

Lo Carb/Fat Options

Runza	Deluxe Grilled Chix Sand 27g/10g Tossed Salad w grilled Chix 13g/13g
Taco Bell	Spicy Chix Taco 21g/7g Chix Gordita Supreme 22g/12g
Burger King	Chicken Tenders-5 Pc w Ranch dressing 14g/15g Grilled Chix Ceaser salad, w/ Garlic toast 16g/8.5g
McDonalds	Chicken McNuggets 4 pc 10g/10g Sausage Biscuit 11g/40g
KFC	Hot Wings 6 pc 23g/7g Tender Roast Sandwich, No Sauce 23g/5g
Subway	Tuna & Cheese Wrap 16g/6g Chix & Bacon Ranch Wrap 18g/27g

"A good meal plan should fit in with our busy schedules and eating habits. It is OK to eat fast food occasionally if you choose lower fat and lower carbohydrate options. One of the easiest modifications is to avoid breaded and fried foods in favor of grilled and baked ones. You can also easily lower your fat grams by choosing Mustard instead of Mayonnaise or Salad instead of French fries.

Are You At Risk?

- If you think you may be at risk for Pre-Diabetes or Diabetes, you should get tested.
- You can be tested by your own health provider or any IHS clinic (Winnebago, for example)
- If you are an enrolled member of a federally recognized tribe you may be eligible for a free blood glucose test at:

The Fred LeRoy Health and Wellness Center, 2602 J St., Omaha, NE.

(402) 733-3612

UNIVERSITY OF
Nebraska
Omaha

Native American Studies

Community Health Outreach

Created by John Powers, UNO Native Americans and Health Class, 2005

DIABETES



Pre-Diabetes Prevention

“Healthier” Fast Food Options



Pre-Diabetes

•“Pre-Diabetes” means blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes.

• Most people have “Pre Diabetes” BEFORE they are diagnosed with diabetes.

•If you have “Pre-Diabetes”, this is the time to make changes in your diet and lifestyle.

•You can prevent diabetes by making some simple changes in your diet and activity level.



Reducing Risk: Increase Your Activity Level

- Sit less. Move more.
- Take the stairs instead of the elevator.
- Park further from the door.
- Take a walk, join a walking club.
- Garden or do yard work.
- Play with your children and grandchildren.
- Exercise at the Fred LeRoy Health and Wellness Center.

It's Free!



Reducing Risk: Make Small Changes In Food and Beverage

- Eat more vegetables.
- Eat more whole grains and fiber (oatmeal and whole wheat bread).
- Eat less fat (use mustard instead of mayonnaise).
- Eat less potatoes, white rice, pasta, and white bread.
- Eat less sweets.
- Drink less soda, drink more water!
- Eat more low fat meat (bison and chicken breasts).
- Avoid frying meats and vegetables—grill or bake them instead.