

Eat Healthy

Plants provide vitamins, minerals, and carbohydrates to your diet.



Fiber-rich foods promote weight loss and lower the risk of diabetes. Try eating a variety of healthy, fiber-rich foods:

- Fruits such as tomatoes and peppers, and fruit from trees
- Non starchy vegetables, such as leafy greens, broccoli, and cauliflower
- Legumes, such as beans, chickpeas, and lentils
- Whole grains, such as whole-wheat pasta and bread, whole-grain rice, whole oats, and quinoa

Avoid foods that are considered "bad carbohydrates" which are high in sugar with little fiber or nutrients. This includes white bread and pastries, pasta from white flour, fruit juices, and processed foods with sugar or high-fructose corn syrup.

Fatty foods are high in calories and should be eaten in moderation. To help lose and manage weight, your diet should include a variety of foods with unsaturated fats.

Unsaturated fats encourage healthy blood cholesterol levels and good heart and vascular health. Sources of good fats include:

- Olive, sunflower, safflower, and canola oils
- Nuts and seeds such as almonds, peanuts, flaxseed, and pumpkin seeds
- Fatty fish such as salmon, mackerel, sardines, tuna, and cod.

Saturated fats or "bad fats" are found in dairy products and meats. You can limit these in your diet by eating low-fat dairy products and lean chicken and pork.



Facts on Diabetes

- 37.3 million people have diabetes (11% of the US population)
- About 1 in 5 people with diabetes do not know they have it
- 28.7 million people, including 28.5 million adults, are diagnosed with diabetes
- 8.5 million people (23% of adults) are undiagnosed
- 96 million people aged 18 years or older have prediabetes (38% of the adult US population)
- More than 8 in 10 adults with prediabetes do not know they have it
- 26.4 million people aged 65 years or older (48%) have prediabetes
- 283,000 children and adolescents younger than age 20 (35 per 10,000 US youths) have diagnosed diabetes; this includes 244,000 with type 1 diabetes
- For people ages 10 to 19 years, new cases of type 2 diabetes increase for all racial and ethnic minority groups, especially Black teens
- For adults with diagnosed diabetes:
 - 69% have high blood pressure, and 44% have high cholesterol
 - 39% have chronic kidney disease, and 12% report having vision impairment or blindness
 - Diabetes is highest among Black and Hispanic/Latino adults, in both men and women

References:

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This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making changes to your diet or exercise, consult your health care provider.



Diabetes



Diabetes should not stop you and your family from living a healthy life!



Being diagnosed with diabetes can be scary, but it does not have to stop you from enjoying your life.

Diabetes is a chronic health condition that affects how your body turns food into energy. The body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells to use as energy.

With diabetes, your body does not make enough insulin or cannot use it as well as it should. When that happens, too much blood sugar stays in your bloodstream. Over time, that can cause health problems, such as heart disease, vision loss, and kidney disease.

There is not a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help.

Types of Diabetes

Prediabetes

With prediabetes, blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes. Prediabetes increases your risk for type 2 diabetes, heart disease, and stroke. If you have prediabetes, a healthy lifestyle change can help you take steps to reverse it.

In the United States, 96 million adults (more than 1 in 3) have prediabetes. More than 8 in 10 are unaware that they have it.

There are three main types of diabetes: type 1, type 2, and gestational diabetes.

5-10% Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction, meaning the body attacks itself by mistake. This type of reaction stops your body from making insulin. Roughly 5-10% of the individuals who have diabetes have type 1. Symptoms often develop quickly and are typically diagnosed in children, teens, and young adults. If diagnosed with type 1 diabetes, you will have to take insulin every day to survive. Right now, there is no known way to prevent type 1 diabetes.

90-95% Type 2 Diabetes

With type 2 diabetes, your body does not use insulin well and cannot keep blood sugar at normal levels. Roughly 90-95% of individuals are diagnosed with type 2. It develops over years and is usually diagnosed in adults. The symptoms may not be noticeable, that is why it is important to have your blood sugar tested if you are at risk. Type 2 diabetes can be prevented or postponed with healthy lifestyle changes, such as:

- Losing weight
- Eating healthy food
- Being active.



Gestational Diabetes

Gestational diabetes occurs in pregnant women who have never had diabetes. If you are diagnosed with gestational diabetes, your baby could be at a greater risk for health problems. Gestational diabetes usually goes away after the baby is born. It does however increase your risk for type 2 diabetes later in life. As far as your baby, they are more likely to have obesity as a child or teen and develop type 2 diabetes later in life.

- Nearly 10 percent of pregnancies in the U.S. are affected by gestational diabetes every year.

Prevention: 3 Ways to Take Control

Making lifestyle changes can help you avoid the onset of type 2 diabetes, which is the most common form of the disease. Prevention is extremely important as you are already at a higher risk for type 2 diabetes if you have excess weight or obesity, high cholesterol, or a family history of diabetes. If you have been diagnosed with prediabetes, lifestyle changes can help you avoid or delay the onset of the disease.

Making some simple changes in your lifestyle now may help you avoid the serious health complications of diabetes in the future!

Lose Extra Weight

Losing weight reduces the risk of diabetes. The American Diabetes Association recommends that people with prediabetes lose at least 7%-10% of their body weight. More weight loss will translate into even greater benefits.

Set a weight-loss goal based on your current body weight and consult with your primary healthcare provider about a realistic expectation.



Be Physically Active

There are many benefits to regular physical activity. Exercise can help you lose weight, lower your blood sugar, and boost your sensitivity to insulin.

Aerobic Exercise: Aim for 30 minutes or more of moderate to vigorous aerobic exercise (such as brisk walking, swimming, biking, or running) on most days for a total of at least 150 minutes a week.

Resistance Exercise: Doing resistance training at least 2 to 3 times a week can increase your strength, balance, and ability to maintain an active lifestyle. Resistance training includes weightlifting, yoga, and calisthenics.

Limit Inactivity: Decreasing long periods of inactivity, such as sitting at the computer, can help control blood sugar levels. Take a few minutes to stand, walk around or do some light activity every 30 minutes.