

Diabetes

What is Diabetes?

Diabetes is the condition in which the body does not properly process food for use as energy.

Does Diet Affect Diabetes?

Healthy eating is a cornerstone of healthy lifestyle -- with or without diabetes. If you have diabetes, you need to know how foods affect your blood sugar levels.

How Do I Achieve My Goal?

Patients with good diabetic self-care behaviors like weight reduction, diet, and exercise can all be used to attain and maintain control. Incorporating slight changes into your lifestyle can be a challenge and we will help give you the initial steps necessary to achieve your goals.

How Do I adjust My Lifestyle?

Altering the way we eat, think, and live is essential in becoming healthier overall. Creating and achieving nutritional goals for management of diabetes include the following:

- ✓ Maintain desirable blood glucose and blood lipid (fat) levels.
- ✓ Maintain optimal nutritional status.
- ✓ Reach and maintain a healthy weight
- ✓ Use food lists
- ✓ Measure food portions
- ✓ Read food labels
- ✓ List Favorite foods
- ✓ List Food allergies
- ✓ Eating patterns and habits
- ✓ Physical activity
- ✓ Readiness to change
- ✓ Attitude

Can Diabetes Be Prevented?

Studies have shown that proper diet and exercise can significantly reduce the risk of developing type 2 diabetes. Type 2 diabetes is also associated with obesity

Some people have to make only small lifestyle changes to keep their blood sugar under control, others need medications.

Treatment focuses on slowing down the damage. The ways to slow complications are to keep your blood sugar levels under control, eat right, exercise, avoid smoking, and get high blood pressure and high cholesterol treated.

What Are Your Eating Habits?

Why and how do you eat, which foods do you eat, and with whom do you eat, as well as the ways people obtain food. People customarily eat according to learned behaviors of meal preparation and snack patterns, being aware of what are acceptable foods, healthy food combinations, and portion sizes.

What is Portion Control?

Portion control is understanding how much a serving size of food is and how many calories or how much food energy a serving contains.

1 Cup =		Baseball
¾ Cup =		Tennis Ball
½ Cup =		Computer Mouse
¼ Cup =		Egg
3 Oz. =		Deck of Cards
2 Teaspoons =		Ping-Pong Ball

Why Should I Adjust My Diet?

When you eat excess calories and fat, your body responds by creating an undesirable rise in blood glucose. If blood glucose isn't kept in check, it can lead to serious problems, such as dangerously high blood glucose levels (hyperglycemia) and chronic complications, such as nerve, kidney, and heart damage. Making healthy food choices and tracking your eating habits can help you manage your blood glucose level and keep it within a safe range.



Meal Planning & Eating Out Tips

- Try out a vegetarian option, like a grilled vegetable Panini or wrap with fresh vegetables and hummus.
- Order a salad with the dressing on the side
- Opt for grilled meat, fish, and poultry rather than fried
- Order the smallest sandwich. Ask if whole wheat is an option for sandwich bread, wraps, or pitas
- Opt for fresh vegetables, fresh fruit, or low-fat yogurt as side dishes
- Order broth-based vegetable or bean soup rather than creamy soups