

RISE: NEARLY 105 MILLION, OR ONE OF EVERY THREE AMERICANS, HAVE DIABETES OR PRE-DIABETES, WITH MORE THAN FIVE THOUSAND NEW CASES DIAGNOSED EVERY DAY. I'M RISE JILL MILLER.

NOVEMBER IS AMERICAN DIABETES MONTH, THE PERFECT TIME TO LEARN MORE ABOUT DIABETES PREVENTION. ACCORDING TO THE AMERICAN DIABETES ASSOCIATION, MINOR CHANGES LIKE 30 MINUTES OF MODERATE DAILY ACTIVITY PAIRED WITH A 7% REDUCTION IN BODY WEIGHT CAN PREVENT THE DEVELOPMENT OF DIABETES. SMALL CHANGES GO A LONG WAY SAYS MARLENE KOCH, REGISTERED DIETICIAN AND BEST-SELLING COOKBOOK AUTHOR:

MK: ALL IT TAKES ARE A FEW SUBSTITUTIONS TO EAT WHAT YOU LOVE AND SEE RESULTS. FOR EXAMPLE, I USE COTTAGE CHEESE BLENDED WITH LIGHT RICOTTA IN LASAGNA TO GET THE SAME CREAMY TEXTURE WITH FEWER CALORIES. WHEN CRAVING PASTA, TRY A BETTER-FOR-YOU BRAND, LIKE DREAMFIELDS. IT TASTES LIKE TRADITIONAL PASTA, BUT WITH 5 GRAMS OF FIBER AND FEWER DIGESTIBLE CARBS PER SERVING, IT HELPS KEEP HEALTHY BLOOD SUGAR LEVELS IN CHECK.

RISE: FOR A PERSONALIZED DIET PLAN, TALK TO YOUR HEALTH CARE PROVIDER. FOR MORE, VISIT DREAMFIELDS FOODS DOT COM.