

# TIPS TO MANAGE YOUR DIABETES

Did you know that diabetes is the 5<sup>th</sup> leading cause of death in Louisiana? There are 17 million Americans that have diabetes and 6 million more that do not know they have diabetes. In 2010, 10.3% of the Louisiana adult population has been diagnosed with diabetes and that number is rising rapidly.

## What is Diabetes?

The food you eat is converted to glucose. Glucose is the fuel your body uses, and the blood stream carries glucose to your cells. If you have diabetes the glucose is unable to go into the cells and it causes a buildup in the blood stream and makes you have high blood sugar.

## Types of Diabetes

There are two types of diabetes a person can have: Type 1 and Type 2

Type 1 → is insulin dependent diabetes and usually occurs in persons 30 years and younger. People with Type 1 diabetes require insulin shots because their bodies do not make insulin.

Type 2 → diabetes is non-insulin dependent diabetes and is the most common form of diabetes and occurs in persons 40 years and over. People developing Type 2 diabetes is on the increase because of the rising number of obesity cases. People who are overweight, have high blood pressure, or have a family history of diabetes will be more likely to develop diabetes. The most common treatment is diet, physical activity and medication. In severe cases, people with Type 2 diabetes can be put on insulin shots.

## What Can I Eat with Diabetes?

Most times your doctor or dietitian has given you an eating plan that is designed for you. If you have diabetes and you have not received a meal plan, ask your doctor or dietitian if you need a diabetic diet. Most people need

around 1,800 or 2,000 calories daily. What are some general guidelines to follow for diabetes?

- Choose fiber containing foods such as whole grains, fruits, and vegetables because they provide vitamins, minerals and fiber for good health.
- Get regular exercise, this will help you manage your blood sugar levels and maybe even lose weight.
- Try to consume 5 servings combined of fruits and vegetables daily.
- Do not skip meals.
- Try to eat three balanced meals and snacks daily and at the same time every day.
- Choose low-fat foods and limit intake of saturated and trans fats.
- Always read the food label, this will help you make wise choices.
- Use sugar in moderation and if you eat sweets do not forget to count it in your meal plan.
- Try to use less salt on foods.
- Remember to drink 8-10 glasses of water daily.
- Visit your doctor regularly.

Following these tips can help you achieve success with your diabetes.

*Sources: American Diabetes Association and American Dietetic Association.*

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