

WHAT IS TYPE II DIABETES?

Type II diabetes is a disease in which the body can not use insulin. Insulin is a hormone that allows your body to use food for energy. When your body can not use food for energy, it builds up in your blood, causing your blood glucose or blood “sugars” to increase. Blood glucose comes from all kinds of foods and beverages – not just sweet treats. High levels of blood glucose will begin to cause damage to your body. The first signs are:

- excessive thirst
- excessive urination
- blurred vision
- tiredness
- tingling of your hands and feet

Unmanaged, diabetes can lead to:

- heart disease
- kidney damage
- nerve damage
- blindness
- even death



WHO IS AT RISK FOR DIABETES?

Being of Hispanic background automatically increases your risk for getting diabetes. Unhealthy food choices and not getting enough physical activity into your day also contributes to your risk for developing diabetes.

WHAT CAN YOU DO TO HELP CONTROLL YOUR DIABETES?

Make healthy food choices and be active every day!

Healthy food choices include:

- use lean meats or trim off visible fat on the meat before cooking
- eat more fish such as tuna, salmon and unsalted cod
- choose low-fat dairy products such as 1% or skim milk, light yogurt, and low-fat cheese
- add more leafy greens and brightly colored vegetables like carrots, peppers, tomatoes, and broccoli to your meals
- choose 100% wheat bread or multi-grain bread instead of white bread
- eat more brightly colored fruits such as bananas oranges, apples, kiwi, mango, and grapes

Being active means:

- walking 15-30 minutes with a friend
- playing games, dancing or walking with your children
- ride the elevator up – but take the stairs down or try taking the stairs both ways
- walk the dog around the block twice
- park the car farther away when you go shopping

Monitoring your blood glucose and taking your medications regularly are also important in controlling your diabetes.