

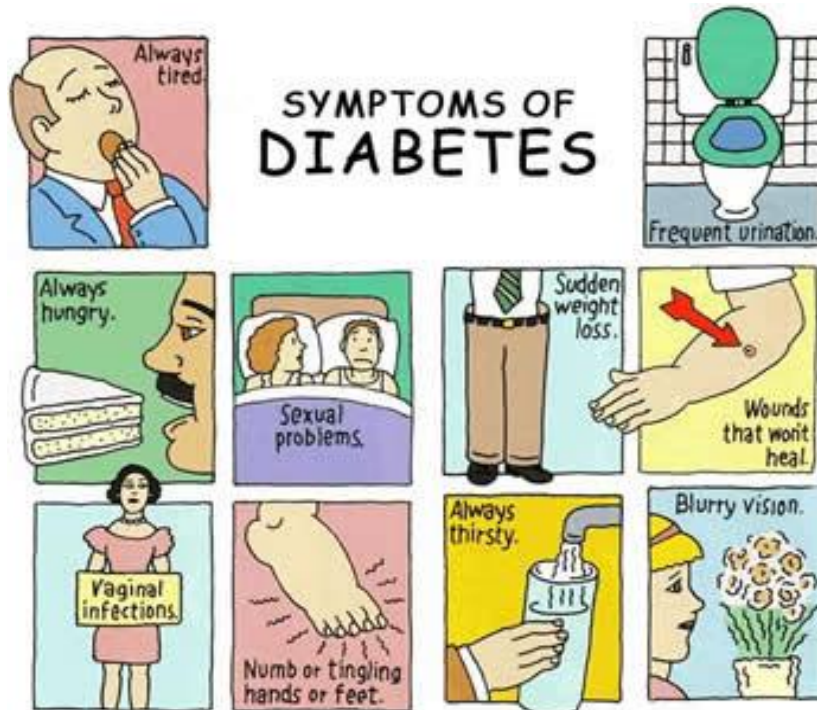
## Type 2 Diabetes

**What is Type 2 Diabetes:** Too much sugar (glucose) in the blood. Too much sugar in the blood can develop when your pancreas no longer produces enough of the hormone insulin, or when your cells no longer respond to insulin. Insulin is a hormone that lowers blood sugar by unlocking your cells to allow sugar to move from your blood into your cells.

### How is Diabetes Diagnosed:

- A1C of 6.5% or greater
- Fasting Glucose of 126mg/dl or greater on two separate occasions
- 2-hour Oral Glucose Tolerance Test results of 200mg/dl or greater

### Symptoms of Diabetes:



### Monitoring Blood Sugars

It is important to monitor blood sugars using a glucometer to identify when blood sugars are too high or too low. It is beneficial to know your average fasting (before a meal) and postprandial blood sugars (2 hours after a meal). However, timing and frequency varies based on individual goals, medications, and lifestyle. Discuss the optimal frequency and timing of monitoring your blood sugars with your diabetes educator, dietitian, and /or physician.

### Blood Sugars Goals:

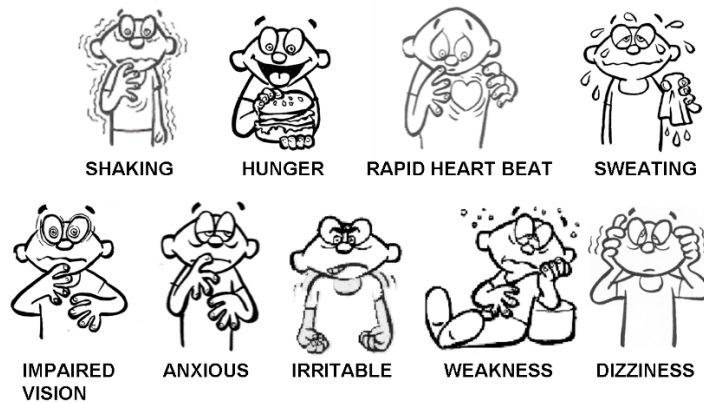
**Fasting:** 80-130mg/dL

**After Meals:** <180 mg/dL

**Hypoglycemia:** Blood sugars falling below 70mg/dL.

**Causes:** Skipping meals or not consuming enough carbohydrates with meals, taking too many diabetes medications or too much of your diabetes medications, drinking alcohol without food, and more exercise than usual.

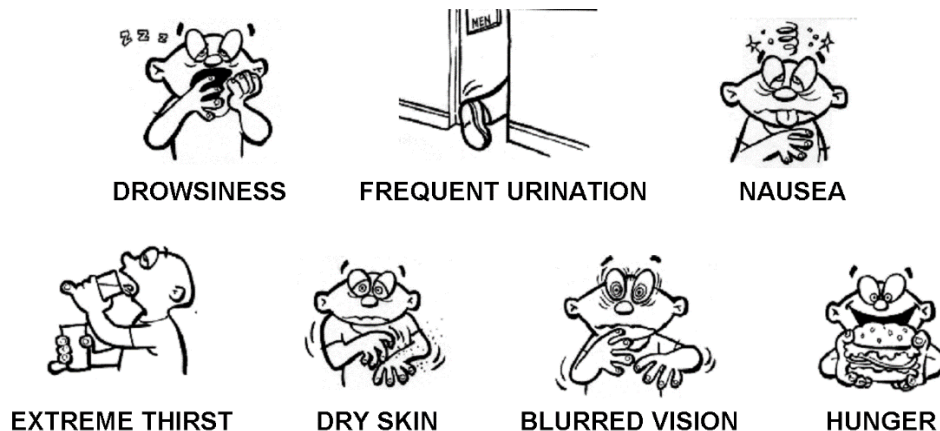
**Symptoms include:**



**Hyperglycemia:** Fasting blood sugars above 130 mg/dl and/or blood sugars above 180mg/dL 1-2 hours after consumption of a meal.

**Causes:** Consuming too many carbohydrates, not taking medications as prescribed or taking too little diabetes medication, physical inactivity, dehydration, illness, surgery, and/or emotional stress.

**Symptoms include:**



## Type 2 Diabetes and Nutrition

### Foods that Contain Carbohydrates and Can Raise Blood Sugar

- Starches
- Vegetables
- Fruit and Fruit Juice
- Milk products (yogurt, cow’s milk, sweetened almond/cashew milk, soy milk, etc.)
- Sugary foods and sugary beverages

*\*Choose high quality carbohydrates with fiber that raise blood sugar slowly more often and limit refined, sugary carbohydrates that raise blood sugar quickly.*

Carbohydrates to Consume Most Often	Carbohydrates to Consume Occasionally	Carbohydrates to Consume Rarely
<ul style="list-style-type: none"> <li>• <b>Beans and legumes:</b> Black Beans, Kidney Beans, White Northern Beans, Chickpeas, Lentils, Peas, Lima Beans</li> <li>• <b>Whole Grains:</b> Whole Wheat Bread, Whole Wheat Pasta, Brown Rice, Whole Wheat Tortilla, Corn Tortilla, Quinoa, Rye, Oats, Barley, Whole Grain, Low Sugar Cereals (i.e. Cheerios), Whole Wheat Crackers (i.e. Triscuits), Popcorn</li> <li>• <b>Fresh Fruit</b></li> <li>• <b>Non-Starchy Vegetables (consume freely):</b> Leafy Greens, Lettuce, Cabbage, Peppers, Onions, Brussels Sprouts, Asparagus, Green Beans, Okra, Carrots, Tomatoes</li> <li>• <b>Starchy Vegetables:</b> Corn, Peas, Baked Potato/Sweet Potato</li> <li>• <b>Dairy:</b> Fat-Free or Low-Fat Milk; Unsweetened, Fat-Free or Low-Fat Soy or Almond/Cashew Milk; Plain, Fat-Free or Low-Fat Yogurt or Yogurt made with Artificial Sweeteners</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Refined Grains:</b> White Bread, White Rice, White Pasta, Refined Cereals (i.e. Corn Flakes, Rice Krispies), Refined Crackers (i.e. Ritz Crackers, Saltine Crackers), Chips</li> <li>• <b>Fruit:</b> Canned Fruit (aim to choose no-sugar added fruit), Dried Fruit, Unsweetened Fruit Juice</li> <li>• <b>Dairy:</b> Yogurt with added Fruit or Sugar; Sweetened Soy or Almond/cashew Milk</li> <li>• <b>Fried Vegetables or Vegetables with added Fat:</b> French Fries, Sweet Potato Fries, Fried Okra/Squash, Tater Tots, Mashed Potatoes, Potato A Gratin</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sugary Beverages:</b> Sweetened Fruit Juice, Sweet Tea, Soda, Punch, Gatorade, Lemonade</li> <li>• <b>Sugary Foods:</b> Cookies, Candy, Cake, Pie, Sherbet, Popsicles, Jell-O, Puddings and other Desserts</li> <li>• <b>Sugary Cereals</b> (i.e. Fruit Loops, Cinnamon Toast Crunch, Fruity Pebbles)</li> <li>• <b>Dairy:</b> Ice Cream, Full-Fat Milk</li> </ul>

## All About Portion Control

It is important to manage portions of all foods, especially carbohydrates, for healthy blood sugar management. For easy portion control, follow the healthy plate method. Aim to fill 1/2 of your plate with vegetables, 1/4 with healthy starch, and 1/4 with lean protein. You may add a serving of fruit or dairy on the side as desired.

### My Healthy Plate

Plan the portions on your plate.

- 1/2 Vegetables
- 1/4 Starch
- 1/4 Protein
- Optional Fruit or Dairy

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## My Meal Planner: Portion Sizes

**Pick 1 starch = 1 cup**

Cereal	Corn	Saltines (5)	Mashed potatoes
Oatmeal	Brown rice	Fried rice (1/2 cup)	Rice
Peas	Pancake (1-2)	Waffles (1-2)	Wheat bread (1-2)

**Pick 2 or more vegetables = 2 cups**

Beets	Broccoli	Carrot	Cucumber	Eggplant
Green cabbage	Green beans	Kale	Lettuce	Onion
Pumpkin	Red cabbage	Red pepper	Spinach	Tomato

**Pick 1 protein = 4 ounces**

Beans (1/2 cup)	Low-fat cheese (4 cubes)	Boiled egg	Fish	Grilled chicken
Pork chop	Lean steak	Peanut butter (1-2 tbsp)	Nuts (1/4 cup)	

**Optional: Pick 1 fruit or 1 dairy = 1 small piece or 1 cup**

Banana	Orange	Watermelon	1% milk	Plain or light yogurt
Berries	Grapes	Peach		

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