

# Type 2 diabetes

**Type 2 Diabetes or non-insulin dependent diabetes mellitus (NIDDM), is a condition related to how your body processes sugar.** Normally, insulin controls how your body gets energy from food. It causes your cells to open so that sugar in the blood can enter the cells and be used for energy.

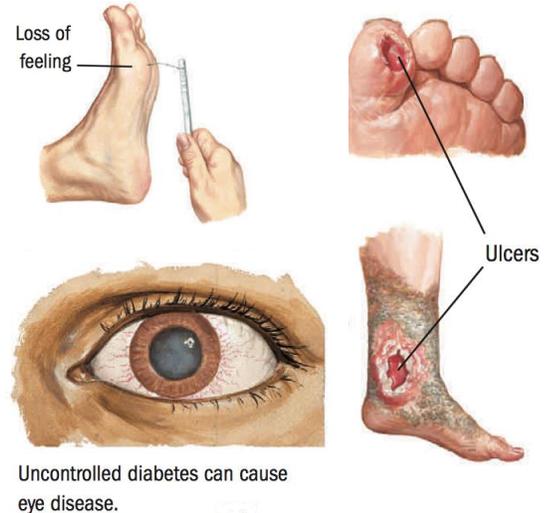
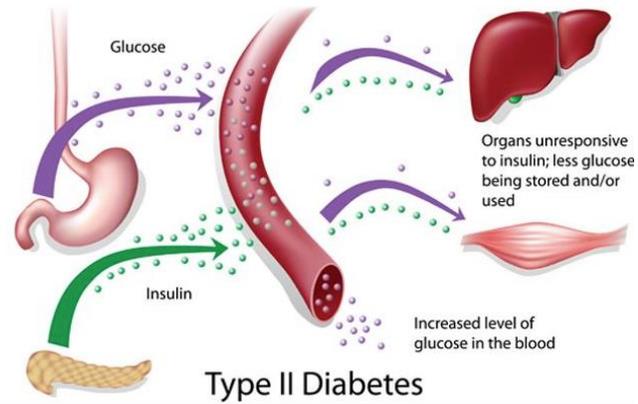
**Type 2 Diabetes comes from insulin resistance- when the cells stop responding to insulin.** At first, the pancreas makes more insulin to push the cells, but over time, the pancreas stops being able to produce it.

**This results in more sugar staying in the blood, and sometimes the body needs outside insulin supplies.**

**When too much sugar is in your blood, it can damage your body.** If not properly controlled, diabetes can over time:

- Make you feel tired and have difficulty concentrating,
- Harm blood vessels in the eyes, causing vision loss,
- Lead to foot infections, ulcers which may require amputation,
- Cause arteries to harden, raising the risk of heart attack/stroke.

**Fortunately, you can make changes to help control or prevent type 2 diabetes.**

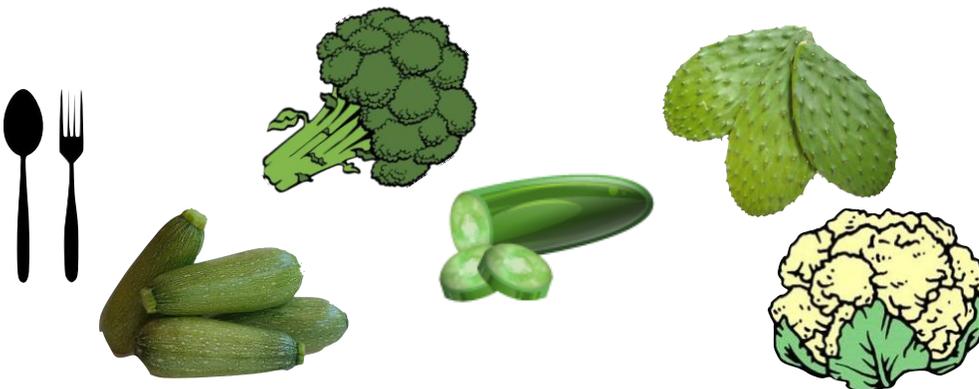


## Your choices can help you control your blood sugar! Healthy Food Choices:

**1. Focus on foods that are natural and whole.** Avoid processed products (like chips, cookies, crackers) with unfamiliar ingredients- especially ones that contain added sugar.

**2. When you eat, try to include something from each food group:** protein (beans, lentils, tofu, eggs, fish, chicken), fat (avocados, nuts like almonds and walnuts, seeds, olive oil) and carbs (non-starchy vegetables, root vegetables, whole grains).

**3. Try to make half of your plate low-sugar, non-starchy vegetables:** cucumbers, nopes, spinach, broccoli, cauliflower, squash, mixed salad, etc. Reduce your consumption of vegetables high in sugar and starch like carrots and white potatoes.





**4. Reduce your consumption of bread, rice, tortillas, and white potatoes.**

At your meal try for just 1-2 corn tortillas OR ½ cup brown rice OR 1 steamed sweet potato (best option). Choose whole grains over white flour products.



**5. Eat beans regularly**- black, kidney, pinto, garbanzo, lentils- all kinds!

**6. Eat only small amounts of fruit**- best when combined with nuts or other foods; choose blueberries and other berries, apples, and pears. Avoid bananas, mangos, and other tropical fruits (they are in high sugar).

**7. Bring snacks when you leave home!** Cucumbers, celery with avocado and lemon. Carrots and hummus. Raw almonds or walnuts with apples, pear or berries.

**8. Avoid sugar and all added sweeteners (artificial and natural);**

You can use cinnamon or stevia as a sugar substitute!



**9. Avoid soda and juice; drink more water- aim for 8 cups/day.**

**10. Avoid excess dairy** (cut down milk, cheese, sour cream, sweetened yogurt.) Replace sour cream with small amounts of plain yogurt.



**11. Cook using low heat.** Damp is best: steaming or boiling for short periods of time. Cook with olive oil on low heat or coconut oil and avoid corn and other vegetable oils and margarine.

**12. Increase your physical activity!** Set aside time for aerobic exercise (walking, running, biking, soccer, swimming, zumba, etc.) for at least 45 minutes, 5 times a week. Also try to include stretching and strengthening exercises (like push-ups, weights) in your routine.



**13. Try to sleep at least 8 hours each night and take short naps as needed.**

**14. Take your medication regularly as prescribed by your doctor.**



**15. Find out from your doctor how often your blood sugar level needs to be checked and be sure to test it regularly.**

**16. Try to decrease or stop alcohol consumption and quit smoking.**

Seek help at a clinic or call 1-800-QUIT-NOW (1-800-784-8669).



**17. Visit our nutritionist/herbalist for further information and natural remedies to support your diabetes care.**



3125 E.14th Street • Oakland, CA 94601  
Tel: 510-533-9906 • Fax 510-533-5959