

National Diabetes Awareness Month

As November approaches, so does National Diabetes Month. As of 2020, more than 34 million people, or about 10.5% of the population, had a diagnosis of diabetes. The prevalence of this disease increases with age and approximately 26.8% of adults over the age of 65 had this diagnosis that same year. Type 2 Diabetes occurs because of a problem in the way the body regulates and uses sugar as fuel. When we eat carbohydrates, they are absorbed into our bloodstream and the hormone insulin helps to move this sugar into cells where it can be utilized for energy. In diabetes, the insulin is unable to fully facilitate the movement into the cells and blood sugar levels stay elevated which can lead to a variety of other health consequences. Diet and lifestyle play a large role in the prevention of diabetes. Check out the different types of carbohydrates and tips that can help you keep your blood sugar balanced while enjoying nutritious sources of carbohydrates.

Types of Carbohydrate

- ◆ Sugars – can be naturally occurring in foods like fruit and milk or added to foods like cake and sodas.
- ◆ Starches—found in plant based foods such as corn, beans, potatoes, rice and other grains.
- ◆ Dietary fiber—the indigestible part of plant foods that help with digestion and heart health. Fiber can be found in a variety of plant foods.

Tips for Balanced Blood Sugar

Avoid foods with large amounts of added sugar, which is now included on the nutrition facts panel. You might be surprised by some foods that contain added sugars.

Balance your plate with fruits and vegetables, whole grains, lean protein, and healthy fats.

Recipe
Idea:



Mediterranean
Chicken and Red
Quinoa Salad