

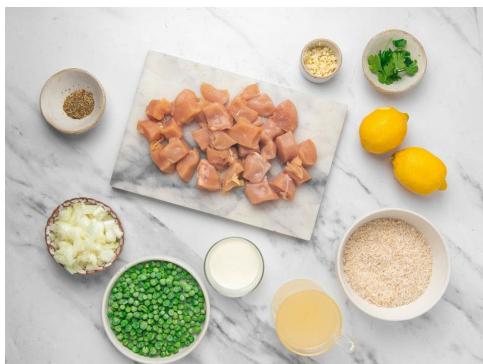
Managing Type 2 Diabetes

Nutrition Notes by Jeannine

Type 2 Diabetes can be managed by healthy eating, daily physical activity, blood sugar monitoring, weight loss, and insulin therapy or diabetes medication. Taking proper steps to manage Type 2 Diabetes can lower the risk for other health problems. Having a high level of blood glucose can cause long-term health issues. Someone could become at risk for heart attacks or strokes, develop blindness, have kidney failure, loss of toes or feet, and develop gum and teeth problems. The good news is that when you take care of yourself, you can reduce or avoid these risks.

What is Carbohydrate? Carbohydrate (carbs) is a macronutrient, along with protein and fat. There are three types of carbohydrates: 1) Complex carbs include starch, and starchy and non-starchy vegetables, 2) Fiber, which is another complex carbs, and 3) Simple carbs. Starch and simple carbs raise your blood glucose. Fiber does not because it is a part of the plant that we cannot digest.

- **Starch** includes peas, corn, lima beans, dried beans, lentils, pinto beans, kidney beans, black eyed peas, split peas, potatoes, and grains such as oats, barley, rice, and whole wheat.
- **Non-starchy vegetables** include broccoli, carrots, kale, peppers, and tomato.
- **Starchy vegetables** include corn, potato, and squash.
- **Fiber** is mainly found in plant foods, legumes, and whole grains.



- **Simple carbs** (sugar) include fruit juice concentrate, natural sugar found in milk and in fruits, raw sugars, corn syrup, and desserts.

Carbohydrate counting can help you monitor your carbohydrate intake.

One serving of carbohydrate = 15 grams.

The recommended amount needed per meal for weight maintenance is:

- For Women: 3 to 4 carb choices, 45-60g carbs per meal.
- For Men: 4 to 5 carb choices, 60-75g carbs per meal.

Examples of 1 serving of carbohydrates:

1/3 cup of brown rice, 1 slice of bread, a small baked potato, a medium sized piece of fruit, 8oz of milk, 4oz of 100% fruit juice, 1/2 cup of starchy vegetables (green peas), 1 cup of raw non-starchy vegetables (lettuce, carrot, and tomato salad).

Eating regular and balanced meals, focusing on whole foods instead of processed foods, and controlling the amount we eat can help maintain good health.

For more information about Type 2 Diabetes and your specific needs, please consult your Health Care Provider.

Nutrition Education Quarterly Topic:

Managing Type 2 Diabetes with Healthy Food:

Jeannine Gaillardetz, RD, provides nutrition education for seniors at each of our Dine-In Sites during lunch service.

Here is the March schedule:

- March 5, 2025 - Pioneer
- March 12, 2025- Pollock Pines
- March 19, 2025 – South Lake Tahoe