

Diabetes Prevention & Management

Lake County Factsheet #FCSN2003

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What is Diabetes?

Diabetes is a chronic disease when your blood sugar levels, also known as blood glucose rise to a high level. Your body uses insulin as energy from foods you consume, but too much insulin is not used for this purpose. Your pancreas makes insulin which your body uses as a vehicle to get glucose from your food and turn it into energy. Diabetes occurs when it does not respond to the insulin produced or any at all. Regardless of the type of diabetes, it is important to meet with a healthcare team on a regular basis.

Types of Diabetes

Type 1: The pancreas does not produce insulin or make enough. Daily injections of insulin or the use of an insulin pump is required along with regular monitoring of blood glucose levels.

Type 2: The pancreas produces some insulin, but not enough to meet the needs the body requires.

Type 2 Diabetes Risk Factors:

- ✓ Overweight
- ✓ Sedentary lifestyle
- ✓ History of cardiovascular disease
- ✓ History of high blood pressure
- ✓ Age, over the age of 40 are at a higher risk

Gestational: The insulin produced may become blocked and cannot be used for the body to function properly. This occurs during pregnancy as hormones shift. It is usually resolved when the baby is born, however, the mother is at a higher risk for developing Type 2 diabetes in the future.

Managing Your Eating

Throughout the day, balancing the carbohydrate containing foods you eat is an important step in managing your eating. You will find carbohydrates in grains, fruits, milk, and starchy vegetables. It is important to read nutrition facts labels to identify the portion size and how many carbohydrates per serving it contains. One carbohydrate serving is 15 grams. On the nutrition facts label “Total Carbohydrate” is the grams in one serving, in the serving size listed on the label. The table below includes suggestions on where to start with how many carbohydrate servings you should have each day.

	To Lose Weight	To Maintain Weight
Women	2-3 carbohydrate servings*	3-4 carbohydrate servings*
Men	3-4 carbohydrate servings*	4-5 carbohydrate servings*

*Source: Nutrition Care Manual 2022, Academy of Nutrition and Dietetics

One way to control your carbohydrate intake throughout the day is by following the MyPlate for Diabetics. To do this divide your plate into 3 sections. First, divide it in half; the plate's right side should be non-starchy vegetables. Non-starchy vegetables include all vegetables except acorn squash, potatoes, butternut squash, corn, green peas, and pumpkin. Next, divide the left side into the top half for lean protein and the bottom half for grains and starchy vegetables. For our non-starchy vegetables aim for at least 2-3 different colors each day as they will offer different vitamins and minerals. When selecting protein foods, consider plant-based foods as they contain more carbohydrates than traditional protein choices. For better management when including plant-based protein sources, add non-starchy vegetables to your plate in place of food with carbohydrates.

Your Health Matters

A self-passed, online program is available that covers reading nutrition facts labels, MyPlate for Diabetics, carbohydrate counting, foot care, eye health and physical activity. The program offers videos and additional resources. Access the free program here: <https://ifas-lake.catalog.instructure.com/courses/your-health-matters-focus-on-diabetes>

Additional Resources

National Institute of Health: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>

American Diabetes Association: <https://diabetes.org/>

Diabetes Food Hub: <https://www.diabetesfoodhub.org/>

Centers for Disease Control: <https://www.cdc.gov/diabetes/index.html>