



## Nutrition Corner

### Diet for Diabetics KEEP YOUR DIABETES IN CONTROL



Healthy eating can help you manage blood glucose levels, maintain blood pressure, and achieve a healthy body weight. Eating healthy is no different for diabetics than for everyone else. You do not need to prepare separate meals or buy special foods to enjoy healthy eating with the rest of your family. Here are some foods to enjoy – and avoid – to help you prevent or cope with diabetes.

#### 5 BEST FOODS TO FIGHT DIABETES:

- 1. Green Vegetables** - the most important foods for diabetes prevention & reversal.
- 2. Non-Starchy, Non-Green Vegetables** - such as mushrooms, onions, garlic, eggplant, peppers, are essential to diabetes prevention or reversal.
- 3. Beans, Lentils & Legumes** - are the ideal carbohydrate source & are associated with reduced risk of both diabetes & colon cancer.
- 4. Nuts & Seeds** - promote weight loss & have anti-inflammatory effects that may help prevent development of insulin resistance.
- 5. Fresh Fruit** - can decrease diabetes risk by 18% by eating three servings each day.

#### THE 5 WORST!

The worst foods for diabetes elevate blood sugar, reduce insulin sensitivity and increase type 2 diabetes risk, and are sadly the most common in the standard American diet.

- 1. Added Sugars** - cause dangerous spikes in blood glucose.
- 2. Refined/Processed Grains** - such as white rice, white pasta & white bread are missing the fiber from the original grain & raise blood glucose higher & faster than their whole counterparts.
- 3. Fried Foods** - such as potato chips, french fries, doughnuts, & other fried starches start with a high-glycemic food & then pile on a huge number of low-nutrient calories in the form of oil.
- 4. Saturated & Trans Fats** - margarine, fast food, shortening, processed baked goods, etc., cause elevated glucose & insulin levels.
- 5. Red & Processed Meats** - are associated with increased risks of developing diabetes.

(Source: Healthline.com)

Your MedWatch Total Lifestyle Coach can provide additional information & resources to help improve and maintain your health.

Call: (800) 386-5475

## Healthy Living Newsletter

NOVEMBER is  
**DIABETES**  
AWARENESS  
MONTH



## The Diabetes Heart Connection *(what we all should know)*

Chances are that if you do not have Type 2 diabetes, you have a friend or loved one who does. According to the CDC over 30 million Americans have diabetes and another 84 million have prediabetes, a condition that if not treated often leads to Type 2 diabetes within 5 years. Even more concerning is that more than half of those with diabetes have no idea that they are at increased risk for cardiovascular disease. Simply stated, adults with diabetes are 2 to 4 times more likely to die from heart disease than adults without.

This link between diabetes and cardiovascular disease (CVD) represents a serious health epidemic in our country. An unacceptably high percentage of our population is destined for a future spent in emergency rooms and hospital beds. The cost in terms of human suffering is incalculable. The financial expense of diabetes is estimated to cost **\$245 billion per year** in medical costs and lost work and wages. Clearly, it is time to shine a light on this problem and educate Americans on how they can reduce the incidence of diabetes and cardiovascular disease.

**The Diabetes Heart Connection** is striving to raise awareness of the increasing connection of Type 2 diabetes and cardiovascular issues. As part of *Diabetes Awareness Month*, Congress has designated November 9th to be *Diabetes Heart Connection Awareness Day*. The movement strives to combat the high incidence of diabetes-heart disorders through a variety of efforts including:

- Promoting policies and programs that emphasize the connection between diabetes and CVD with an increased focus on prevention and greater overall wellness.
- Making coordination of care a priority for health care providers who treat patients with multiple chronic conditions.
- Increasing awareness among people at risk, providers, caregivers, policymakers and other stakeholders, on the significant impact of Type 2 diabetes and CVD.
- Earlier detection of diabetes signs and symptoms through increased awareness.

There is a tremendous amount of information and ideas available on how you can help yourself or a loved one reduce the incidence of diabetes and CVD. The American Heart Association's *"Know Diabetes by Heart Initiative"* provides a monthly newsletter offering science-backed tips, resources for living with Type 2 diabetes including recipes and meal planning solutions. See [www.heart.org](http://www.heart.org) for information on how to enroll.

(Sources: American Heart Association, American Diabetes Association and DiabetesHeartConnection.org websites)

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**Healthy Living Newsletter**

*A MedWatch publication to keep you healthy and informed.*

*November / December 2019*

**Talk to your doctor first about your condition. Then, for more information on diabetes, refer to The American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org) or contact your MedWatch Total Lifestyle Coach (TLC).**

## **What YOU Can Do To Prevent Type 2 Diabetes**

Maybe you learned from your doctor that you have a high chance of developing Type 2 diabetes. You might be overweight or have a parent, sister or brother with Type 2 diabetes. Maybe you had gestational diabetes, which is diabetes that develops during pregnancy. These are just a few examples of factors that can raise your chances of developing Type 2 diabetes.

Prediabetes *and* diabetes can cause serious health problems such as heart disease, stroke, eye and foot problems. The sooner diabetes takes hold, the more likely you are to develop long-term health problems. The good news is that **Type 2 diabetes can be delayed or even prevented.**

**How can you lower your chances of developing Type 2 diabetes?** Your best chance for preventing Type 2 diabetes is to make lifestyle changes that work for you in the long term. Generally, this involves losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week.

*Here are some strategies for managing your risk of diabetes.*

- ◆ **Check your risk.** Take the Life Assessment Test at [www.diabetes.org](http://www.diabetes.org) and learn more about your risk of developing type 2 diabetes.
- ◆ **Manage your weight.** Excess body fat, particularly around the abdomen, can increase the body's resistance to the hormone insulin.
- ◆ **Exercise regularly.** Daily moderate physical activity helps manage weight, blood glucose, blood pressure and cholesterol levels.
- ◆ **Limit takeout and processed foods.** 'Convenience meals' are usually high in salt and fat.
- ◆ **Limit your alcohol intake.** Too much alcohol can lead to weight gain and may increase your blood pressure and triglyceride levels.
- ◆ **Don't smoke.** Smokers are twice as likely to develop diabetes as non-smokers.
- ◆ **Control your blood pressure.** Regular exercise, a balanced diet and a healthy weight will usually keep BP in check. If not, your doctor may prescribe appropriate medications.
- ◆ **See your doctor.** Regular check-ups are important as you age to check your blood glucose, blood pressure and blood cholesterol levels.

(Sources: American Heart Association and American Diabetes Association websites.)

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