



**PETALUMA PEOPLE
SERVICES CENTER**

Nutrition News You Can Use - August 2021

Diabetes

- A disease in which the body does not produce or properly use INSULIN, a hormone that converts sugar, starch and other foods into ENERGY.
- More than 100 million people in the US live with Diabetes or Prediabetes
- It is the 7th leading cause of death
- There are 2 types of Diabetes:
 - Type 1: An autoimmune disease in which the body does not produce insulin.
 - Type 2: A metabolic disorder when the body does not produce enough insulin or is unable to use it effectively.

How to Control you Diabetes

- **Diet** – Consistent Carbohydrate Diet
- **Exercise**
 - 30 minutes a day – 5 days a week.
 - Start with 10 minutes and work your way up.
 - Walking is a perfect form of exercise.
- **Medication** – Your doctor may recommend medication at some point.

Consistent Carbohydrate Diet

The Consistent Carbohydrate Diet is a healthy diet that can be used by many people who want to eat fewer calories, less fat, and sugar in meals and snacks. It can be used for weight control or diabetic meal planning. Its primary focus is balanced meals with appropriate portion sizes to maintain stable blood sugars and manage weight.

Carbohydrates raise blood glucose (sugar) during and after eating. This may be a problem for individuals with diabetes. Eating a consistent amount of carbohydrate at meals and snacks may help to control your blood glucose levels. Since carbohydrates are a source of energy, you do not want to avoid these foods, just eat them consistently.

- Choose a 4-5 carbohydrate choices at breakfast, lunch and dinner and 1-2 carbohydrate choices for a snack.
- A carbohydrate choice/serving is equivalent to: 15 grams of Total carbohydrate
- Foods containing carbohydrate include fruits & fruit juices, starchy vegetables, breads & grains, milk & yogurt and lentils.
- Learn what a typical serving size is for 1 carbohydrate choice. For example, 1 fresh fruit, 1 slice of bread or 1 cup of low fat milk equals one carbohydrate choice. ¹

Suggestions

- Choose fresh fruits and vegetable because they are high in fiber and can slow down digestion.
- Eliminate high carbohydrate desserts (those equal to 3 servings of carbohydrate)
- Use sugar substitutes in place of sugar, syrups and jelly.
- Choose lower fat sources of protein like lean meats, chicken, fish, low fat milk, yogurt, soy beverages, and tofu.
- Drink plenty of water
- Consult your physician or registered dietitian if you have any questions.

Petaluma People Services Center is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programming including Mentor Me, Housing, Employment and Petaluma Bounty Farms.

www.petalumapeople.org **707-765-8488**

This information is provided by PPSC, with funding provided by the Sonoma County Human Services, Area Agency on Aging.

Prepared for you by Jessica Sherwood

Resources : American Diabetes Association: www.diabetes.org & The Mayo Clinic at: <http://www.mayoclinic.com/health/diabetes-diet/DA00077>