on a low fiber diet, as fiber is a type of carbohydrate. Here are reasons that fiber can help you stay healthy.

Steps to Making Snacking Healthy

The word snack usually brings to mind foods like chips, cookies, crackers, or pretzels. Make healthy snack choices and avoid feeling guilty about snacking. See ideas for healthy snacks (around 15 grams of carbs).

How to Practice Mindful Eating

How you eat could be just as important as *what* you eat. This is mindful eating, which can be a powerful technique for weight management and glycemic control.

Meal Planning 101

Meal planning is the first step in healthy eating. It doesn't matter what diet you are trying to follow-you need to meal plan. Here are some helpful hints.

Tips for Healthy Grocery Shopping

Do you dread grocery shopping? The parking lot is full, there are no small carts left, and checkout lines are long. Change it up! Healthy eating and glycemic control start with what's in your cart. We bring you these hints!

The Skim on Non-Dairy Milks

The milk section in the grocery store can be overwhelming. But milk doesn't come just from cows anymore. There are now many non-dairy milk alternatives.



Spotlight

New Poll for March:

Vote at: <http://hopkinsdiabetesinfo.org>

Talk to Us!

What are you curious about? Send us your ideas for new polls.

Please send us your comments or feedback, including what you like and don't like, and what you'd like to see included in this website or newsletter, to: hopkinsdiabetesinfo@jhmi.edu or use the [Contact Us](#) link. Remember, please do NOT include any personal health information. The website is constantly being updated with fresh content, so visit regularly! This newsletter is published periodically.

Also, please let us know how you think we can improve accessing or navigating this website.

In Health,

The Johns Hopkins Patient Guide to Diabetes Team

hopkinsdiabetesinfo.org



Like us on [FaceBook!](#) | Follow us on [Twitter!](#)

This website was made possible through the generous philanthropic support of the [The Frannie Foundation](#), whose mission is to enhance the lives of individuals who have diabetes and other cardiovascular-related diseases. More information about this non-profit organization may be found at: www.thefranniefoundation.org

The Johns Hopkins Patient Guide to Diabetes Website (the "Content") is a publication of The Johns Hopkins University and Copyright © 2018 Division of Endocrinology, Diabetes, & Metabolism, The Johns Hopkins University. All rights reserved.