

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.



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 the baby.



Eating Healthy with Diabetes

Some foods **raise** blood sugars a lot. These foods are: **carbohydrates, starches, and sweets.**

Choose only **one** of these foods at each meal time. Make sure the portion size is no larger than your fist.

Bread	Cereal	Potatoes	Yucca	Beans (all types)	Fruits	Pastries
Pasta	Crackers	Plantains	Yautia	Milk (all types)	Candy	Cakes
Rice	Corn	Peas	Guineo	Yogurt (all types)	Cookies	Regular soda

Some foods **do not raise** blood sugars as much. These foods are: **vegetables, meats, cheese, oils, and nuts.**

Choose mostly these foods at each meal. Always fill **half of your plate** with vegetables.

Most Vegetables		Meats		Cheese	Oils
Peppers	Lettuce	Beef	Fish	Small amounts are ok, but eating too much cheese can raise blood sugars.	Choose olive oil and canola oil to be heart healthy.
Onions	Broccoli	Pork	Seafood		
Garlic	Green Beans	Chicken	Turkey		
Zucchini	Cucumbers	Nuts			

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.

Talk to your CHN nutritionist if you have more questions!