

# Diabetes

## What it is and how to eat healthy



Diabetes is when your body has trouble using sugar the right way. This causes your **blood sugar to be higher than normal.**

### **Type 1 diabetes**

People who have type 1 diabetes do not make insulin. Insulin is a hormone that helps us balance blood sugars. People who have type 1 diabetes must take shots to help them control their blood sugars.



### **Type 2 diabetes**

The most common type of diabetes. There are two kinds of type 2 diabetes. Some people with type 2 diabetes don't make enough insulin. Other people with type 2 diabetes still make insulin, but they are insulin resistant. This means that their body doesn't use insulin the right way. Some people with type 2 diabetes take pills to help control blood sugars. Others take shots.

### **Gestational diabetes**

A type of diabetes that only happens when a woman is pregnant. It goes away after the baby is born. Women with gestational diabetes must check their blood sugars and follow their doctor's advice to make sure diabetes does not harm their baby.

If you have questions, you can talk to any CHN doctor or nutritionist. We can help you get treatment and eat healthy to feel your best. Call **(866) 246-8259** to make an appointment.

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Some foods **raise** blood sugars a lot.

These foods are: **carbohydrates, starches, and sweets**

- |            |                     |                      |
|------------|---------------------|----------------------|
| • bread    | • plantains         | • yogurt (all types) |
| • pasta    | • peas              | • fruits             |
| • rice     | • yucca             | • candy              |
| • cereal   | • yautia            | • cookies            |
| • crackers | • guineo            | • pastries           |
| • corn     | • beans (all types) | • cakes              |
| • potatoes | • milk (all types)  | • regular sodas      |

Choose only **one** of these foods at each meal.

Make sure the portion size is no larger than your fist.

Some foods **do not raise** blood sugars as much.

These foods are: **vegetables, meats, cheese, oils, and nuts**

### Most vegetables

- peppers
- onions
- garlic
- zucchini
- lettuce
- broccoli
- green beans
- cucumbers

### Meats

- beef
- pork
- chicken
- fish
- seafood
- Turkey

### Nuts

### Cheese

small amounts are ok, but eating too much cheese can raise blood sugars

### Oils

choose olive oil and canola oils to be heart healthy

Choose mostly these foods at each meal.

Always fill **half** of your plate with **vegetables**.

## Other Ways to Manage your Diabetes

- **Drink plenty of water.** Shoot for 8 cups, which is about 4 regular water bottles. Water can help your medicines work better and help keep your blood sugars level.