

SPICE OF LIFE



NEIGHBORLY NUTRITION MINUTE

NOVEMBER 2019

Symptoms:

Most people don't "feel" they have diabetes until their blood sugar has been high for a while. Talk to your doctor if you notice any of the following:

- increased thirst and urination
- increased hunger
- feeling tired
- blurred vision
- numbness or tingling in the feet or hands
- sores that do not heal
- unexplained weight loss

DIABETES

✓ What is Prediabetes?

Prediabetes is a condition where your fasting blood sugar is higher than normal, but not enough to be diagnosed with diabetes.

✓ What is diabetes?

There are two types of diabetes: type 1 and type 2.

- **Type 1 Diabetes:** A condition where your pancreas doesn't produce insulin properly to control your blood sugar.
- **Type 2 Diabetes:** Your pancreas doesn't produce enough insulin, or your body doesn't use it correctly.

In both types, your blood sugar remains too high and doesn't get into your cells to be used as energy. This can lead to problems in your eyes, kidneys, and nervous system if left untreated.

Good news! You can manage prediabetes and diabetes with diet and lifestyle changes.



Eat 6 or more high-fiber foods each day. Choose non-starchy vegetables like bell peppers or cucumbers, over potatoes or corn.



Move daily: Get in at least 30 minutes of physical activity daily. Exercise helps lower your blood sugar after eating.



Eat starchy or sweet foods with foods like meat, fish, eggs, cheese, beans or a healthy fat like avocados.



Slow down when you eat and eat until just satisfied. If you feel your stomach is uncomfortably full or if you feel tired after eating, you may have eaten too much.

Sources: What is Diabetes? <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/type-2-diabetes#symptoms>
Evert AB, Dennison M, Gardner CD, et al. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. Diabetes Care. 2019;42(5):731-754.

Anita Frankhauser, MS, RDN
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