

DIABETES AWARENESS

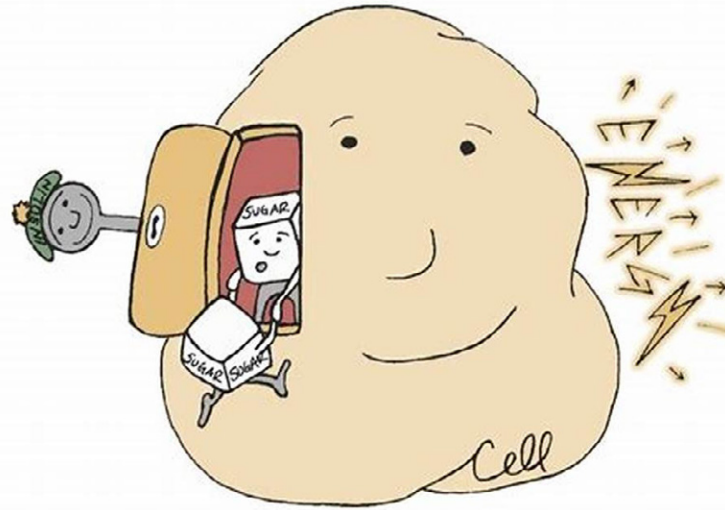
TYPE 1 VS. TYPE 2 DIABETES

Diabetes is a disease that affects the way our body takes up and uses glucose, our preferred source of energy. Cells are the powerhouses in our bodies that convert glucose into energy, however, glucose can't just enter the cells because they are always locked. Our body produces insulin which acts like the key that opens the door for glucose to enter the cell. Without this key (insulin), glucose would just stay in the blood increasing our blood sugar levels indefinitely. In people with type 1 diabetes, their bodies do not produce this key. In people with type 2 diabetes, their bodies do produce the key, but it's broken. Constant high blood sugar levels can damage our eyes, kidneys, heart, and nerves.

CAUSES & RISK FACTORS

- The cause of **type 1 diabetes** is still unknown but it could be due to genetics or exposure to viruses and other environmental factors.
- Obesity and lack of physical activity are two of the most common causes of **type 2 diabetes**. Other risk factors include: family history of diabetes, pre-diabetes, sedentary lifestyle, being overweight, heart disease, and high blood pressure.

Step Up to Your Health



Insulin is the key that allows the body to use sugar (carbohydrate) as energy.

SYMPTOMS

- Frequent urination
- Feeling very thirsty and hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)



FREQUENTLY ASKED QUESTIONS

If you're overweight, will you always develop type 2 diabetes?

Being overweight is a risk factor for developing diabetes, but other risk factors such as physical activity, family history, ethnicity, and age also play a role. Many people with type 2 diabetes are at a normal weight or only moderately overweight.

Is diabetes caused by eating sugar?

A diet high in calories from any source (including sugar) contributes to weight gain and weight gain increases your risk of type 2 diabetes.

Do sugary drinks cause diabetes?

Research has shown that drinking sugary drinks is linked to type 2 diabetes. The American Diabetes Association recommends that people avoid drinking sugarsweetened beverages to help prevent type 2 diabetes. This includes fruit drinks, sodas, lemonade, and sweet iced tea.

Do people with diabetes need to eat special foods?

A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone: low in saturated fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats, and fruit.

Do people with diabetes have to stop eating sweets or chocolate?

If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. There are no "off limit" foods, just moderation.

Is it ok to eat fruit if you have diabetes?

Because fruits contain carbohydrates, they do raise blood glucose and that needs to be taken into consideration when meal planning. Still, fruit is a healthy food containing fiber and lots of vitamins and minerals, so talk to your dietitian about the amount, frequency, and types of fruits you should eat.



Source: American Diabetes Association

DIABETES CAUSES MORE DEATHS PER YEAR THAN BREAST CANCER AND AIDS COMBINED, AND HAVING DIABETES NEARLY DOUBLES YOUR CHANCE OF HAVING A HEART ATTACK!



PUMPKIN - MAPLE CRUSTLESS CHEESECAKE



Recipe Yield: 12 Servings

Nutritional Information Per Serving:

Calories: 130

Fat: 2.5 g

Fiber: 1 g

Sodium: 420 mg

Cholesterol: 60 mg

Protein: 11 g

Carbohydrates: 16 g

Sugars: 7 g



Ingredients:

- 3 (8 ounce) packages fat-free cream cheese, warmed in a microwave for 15 seconds
- 1/3 cup Splenda brown sugar blend
- 3 large eggs
- 1 (15 ounce) can pumpkin puree
- 1/2 cup low-fat maple or vanilla yogurt
- 2 tablespoons all-purpose flour
- 1 to 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon imitation maple or rum flavoring
- 1 teaspoon vanilla extract
- 1/4 cup thinly sliced crystallized ginger

Directions:

- Preheat oven to 350 F. Coat the bottom and sides of a 9-inch spring form pan with non-stick cooking spray.
- Using an electric mixer, beat cream cheese and Splenda brown sugar blend until smooth. Beat in eggs one at a time. Blend in pumpkin, yogurt, flour, cinnamon, ground ginger, maple flavoring, and vanilla.
- Pour filling into prepared pan. Bake until outer rim is puffy and center is slightly wobbly (about 1 hour and 10 minutes).
- Remove from oven and run a butter knife around the inner edge but do not remove the pan side. Let stand at room temperature (30 minutes). Refrigerate uncovered until cold. Then cover with foil and refrigerate at least 4 hours.
- When ready to serve, carefully remove side of pan. Cut into 12 wedges with wet knife wiped clean between cuts. Garnish with crystallized ginger, if desired.



10 EASY WAYS TO REDUCE ADDED SUGAR



Eating sugar does not cause diabetes, but eating too much of it can make it difficult to stay within a reasonable number of daily calories. This can result in weight gain, making it more difficult to manage your diabetes. Eating foods with lots of added sugars can also mean eating less healthy foods such as fruits and vegetables, and not getting enough essential vitamins and minerals. Decreasing the amount of added sugars in your diet can make it easier for you to maintain or lose weight and to improve blood glucose levels. It will also help you eat less processed foods and make it easier to include healthier foods like fruits, vegetables, and low-fat dairy. You can reduce added sugar by:

1. Swapping your toast and jelly for a combination of healthy fats and protein, like an egg cracked into an avocado and baked.



2. Swapping your bottled coffee for homemade, cold-brewed coffee so you can control how it's sweetened.



3. Swapping sodas for zero calorie sparkling water.



4. Making your own smoothies instead of buying them pre-made. Tasty tip: berries and melons are lower in carbs than other fruits and high in fiber.



5. Yogurt can have 15 grams of sugar or more per serving. Choose plain yogurt with 5 grams of sugar or less, then jazz it up with fresh fruit.



6. Using extracts and spices to compensate for less sweetness. Sugar substitutes are also good alternatives.



7. Looking for salad dressings with 0-2 grams of sugar per serving, or making your own using oil and vinegar.



8. Using fruit to sweeten drinks like lemonade and iced tea.



9. Prepared pasta sauce can have a surprising amount of sugar. Whip up your own using canned tomatoes and fresh herbs.



10. Using unsweetened applesauce in place of maple syrup on pancakes.

