

Live Healthy Georgia- Seniors Taking Charge!

November 2010 Newsletter

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American Diabetes Month



Diabetes is a chronic disease that affects millions of people everyday. Nearly 12.2 million adults aged 60 years or older have diabetes. Diabetes is a group of diseases marked by high levels of blood glucose (blood sugar) resulting from the body's inability to produce or use the hormone, insulin. The pancreas releases insulin to help our bodies use energy by moving glucose from the blood and into our cells. There are three main types of diabetes: type 1, type 2, and gestational. Type 2 diabetes is the most common form of diabetes, and is the form that affects many older adults. Your doctor can monitor your blood glucose levels to screen for pre-diabetes, a condition when blood glucose is high, but not high enough to be diagnosed as type 2. Pre-diabetics are at increased risk for type 2 diabetes, heart disease, and stroke.

Diabetes can lead to serious complications such as kidney disease, cardiovascular disease, eye disease, foot disorders, and nerve damage. Knowing more about the disease and how it impacts your life will help you or a loved one manage it successfully. Making healthy food choices, engaging in regular

physical activity, monitoring blood glucose, and consulting a health care professional are healthy lifestyle habits that can keep diabetes under control and your body strong.

Risk Factors for Diabetes

- 45 years or older
- Overweight/Obese
- High blood pressure
- High cholesterol
- Being of an ethnic minority group
- Having a close relative with diabetes
- History of cardiovascular diseases
- Physically inactive
- Pre-diabetic



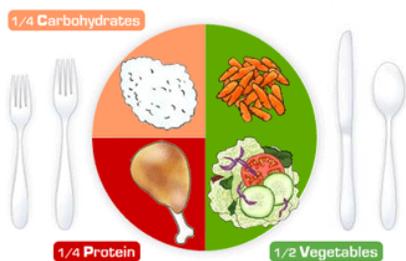
You can reduce your risk for diabetes by being physically active everyday, making wise food choices, and reaching and maintaining a healthy body weight. Research has shown that overweight individuals who lost 10-15 pounds and exercised 30 min/day 5 times per week reduced the risk of diabetes by 60%! If you already have diabetes, getting regular checkups and monitoring your blood glucose daily can help you manage

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it successfully. Also, make sure to take the prescribed medications as recommended by your doctor to properly control your blood glucose levels.

What Foods Should I Eat?

When you have diabetes, determining what to eat on a daily basis can be a challenge, but the most important thing is to follow a healthful eating plan. One way to decide the type and amount of foods to consume is to portion out your plate. Make $\frac{1}{2}$ of your plate non-starchy vegetables, $\frac{1}{4}$ lean protein, and $\frac{1}{4}$ carbohydrate. Add a fruit and a glass of low-fat milk or some yogurt and you have a complete meal. This is a great way to control your portion sizes and maintain a healthy body weight. Once you get the plate method down, then you



can begin trying new foods within each category.

Counting Carbs

Carbohydrates are an essential part of a healthy diet and include starchy foods such as breads and cereals, fruit and fruit juice, starchy vegetables such as potatoes and corn, milk and yogurt. Many people believe that diabetics should not consume carbohydrate-containing foods, but it is all about the portion size. When choosing

what carbs to put on your plate, make it count by selecting the most nutrient dense choices. One way to keep track of how many you are eating each day is by carbohydrate counting. It can help you manage your blood glucose levels by setting a limit for each meal. Look at food labels to identify the serving size and total carbohydrate amount, and this will tell you how many carbohydrates the food has per serving. You can then determine the appropriate portion size for you.

Nutrition Facts	
Serving Size about 25 pieces (28 g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 180	Calories from Fat 160
% Daily Value*	
Total Fat 18g	27%
Saturated Fat 1.5g	6%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 4g	
Calcium 6%	Iron 6%
Not a significant source of Cholesterol, Vitamin A and Vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet.	

The "Serving size" for the food is 25 pieces. There are 6 servings in this container.

"Total carbohydrate" tells how many grams of carbohydrate are in 1 serving. Here there are 4 grams.

For more information visit:

The National Institute of Diabetes and Digestive and Kidney Diseases:
<http://diabetes.niddk.nih.gov/>

The American Diabetes Association:
<http://www.diabetes.org>