

Diabetes



Diabetes is a common condition that affects people of all ages and has several different forms. People with diabetes have high blood sugar because their body either doesn't produce enough insulin or doesn't respond properly to the insulin it does make. Insulin is a hormone that helps the body use sugar from food by allowing it to enter cells, where it can be used for energy.

What Causes Diabetes?

The risk of developing diabetes varies and can include factors such as family history, being overweight, and lifestyle habits. Symptoms and complications can differ between types. Type 2 diabetes is the most common and mainly affects adults.

Symptoms of Diabetes

- Blurred vision
- Feeling numbness, tingling, or pain in your feet
- Frequent urinary tract infections or yeast infections
- Losing weight without trying
- Urinating often
- Very thirsty or very hungry

How Can I Keep My Blood Sugar in the Normal Range?

- Avoiding low blood sugar
 - Monitor your blood sugar with frequent checks with a glucose meter and finger stick or a continuous glucose monitor.
- Eating a healthy diet
 - Avoid sugary drinks (soda, juice) and sugary food.
 - Eat a variety of healthy foods, including foods like whole grains, vegetables, fruits, and lean proteins.
 - Eat three meals a day, at about the same time every day.
- Taking your medication
 - Medication can make your body produce more insulin or help your body use the insulin.
 - Some people need to add insulin to their bodies. Insulin is injected with a needle.

Scan this QR code to learn more about how carbohydrates impact blood sugar.



What Lifestyle Changes Should I Make?

- Maintain a healthy weight with exercise
 - Choose an activity you enjoy and try to exercise for 30 minutes, five days a week.
- Quit smoking
 - Smoking increases the risk of complications such as heart disease, stroke, and circulation issues.
- See your health care provider
 - See your health care provider as scheduled and get an eye exam once a year.
- Seek medical help right away if you have any of these warning signs:
 - You feel sick to your stomach or vomit more than once.
 - You feel uncoordinated, shaky, weak, drowsy, confused, dizzy, start to tremble, or see blurry or double.
 - Your breathing becomes deeper and faster than usual.
 - Your breath smells sweet and/or you experience tingling around the mouth.
 - You start feeling very thirsty and are urinating more than usual.

Eating to Help Manage Diabetes

The Mediterranean diet focuses on nutrient dense, anti-inflammatory foods shown to help lower insulin resistance. The diet is rich in low glycemic foods, fiber, antioxidants, and healthy fats which can improve insulin sensitivity.

It recommends:

- Fruits
 - Apples, berries, citrus, pears
- Healthy fats
 - Avocado, olive oil, walnuts
- Lean protein
 - Fish, skinless chicken or turkey, tofu
- Legumes
 - Black beans, chickpeas, lentils
- Non-starchy vegetables
 - Broccoli, eggplant, spinach, zucchini
- Whole grains
 - Oats, quinoa, whole wheat

Information gathered from [Mayo Clinic](#) and [Cleveland Clinic](#).

Mediterranean diet

Foods to include or limit

EAT AT EVERY MEAL.



Fruits, veggies, whole grains, extra virgin olive oil

EAT AT LEAST 3 SERVINGS A WEEK.



Fish/seafood, nuts, legumes

LIMIT TO 1 SERVING A DAY.



Poultry, low-fat dairy, eggs

LIMIT TO 1 SERVING PER WEEK.



Red meat, sweets

Scan this QR code for Mediterranean diet recipes.

