

Diabetes

Diabetes is when your body has trouble using sugar the right way because of a problem with insulin. This causes your blood sugar to be higher than normal. Insulin is a hormone that helps us balance our blood sugars and use the food we eat for energy. When we eat, insulin works like a key to open cells and let blood sugars in, taking sugars out of the blood.

Type 1 diabetes:

When you have Type 1 diabetes your immune system attacks cells that make insulin in your body. Insulin helps you balance your blood sugar. If you have Type 1 diabetes you must take insulin to balance blood sugars and stay healthy.



Type 2 diabetes:

The most common type of diabetes.

This is the most common type of diabetes and two things can happen:

1. Insulin resistance: this means the body makes insulin, but cells are not responding to insulin, so too much sugar stays in the blood.
2. Over time people with diabetes make less and less insulin because the cells that make insulin die.

Healthy eating, being active, and taking medicines can help people with Type 2 diabetes stay healthy.



Gestational diabetes:

This is a type of diabetes that happens during pregnancy. It goes away after the baby is born. People with gestational diabetes must check their blood sugars and follow their doctor's advice to make sure diabetes does not harm the baby. If you have gestational diabetes your risk of getting Type 2 diabetes is higher.

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!