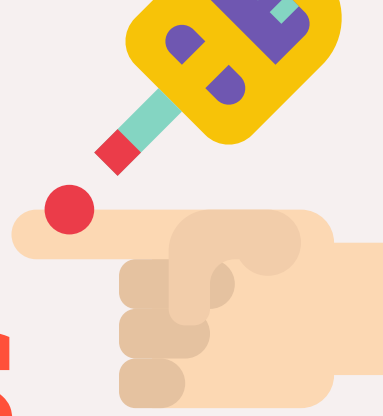


TYPE 2 DIABETES



AN INFORMATIVE GUIDE

WHAT IS
TYPE 2
DIABETES?

TYPE 2 DIABETES IS A DISEASE THAT OCCURS WHEN YOUR BLOOD GLUCOSE IS TOO HIGH

- BLOOD GLUCOSE IS YOUR BODY'S MAIN ENERGY SOURCE AND COMES FROM THE FOODS YOU EAT

FACTS/STATISTICS





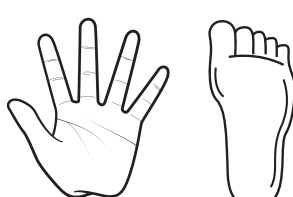
- YOU ARE MORE LIKELY TO DEVELOP TYPE 2 DIABETES IF YOU ARE 45 YEARS OR OLDER
- WORLDWIDE, TYPE 2 DIABETES AFFECTS APPROXIMATELY **220 MILLION** PEOPLE AND IS THE CAUSE OF **1.1 MILLION DEATHS**

CAUSES AND FACTORS

PANCREATIC CELLS DO NOT PROPERLY RESPOND TO INSULIN, CAUSING INSULIN RESISTANCE

YOUR BODY DOES NOT PRODUCE ENOUGH INSULIN OR USE IT WELL. TOO MUCH GLUCOSE STAYS IN YOUR CELLS

WHAT ARE THE SYMPTOMS?

- INCREASED THIRST AND URINATION 
- INCREASED HUNGER 
- BLURRED VISION 
- SORES THAT DO NOT HEAL 
- NUMBNESS/TINGLING IN HANDS AND FEET 

MANAGING YOUR DIABETES

- MANAGING YOUR BLOOD GLUCOSE, BLOOD PRESSURE, AND CHOLESTEROL ARE IMPORTANT WAYS TO MANAGE YOUR TYPE 2 DIABETES
- QUIT SMOKING IF YOU SMOKE
- ENGAGE IN PHYSICAL ACTIVITY
- PLAN HEALTHY MEALS
- DIABETES MEDICINES SUCH AS INSULIN OR CHOLESTEROL MEDICINE



IF LEFT UNTREATED, DIABETES COULD LEAD TO PROBLEMS SUCH AS HEART DISEASE, STROKE, KIDNEY DISEASE, AND NERVE DAMAGE

NUTRITION WITH TYPE 2 DIABETES

WHAT FOODS SHOULD I EAT?

- FRESH OR FROZEN VEGETABLES WITH NO ADDITIVES (2.5-3 CUPS PER DAY)
- FRUITS (1.5-2 CUPS PER DAY)
- **WHOLE** GRAINS (3-4 OUNCES PER DAY)
- **LEAN** (PREFERABLY CHICKEN OR FISH) PROTEIN (5.5-6 OUNCES PER DAY)
- DAIRY (3 CUPS PER DAY)

- LIMIT ALCOHOL CONSUMPTION
- AVOID SWEETS
- LIMIT/ TRY TO EMILINATE SODA INTAKE
- AVOID NON-FAT DAIRY PRODUCTS

WHAT FOODS SHOULD I AVOID?

PREVENTING TYPE 2 DIABETES



- LOSE WEIGHT IF YOU ARE OVERWEIGHT
- GET AT LEAST 30 MINUTES OF EXERCISE 5 DAYS A WEEK
- EAT HEALTHY FOODS AND SMALLER PORTIONS

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