

Quickbites Issue

November is National Diabetes Awareness Month. Did you know that close to 30 million Americans have diabetes? And 86 million more have prediabetes – blood sugar levels that are higher than normal.

Because this disease is so common – and in many cases is related to weight - this month's Quickbites will feature diabetes-related content – to help you better understand this disease and learn what you can do to prevent it or reduce its complications.

We start with advice from Mayo Clinic. In [Diabetes prevention: 5 tips for taking control](#), you'll learn about key lifestyle changes that could help you to keep diabetes at bay.

And from Science Daily comes this article: [Some is Good, More is Better](#), which talks about the value of exercise for the prevention of diabetes. According to new research, walking briskly or cycling for just 150 minutes a week (less than half an hour a day) can reduce a person's risk of developing type 2 diabetes by up to 26%.

If you have been diagnosed as prediabetic, and wondering what your daily food choices are, check out [I'm Prediabetic: What Do I Eat?](#) for general guidelines about what and when to eat.

And here's a diabetes-friendly recipe that's sophisticated enough to serve to dinner guests. Our [Sautéed Flounder with Mint and Tomatoes](#) combines mild-tasting flounder with fresh tomatoes and ribbons of fresh mint and basil for a tasty and beautiful dish that's only 2 SmartPoints per serving.