What is DIABETES?

ONE BITE NUTRITION
Meeting Your Health Goals, Your Way!

Diabetes is a chronic health condition in which blood sugar levels are too elevated. This happens when the body does not have enough insulin, or it can't respond to insulin the way that it is supposed to.
Because of this, the body is not absorbing glucose, leading to high blood glucose levels.

How do I know if I have diabetes?

There are two commonly used tests that are used to diagnose diabetes: **hemoglobin A1C and fasting blood glucose.**

A1C level categorization:
- Normal: less than 5.7%
- Diabetes: greater than or equal to 6.5%

Fasting blood glucose categorization:
- Normal: less than 100 mg/dl
- Diabetes: greater than or equal to 126 mg/dl

So, you have just been diagnosed with diabetes, now what?

Three ways to help slow the progression of diabetes:
1. **Maintain a healthy weight**
2. **Follow a healthy diet plan**
3. **Incorporate physical activity into each day**

Nutrition for Diabetes

A lot of people jump to the conclusion that they must completely cut carbohydrates out of their diet, but that is not the case. The main thing to keep in mind is the idea of balancing your carbohydrates.

DID YOU KNOW?

When you pair carbohydrates with another macronutrient, specifically protein, it reduces the risk of a blood sugar spike.

A yogurt parfait is a great protein - carb pairing!

Other foods that are good to pair with carbohydrates
- healthy fats
- fiber
- vegetables

The American Diabetes Association recommends consuming less saturated and trans fats to reduce the risk of heart disease and manage weight.

The American Diabetes Association also recommends 3-5 servings of vegetables each day. One serving is 1 cup of raw vegetables, or 1/2 cup of cooked.

If you are looking for a more personalized approach to diabetes education, our **Diabetes 4 Me** program is perfect for you! This 6-week digital course includes both coaching and education. It also contains tools, support, and resources for managing diabetes.

Scan this code to sign up!

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