

HUNGER AND HEALTH



COALITION

I was Just Diagnosed with Type 2 Diabetes, Now What?...

If you have recently been diagnosed with diabetes, you may be experiencing a range of emotions. You should know that you are NOT alone.

What is Diabetes?

Diabetes is a condition in which the level of sugar in your blood is too high. Insulin helps your body manage your blood sugar.

When you have type 2 diabetes, your body does not make enough insulin or use it as well as it should. The blood sugar then builds up in the blood instead of going into the cells. Too much sugar in the blood isn't good for your health.

Tips for Newly Diagnosed Diabetics:

Choose your Carbs

Carbohydrates raise your blood sugar more than proteins and fats.

Not all carbs are the same. You'll need to eat much less of some kinds while others, like high fiber choices, can actually be helpful. Try eating carbohydrate sources such as fruits, oats, beans, oats, and whole grains.

Watch your Portion Sizes

This will help you lose weight and keep your blood sugar steady. A smaller dinner plate can make it easier to get used to eating smaller meals. Try not to skip meals. When you haven't had lunch, you're much more likely to be extra-hungry and then overeat at dinner. Consistency is key.

Move your Body

Exercise helps your body use glucose. If you aren't already exercising most days, start walking. Work your way up to at least 30 minutes of brisk walking on at least 5 days every week. If walking isn't your thing, pick another way to exercise-something you like so you'll stick with it.

Test your Blood Sugar

This is how you'll find out how food, exercise, and medicine affect your glucose level so you get better at controlling your diabetes. You need some tools: a blood sugar meter, lancets, and test strips. Your doctor will let you know what your target blood sugar range should be and when to check. Try to test a few times after meals to learn how different foods affect your blood glucose.