

Chapter 1 : 7 Expert Tips on Managing Type 2 Diabetes | Everyday Health

Once you get the hang of eating a healthy diet, you can relax and dig in to a wide variety of delicious meals and snacks. A great way to get started is with the special meal planning bundle available at www.nxgvision.com

In the United States, the estimated number of people over 18 years of age with diagnosed and undiagnosed diabetes is 29.1 million. The figure represents between 10% and 15% of the population. Without ongoing, careful management, diabetes can lead to a buildup of sugars in the blood, which can increase the risk of dangerous complications, including stroke and heart disease. Different kinds of diabetes can occur, and managing the condition depends on the type. Not all forms of diabetes stem from a person being overweight or leading an inactive lifestyle. In fact, some are present from childhood. Types There are several types of diabetes. Three major diabetes types can develop: Type 1, type 2, and gestational diabetes: Also known as juvenile diabetes, this type occurs when the body fails to produce insulin. People with type I diabetes are insulin-dependent, which means they must take artificial insulin daily to stay alive. Type 2 diabetes affects the way the body uses insulin. While the body still makes insulin, unlike in type I, the cells in the body do not respond to it as effectively as they once did. This is the most common type of diabetes, according to the National Institute of Diabetes and Digestive and Kidney Diseases, and it has strong links with obesity. This type occurs in women during pregnancy when the body can become less sensitive to insulin. Gestational diabetes does not occur in all women and usually resolves after giving birth. Less common types of diabetes include monogenic diabetes and cystic fibrosis-related diabetes. The prediabetes level means that blood glucose is higher than usual but not so high as to constitute diabetes. People with prediabetes are, however, at risk of developing type 2 diabetes, although they do not usually experience the symptoms of full diabetes. The risk factors for prediabetes and type 2 diabetes are similar. Losing weight and having a more healthful diet can often help prevent the disease. How insulin problems develop Doctors do not know the exact causes of type I diabetes. Type 2 diabetes, also known as insulin resistance, has clearer causes. Insulin resistance is usually a result of the following cycle: A person has genes or an environment that make it more likely that they are unable to make enough insulin to cover how much glucose they eat. The body tries to make extra insulin to process the excess blood glucose. The pancreas cannot keep up with the increased demands, and the excess blood sugar starts to circulate in the blood, causing damage. Over time, insulin becomes less effective at introducing glucose to cells, and blood sugar levels continue to rise. In the case of type 2 diabetes, insulin resistance takes place gradually. This is why doctors often recommend making lifestyle changes in an attempt to slow or reverse this cycle. Exercise and diet tips If a doctor diagnoses a person with type 2 diabetes, they will often recommend making lifestyle changes to support weight loss and overall health. A doctor may refer a person with diabetes or prediabetes to a nutritionist. A specialist can help a person with diabetes lead an active, balanced lifestyle and manage the condition. A healthy diet can help prevent, reverse, or manage diabetes. Steps a person can take to embrace a lifestyle with diabetes include: Eating a diet high in fresh, nutritious foods, including whole grains, fruits, vegetables, lean proteins, low-fat dairy, and healthy fat sources, such as nuts. Avoiding high-sugar foods that provide empty calories, or calories that do not have other nutritional benefits, such as sweetened sodas, fried foods, and high-sugar desserts. Refraining from drinking excessive amounts of alcohol or keeping intake to less than one drink a day for women or two drinks a day for men. Engaging in at least 30 minutes exercise a day on at least 5 days of the week, such as walking, aerobics, riding a bike, or swimming. Recognizing signs of low blood sugar when exercising, including dizziness, confusion, weakness, and profuse sweating. People can also take steps to reduce their body mass index BMI, which can help some people with type 2 diabetes manage the condition without medication. Slow, steady weight loss goals are more likely to help a person retain long-term benefits. Using insulin People with type I diabetes and some people with type 2 diabetes may need to inject or inhale insulin to keep their blood sugar levels from becoming too high. Various types of insulin are available, and most are grouped by how long their effect lasts. There are rapid, regular, intermediate, and long-acting insulins. Some people will use a long-acting insulin injection to maintain consistently low blood sugar levels. Some people may use short-acting insulin or a combination of insulin

types. Whatever the type, a person will usually check their blood glucose levels using a fingerstick. This method of checking blood sugar levels involves using a special, portable machine called a glucometer. A person with type I diabetes will then use the reading of their blood sugar level to determine how much insulin they need. Self-monitoring is the only way a person can find out their blood sugar levels. Assuming the level from any physical symptoms that occur may be dangerous unless a person suspects extremely low glucose and thinks they need a rapid dose of glucose. How much is too much? Insulin helps people with diabetes live an active lifestyle. However, it can lead to serious side effects, especially if a person administers too much. Excessive insulin can cause hypoglycemia, or extremely low blood sugar, and lead to nausea, sweating, and shaking. It is essential that people measure insulin carefully and eat a consistent diet that balances blood sugar levels as much as possible. Self-monitoring tips Self-monitoring blood sugar levels is vital for effective diabetes management, helping to regulate meal scheduling, physical activity, and when to take medication, including insulin. While self-monitoring blood glucose SMBG machines vary, they will generally include a meter and test strip for generating readings and a lancing device to prick the skin for obtaining a small quantity of blood. Refer to the specific instructions of a meter in every case, as machines will differ. However, the following precautions and steps will apply to many of the machines on the market: Make sure both hands are clean and dry before touching the test strips or meter Do not use a test strip more than once and keep them in their original canister to avoid any external moisture changing the result. Keep canisters closed after testing. Always check the expiration date. Older meters might require coding prior to use. Check to see if the machine currently in use needs this. Store the meter and strips in a dry, cool area. Take the meter and strips into consultations, so that a primary care physician or specialist can check their effectiveness. Self-monitoring can be vital for moderating blood glucose. A person who is self-monitoring diabetes uses a device called a lancet to prick the skin. While the idea of drawing blood might cause distress for some people, the lancing of the finger to obtain a blood sample should be a gentle, simple procedure. Take the following precautions: Clean the area from which the sample will come with soapy, warm water to avoid food residue entering the device and distorting the reading. Choose a small, thin lancet for maximum comfort. The lancet should have depth settings that control the depth of the prick. Adjust this for comfort. Many meters require only a teardrop-sized sample of blood. Take blood from the side of the finger, as this causes less pain. Using the middle finger, ring finger, and little finger may be more comfortable While some meters allow samples from other test sites, such as the thighs and upper arms, the fingertips or outer palms produce more accurate results. Tease blood to the surface in a "milking" motion rather than placing pressure at the lancing site. Dispose of lances in line with local regulations for getting rid of sharp objects. While remembering to self-monitor involves lifestyle adjustments, it need not be an uncomfortable process. Outlook Diabetes is a serious, chronic condition. While diabetes itself is manageable, its complications can severely impact on daily living, and some can be fatal if not treated immediately. Complications of diabetes include: Regularly monitoring blood glucose levels and moderating glucose intake can help people prevent the more damaging complications of type 2 diabetes. For those with types 1 diabetes, taking insulin is the only way to moderate and control the effects of the condition. Takeaway Diabetes is a life-changing condition that requires careful blood sugar management and a healthy lifestyle for a person to be able to manage it correctly. There are several different types of the disease. Type I occurs when the body does not produce insulin. Type 2 happens when excess consumption of high-sugar foods flood the blood supply with glucose and reduce the production and effectiveness of insulin. People can take supplementary insulin to manage the condition and improve glucose absorption. If a person has prediabetes, they can reduce the risk of full diabetes through regular exercise and a balanced, low-sugar diet. The complications of diabetes can be severe, including kidney failure and stroke, so managing the condition is vital. Anyone who suspects they may have diabetes should visit their doctor. If prediabetes causes no symptoms, how do I know I have it and take steps to reverse the condition? The risk factors are listed above, and different groups have slightly different recommendations about when and how often to screen. Most of the time, we use a test called a hemoglobin A1C that tells us how you have controlled your sugars over the previous 3 months. This test can also tell your doctor how likely it is that you will develop diabetes in the near future – the higher the level, then the more likely this is.

Chapter 2 : What is Diabetes? | NIDDK

Gestational diabetes is diabetes that only occurs in pregnant women. That means you can't get gestational diabetes unless you're pregnant. You may develop gestational diabetes for the first.

Risk factors Sugar is irresistible to most people. So irresistible, in fact, that sugar cravings might be rooted in evolution. Craving sugary foods, or so the theory goes, could help prevent starvation. In a modern world, however, where food is often plentiful, sugar consumption is linked to diabetes , obesity , and other health problems. Research into the connection between sugar consumption and diabetes is ongoing. Most doctors argue that sugar alone does not trigger diabetes. But some emerging research suggests a closer link between sugar consumption and diabetes than was previously thought. But eating sugar will not cause type 1 diabetes. Type 1 diabetes is an autoimmune condition, which causes the body to attack cells that produce insulin. Type 2 diabetes is more complex. Sugar consumption will not directly cause diabetes. However, excess sugar consumption can cause weight gain. Obesity increases the risk of diabetes. Once a person has diabetes, eating too much sugar can make symptoms worse, since diabetes makes it more difficult for the body to manage blood sugar levels. Understanding the link between sugar and diabetes Although eating sugar is not directly linked to developing diabetes, some evidence suggests that increased overall availability of sugar makes diabetes more common. A study that looked at different countries found that more sugar in the food supply increased diabetes rates. Specifically, for every additional calories of sugar available per day per person, diabetes levels rose 1 percent. This change continued even when researchers controlled other factors linked to diabetes, such as obesity, exercise, and overall calorie consumption. This research suggests that sugar consumption does affect diabetes, at least on a population level. The study did not look at individuals, so does not support the claim that individual sugar consumption causes diabetes. Despite this, it gives people who eat a lot of sugar something to consider, especially if they have other diabetes risk factors. A review of previous research suggests that some forms of sugar consumption could increase the risk of diabetes. Drawing upon previous research, the study suggested that sugary drinks were likely to increase the risk of type 2 diabetes. Research on the link between other forms of sugar intake and diabetes, as well as sugar and other health risk factors, did not reach any firm findings.

Chapter 3 : Diabetes: Symptoms, treatment, and early diagnosis

It's important to eat a healthy diet when you have type 1 www.nxgvision.com doesn't mean you can't enjoy tasty food, including some of your favorites. Why Diet Matters. With type 1 diabetes, your body.

It is true that type 1 diabetics are greatly predisposed to experience them than type 2 but diabetics are living longer so the chances of obtaining symptoms is greater. Diabetes What To Eat This particular means everybody needs specific medications for that sickness these types of people are afflicted along with. One method of medication for diabetes may work really well for one individual and never from all for method to. Even so presently a contact small array associated making use of types of remedies that many ways of fighting with diabetes fall under. In this particular article we may talk about a few within the primary selections for handing this ailment. Diabetes What To Eat I hope these pointers will a person learn to look after your stress. Keep in mind we all could use a break on occasion so you shouldnt be afraid try one and slow working day down. Itll help you extra than you. But the number one reason I turned the corner at this disease would be a dietary coins. Without question my new diet has taught me to th emost. I have witnessed it on my feet. Natural color of my feet is being restored. The tingling feeling has almost gone away since I started to seriously adjust my food eating. Diabetes What To Eat Let me ask just couple of questions. Are you currently thirsty more usual? Maybe you experienced blurred vision or had to urinate more frequently than normal? Or have you felt the need any unexplained weight failure? Why am I asking these questions? As it is all classic symptoms with a disease called diabetes. Harming them now say they just dont expect the inflationary pressures to last too drawn out.

Chapter 4 : What Can I Eat If I Have Diabetes

The Diabetes Diet Healthy Eating Tips to Prevent, Control, and Reverse Diabetes. People with diabetes have nearly double the risk of heart disease and are at a greater risk of developing mental health disorders such as depression.

Some of this information is wrong. Does eating too much sugar cause diabetes? Type 1 diabetes happens when cells in the pancreas that make insulin are destroyed. It has nothing to do with how much sugar a person eats. But there is one way that sugar can influence whether a person gets type 2 diabetes. Consuming too much sugar or sugary foods and drinks can make people put on weight. Gaining too much weight leads to type 2 diabetes in some people. Can people with diabetes eat sweets? You can have your cake and eat it too, just not the whole cake! Like everyone, people with diabetes should put the brakes on eating too many sweets. But you can still enjoy them sometimes. Do people "grow out of" diabetes? People with type 1 diabetes will always need to take insulin, at least until scientists find a cure. People with type 2 diabetes will always have a tendency to get high blood sugar levels. But if they take steps to live a healthier life, it can sometimes lower their blood sugar. If people eat healthy foods and exercise enough to get their blood sugar levels back on track, doctors might say they can stop taking insulin or other medicines. Can you catch diabetes from a person who has it? Diabetes is not contagious. People with diabetes inherited genes that made them more likely to get it. Can people with diabetes feel when their blood sugar levels are high or low? No, not well enough to depend on. You may notice some things happening to your body if blood sugar levels are very high or low. For example, you might feel more thirsty, pee a lot, or feel weaker or more tired than usual. But the only way to know for sure if blood sugar levels are high or low is to test them. Do all people with diabetes need to take insulin? All people with type 1 diabetes must take insulin injections. Some people with type 2 diabetes have to take insulin and they may need to take other diabetes medicines too. They can manage their blood sugar levels by eating healthy foods, getting regular exercise, and sometimes taking other diabetes medicines. Does insulin cure diabetes? When you do that, it keeps blood sugar levels under control. Can I take insulin as a pill? Insulin gets destroyed by the acid and digestive enzymes in the stomach and intestines. So people who need insulin like people with type 1 diabetes have to take it as a shot or through an insulin pump. That way, it gets into the body without going through the digestive system. People with type 2 diabetes might take pills, but those are medicines that help the body make more insulin or use insulin more effectively. Some people with type 2 diabetes need to take insulin too. In fact, being sick can actually make the body need more diabetes medicine. People with type 2 diabetes may need to adjust their diabetes medicines when they are sick. Talk to your diabetes health care team to be sure you know what to do. Can people with diabetes exercise or play sports? Exercise helps to keep weight under control, is good for your heart and lungs, relieves stress, and is great for blood sugar control. Talk to your diabetes health care team about exercising and managing your blood sugar. Watch out if someone tells you to do the opposite of what your care team has told you.

Chapter 5 : # How You Get Diabetes # How To Reduce Risk Of Diabetes

Getting diagnosed with prediabetes is a serious wake-up call, but it doesn't have to mean you will definitely get www.nxgvision.com is still time to turn things around. "It's an opportunity to.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. While added sugar may play a role in your disease risk, the causes of diabetes are various, experts say. The Sugar and Type 2 Diabetes Story: Not So Sweet After the suspicion that sugar was the cause of diabetes, the scientific community pointed its finger at carbohydrates. That makes sense, notes Grieger, explaining that simple and complex carbohydrates are both metabolized as sugar, leading blood sugar levels to fluctuate. Yet carbs are processed differently in the body based on their type: While simple carbs are digested and metabolized quickly, complex carbs take longer to go through this system, resulting in more stable blood sugar. Sources of complex carbohydrates include whole-wheat bread and brown rice, legumes like black beans, and quinoa. These foods contain fiber, vitamins, and minerals that are appropriate for any eating plan, regardless of whether you have prediabetes, have diabetes, or are perfectly healthy. In fact, experts know including complex carbs in your daily diet can help you maintain a healthy weight, among other health benefits. Examples of simple or refined carbohydrates, on the other hand, exist in various forms – from the sucrose in the table sugar you use to bake cookies, to the various kinds of added sugar in packaged snacks, fruit drinks, soda, and cereal. Simple carbohydrates are natural components of many fresh foods, too, such as the lactose in milk and the fructose in fruits, and therefore, a healthy, well-balanced diet will always contain these types of sugars. When consumed in excess, foods in this category can lead to heart disease, stroke, and other serious health issues. Insulin Resistance and Sugar: Insulin is a hormone that – in people without diabetes – ferries glucose, or blood sugar, to cells for energy or to be stored for later use. In people with diabetes, cells are resistant to insulin; as a result of this insulin resistance, sugar accumulates in the blood. While eating sugar by itself does not cause insulin resistance, Grieger says, foods with sugar and fat can contribute to weight gain, thereby reducing insulin sensitivity in the body. Research supports this idea: Diabetes and Added Sugars: Other Types to Watch For One particular type of sugar that has attracted a lot of negative attention is high-fructose corn syrup HFCS – and for good reason, as multiple studies suggest HFCS can influence diabetes risk. Some research in people who are overweight and obese, for example, suggests regularly consuming drinks sweetened with either fructose, a byproduct of HFCS, or glucose can lead to weight gain, and drinks with fructose in particular may reduce insulin sensitivity and spike blood sugar levels. Other Diabetes Risk Factors to Consider Although this newfound knowledge on sugar, and specifically added sugar, may prompt you to ditch the soda, juice, and processed foods, be mindful of the other factors that can similarly influence your risk for type 2 diabetes. Obesity, a family history of diabetes, a personal history of heart disease, and depression, for instance, are other predictors for the disease, according to the NIH. Furthermore, certain ethnic groups, including American Indians, African-Americans, Asian-Americans, and Hispanics, are more likely to get diabetes than white people – a phenomenon researchers have attributed to lifestyle factors and genetics. Does Sugar Cause Diabetes? To help cut down on added sugar in your diet, keep it simple by avoiding packaged, processed foods, and opting instead for whole foods. Additional reporting by Melinda Carstensen.

Chapter 6 : Gestational Diabetes Diet and Meal Plan | What to Expect

Because type 2 diabetes is linked to high levels of sugar in the blood, it may seem logical to assume that eating too much sugar is the cause of the disease. But of course, it's not that simple.

What happens to mom and baby after birth? Has your doctor diagnosed you with gestational diabetes GD or GDM , a form of diabetes that appears only during pregnancy? While it might feel overwhelming at first, it turns out that this pregnancy complication is much more common than you might think. In fact, up to 9. Know that with careful monitoring and treatment, it can be managed, and you can have a safe and healthy pregnancy. What causes gestational diabetes? This causes hyperglycemia or high levels of sugar in the blood , which can damage the nerves, blood vessels and organs in your body. You have a higher level of abdominal fat. Doctors have noted that women over the age of 35 have a significantly higher risk of developing GD. You have a family history. If diabetes runs in the family, you may be more at risk of GD. You have a personal history of GD. You received a pre-diabetes diagnosis. You have been put on bed rest. What are the symptoms of gestational diabetes? Most women with have gestational diabetes have no symptoms, though a few may experience: Frequent urination in large amounts distinguished from the also frequent but usually light urination of early pregnancy. Fatigue which may be difficult to differentiate from normal pregnancy fatigue. Sugar in the urine detected at a routine practitioner visit. How is gestational diabetes diagnosed? In addition, the U. If your bloodwork picks up high sugar levels, your doctor will have you take a three-hour glucose tolerance test to determine whether you have gestational diabetes. How does gestational diabetes affect me and my baby? With proper treatment and regular monitoring by your practitioner, gestational diabetes can be managed and is not harmful to either you or your baby. Women who have uncontrolled GD are at risk for having a too-large baby a condition called macrosomia , making delivery more difficult and C-section more likely. They are also at risk for preeclampsia and stillbirth. Uncontrolled diabetes could also lead to potential problems for the baby after birth, such as jaundice, breathing difficulties and low blood sugar levels. Later in life, he or she may be at an increased risk for obesity and type 2 diabetes. What you can do to prevent gestational diabetes? The following steps can have a big impact on reducing your risk of developing both gestational diabetes and type 2 diabetes, both before you conceive and during your pregnancy: Working out under the guidance of your practitioner “ even starting with just a minute walk after lunch and dinner “ allows your body to burn glucose even without the insulin your body should normally produce. Eat a healthy diet. Making changes to your diet now not only protects you and your baby during pregnancy, it also helps you to develop better eating habits for life. Consume a well-balanced diet loaded with a variety of fruits and vegetables; lean, healthy protein; and complex carbs. Also, aim to limit your fat intake to 30 percent of your total daily calories, and try to avoid sugary, processed foods. Think high-fiber, low-fat options whole grains, low-fat dairy, meat, legumes and fish , and watch your portions. Keep an eye on the scale. With the help of your practitioner, try to maintain a normal weight and BMI: That means aim to gain the right amount of weight during pregnancy and lose the extra pounds after. How is gestational diabetes treated? Fortunately, virtually all of the potential risks associated with diabetes in pregnancy can be eliminated by carefully controlling your blood sugar levels. Monitor your blood sugar level several times a day. Check first thing in the morning to get your fasting rate and then an hour after you eat each meal to make sure your blood sugar stays in a healthy range suggested by your doctor. Most doctors suggest that you buy a diabetes kit, which includes needles to prick your finger and a little machine that reads your blood sugar. Meet with a dietitian. She can help you review healthy food options and make a meal plan. Keep a food log. After each meal, write down everything you ate along with your blood glucose number. This helps you to better understand what foods are spiking your glucose levels so you can avoid them. Go for a walk or take the stairs after a meal to lower your glucose levels. It can be given in shots, though the oral drug glyburide a diabetes medication that helps the pancreas produce insulin is being prescribed more and more often for GD. What happens to you after pregnancy? Here are a few ways to stay healthy post-birth: Keep up with doctor visits. Talk to a nutritionist. Continue to aim to eat healthy every day. Try to avoid sugars and refined carbohydrates that spike your blood

sugar and can contribute to the development of type 2 diabetes. Remember, sugar and simple carbs are everywhere – so make sure to read labels carefully a nutritionist can help you to understand key ingredients to watch out for. Instead, opt for unprocessed foods like vegetables, low-fat meats, dairy and whole grains. Breastfeed for as long as possible. Breastfeeding has been found to decrease your risk of developing type 2 diabetes after GD. What happens to your baby after birth? Babies who are born to mothers with gestational diabetes should be tested for low blood sugar hypoglycemia , even if they have no symptoms, with a simple blood test after birth. This happens immediately after delivery, while you and baby are still in the hospital. Teach your child good eating and exercise habits early on: A recent study showed that children born to women with gestational diabetes were six times more likely to develop either diabetes or pre-diabetes compared to those kids born to moms who did not have this condition. To help avoid a type 2 diabetes diagnosis for your child, aim to ensure that he: Eats nutritious meals both as a baby and when he gets older. The same diet you follow during pregnancy and beyond is good for your child, too. When he gets old enough, have him help you in the kitchen – children who help prepare dishes are more likely to eat them. Gets plenty of exercise as he grows. Start by taking walks. As he gets older, toddler soccer and other activities are a great way to get him interested in healthy movement. Maintains a healthy weight. Talk to his pediatrician to make sure his BMI is on target, and talk openly to him about healthy weight and the increase in obesity he might notice in American schools. More on Pregnancy Symptoms and Health.

Chapter 7 : Type 2 Diabetes Causes: How Does Sugar Play a Role? | Everyday Health

In the past, meal plans for people with diabetes were very restrictive. Things are different now. There isn't a one-size fits all diabetes diet. While you may need to make some changes in what and how much you eat, you have flexibility in deciding what's on the menu. With a little planning, you.

Health levels should be a suitable. This treatment of diabetes in order to based dieting therapy. The diabetic patient should take into account that he must consider low caloric and vegetarian meal. He must choose a proper dieting for diabetics which include natural and high quality foods. Vegetables nuts and fruits are really a must. Discover form a healthy diet for having it. It is usually advised by health health care providers that starchy and cooked foods in order to be avoided. How You Get Diabetes Cutting carbohydrates is important because carbohydrates are converted to sugar once digested. Obviously this isnt good for diabetic. Looking for avoid crackers breads chips pastas a few grains is to begin your home treatment solution. After curing diabetes also it be that could enjoy starch foods again but definitely will need to interchange to whole fiber foods. Is definitely pretty basic. When people weigh less they put less stress on their bones. So their risk for injury isnt as great as personal who is overweight. How You Get Diabetes I understand wanting to be fit over Ive fought my weight playing. I remember to be a child in grade school and dreading shopping for clothes every school year because I really could fit into anything. In high school I got even significantly. As an adult I just kept gardening. At my largest I topped the scales at a minimum of body fat. I cant tell you ways much exactly because the dimensions stops at lbs. How You Get Diabetes We all especially individuals the northern climes do not benefit from good numbers of sun use food to increase our mood and the fact is that it works. What we are starting to understand is that our motivation should be our health rather than our looks and whenever we truly new how dangerous obesity its would scare us enough that safer take losing weight seriously.

Chapter 8 : Gestational Diabetes Symptoms, Signs During Pregnancy | What to Expect

From the moment you or a loved one is diagnosed with diabetes, immediate changes must be incorporated into your diet because what you eat—and how you prepare what you eat—has a great impact on the progression of the disease.

Clinical Trials What is Diabetes? Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy. What are the different types of diabetes? The most common types of diabetes are type 1, type 2, and gestational diabetes. Type 1 diabetes If you have type 1 diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive. Type 2 diabetes If you have type 2 diabetes, your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes. Gestational diabetes Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes. Other types of diabetes Less common types include monogenic diabetes, which is an inherited form of diabetes, and cystic fibrosis-related diabetes. How common is diabetes? As of 2014, Diabetes affects 1 in 4 people over the age of 18. About 90 percent of cases in adults are type 2 diabetes. You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, or are overweight. Physical inactivity, race, and certain health problems such as high blood pressure also affect your chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you have prediabetes or had gestational diabetes when you were pregnant. Learn more about risk factors for type 2 diabetes. What health problems can people with diabetes develop? Over time, high blood glucose leads to problems such as heart disease.

Chapter 9 : # Diabetes What To Eat # Diabetes Cause Neurodegeneration

To manage your blood glucose, you need to balance what you eat and drink with physical activity and diabetes medicine, if you take any. What you choose to eat, how much you eat, and when you eat are all important in keeping your blood glucose level in the range that your health care team recommends.

Eat foods with heart-healthy fats, which mainly come from these foods: Choose healthy fats, such as from nuts, seeds, and olive oil. What foods and drinks should I limit if I have diabetes? Foods and drinks to limit include fried foods and other foods high in saturated fat and trans fat foods high in salt, also called sodium sweets, such as baked goods, candy, and ice cream beverages with added sugars, such as juice, regular soda, and regular sports or energy drinks. Drink water instead of sweetened beverages. Consider using a sugar substitute in your coffee or tea. If you use insulin or diabetes medicines that increase the amount of insulin your body makes, alcohol can make your blood glucose level drop too low. When should I eat if I have diabetes? Some people with diabetes need to eat at about the same time each day. Others can be more flexible with the timing of their meals. Depending on your diabetes medicines or type of insulin, you may need to eat the same amount of carbohydrates at the same time each day. If you use certain diabetes medicines or insulin and you skip or delay a meal, your blood glucose level can drop too low. Ask your health care team when you should eat and whether you should eat before and after physical activity. How much can I eat if I have diabetes? Eating the right amount of food will also help you manage your blood glucose level and your weight. Your health care team can help you figure out how much food and how many calories you should eat each day. Weight-loss planning If you are overweight or have obesity, work with your health care team to create a weight-loss plan. The Body Weight Planner can help you tailor your calorie and physical activity plans to reach and maintain your goal weight. To lose weight, you need to eat fewer calories and replace less healthy foods with foods lower in calories, fat, and sugar. If you have diabetes, are overweight or obese, and are planning to have a baby, you should try to lose any excess weight before you become pregnant. Learn more about planning for pregnancy if you have diabetes. Meal plan methods Two common ways to help you plan how much to eat if you have diabetes are the plate method and carbohydrate counting, also called carb counting. Plate method The plate method helps you control your portion sizes. The plate method shows the amount of each food group you should eat. This method works best for lunch and dinner. Use a 9-inch plate. Put nonstarchy vegetables on half of the plate; a meat or other protein on one-fourth of the plate; and a grain or other starch on the last one-fourth. Starches include starchy vegetables such as corn and peas. You also may eat a small bowl of fruit or a piece of fruit, and drink a small glass of milk as included in your meal plan. Your daily eating plan also may include small snacks between meals. Portion sizes You can use everyday objects or your hand to judge the size of a portion. Because carbohydrates turn into glucose in your body, they affect your blood glucose level more than other foods do. Carb counting can help you manage your blood glucose level. If you take insulin, counting carbohydrates can help you know how much insulin to take. The right amount of carbohydrates varies by how you manage your diabetes, including how physically active you are and what medicines you take, if any. Your health care team can help you create a personal eating plan based on carbohydrate counting. The amount of carbohydrates in foods is measured in grams. Try to limit carbohydrates with added sugars or those with refined grains, such as white bread and white rice. Instead, eat carbohydrates from fruit, vegetables, whole grains, beans, and low-fat or nonfat milk. Choose healthy carbohydrates, such as fruit, vegetables, whole grains, beans, and low-fat milk, as part of your diabetes meal plan. In addition to using the plate method and carb counting, you may want to visit a registered dietitian RD for medical nutrition therapy. What is medical nutrition therapy? Medical nutrition therapy is a service provided by an RD to create personal eating plans based on your needs and likes. For people with diabetes, medical nutrition therapy has been shown to improve diabetes management. Medicare pays for medical nutrition therapy for people with diabetes. If you have insurance other than Medicare, ask if it covers medical nutrition therapy for diabetes. Will supplements and vitamins help my diabetes? No clear proof exists that taking dietary supplements such as vitamins, minerals, herbs, or spices can help manage diabetes. Talk with

your health care provider before you take any dietary supplement since some can cause side effects or affect how your medicines work. Physical activity is an important part of managing your blood glucose level and staying healthy. Being active has many health benefits.