

## **TYPE 2 DIABETES**

### **What is it?**

- Type 2 diabetes occurs when the body can't use digested food for energy.
- During digestion food breaks down to glucose and enters the blood.
- The body needs insulin to use glucose (also called "blood sugar") for energy.
- When there isn't enough insulin, blood sugar rises to undesirable levels, causing symptoms of diabetes.

### **What are the symptoms?**

- ✓ Excessive thirst
- ✓ Frequent urination
- ✓ Fatigue
- ✓ Sudden weight loss
- ✓ Blurred vision
- ✓ Frequent infections
- ✓ Slow healing of sores

### **Who is most likely to develop Type 2 Diabetes?**

- Persons over age 45 who are overweight and sedentary.

### **How do I know that I have diabetes?**

- ◆ Your doctor has your blood tested for glucose (blood sugar) to screen for diabetes.
- ◆ Beginning at age 45, everyone should be tested.
- ◆ Screening at a younger age is recommended when a person has the following risk factors:
  - ✓ Excess weight (more than 20% above desirable body weight
  - ✓ for age, height, sex)
  - ✓ A parent or sibling has diabetes
  - ✓ African American, Hispanic or Native American

## **DIETARY GUIDELINES For Type 2 Diabetes**

### **Follow the Dietary Guidelines for Americans**

- Achieve desirable weight. If overweight, eat less and exercise more to lose weight.
- Eat whole grains, vegetables and fruits for plenty of fiber.
- Choose lowfat foods and use added fats sparingly.
- Use sugar and sugary foods in moderation.
- If you drink alcohol, do so in moderation – no more than one drink a day.
- Eat a variety of foods to get all the nutrients you need.

### **What about meals and snacks?**

- ✓ Eat well-balanced meals 3 times a day, with snacks if desired.
- ✓ Include a protein food (milk, cheese, yogurt, eggs, meat, poultry, fish, legumes) in each meal.
- ✓ For snacks, eat foods that could be part of a meal.

### **Can I eat sugar?**

Yes, but in moderation and **with meals**, not between meals.

Sugar is a carbohydrate that is found naturally in fruits and milk. These foods are nutritious and provide vitamins and minerals and protein with the calories they contain.

Sugar is also added to many foods – sweet breads, desserts, candy. These foods tend to offer little nutritional value other than “empty” calories. Such foods should be eaten in small amounts.