

Rise and shine with a diabetes-friendly breakfast

SOT

Jalinn Nobis-Wichman [jay-LIN // NO-biss // WICK-men], OSF HealthCare diabetes educator

"We really stress that people with diabetes should get a lean protein in their meal. That helps maintain your blood sugars at a more constant level for a longer time." (:12)

SOT

Jalinn Nobis-Wichman [jay-LIN // NO-biss // WICK-men], OSF HealthCare diabetes educator

"Cereals are a whole grain, but they are hard for people with diabetes because they're pretty processed. You tend to burn through that energy rather quickly." (:13)

SOT

Jalinn Nobis-Wichman [jay-LIN // NO-biss // WICK-men], OSF HealthCare diabetes educator

"You'd be starting your day off rough. You're starting the day with high blood sugar. Nine times out of 10, you'll probably be high the rest of the day even if you eat right." (:12)

SOT

Jalinn Nobis-Wichman [jay-LIN // NO-biss // WICK-men], OSF HealthCare diabetes educator

"You have to live with this disease for the rest of your life. So, I will never tell anybody they absolutely cannot have a certain food. You just have to do it very wisely. Pick and choose how much, when and with what." (:12)

SOT

Jalinn Nobis-Wichman [jay-LIN // NO-biss // WICK-men], OSF HealthCare diabetes educator

"That's the hard part about diabetes. You always have to be thinking about what you're taking in." (:05)