

# Diabetes

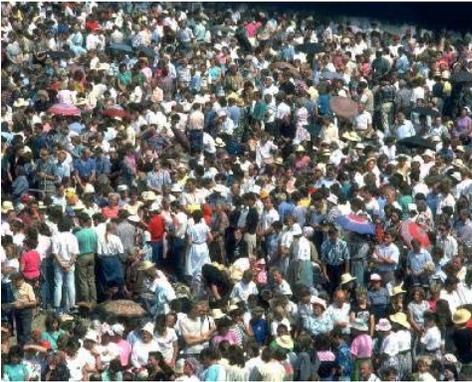


By  
Ann Marie Brooks MSN, BC-ADM  
with Utah Diabetes Prevention Control Program

[www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)

# Diabetes

Diabetes is **serious**.



Diabetes can kill.

More and more people have diabetes.

Diabetes (too much sugar in the blood) hurts the body.

You could lose:

Your sight

Your feet

Your sexual ability

Too much sugar in the blood can hurt;

Your heart

Your brain

Your kidneys

Your blood vessels

Your teeth



There is no cure for diabetes **BUT**

You **CAN** control diabetes

You **CAN** be healthy



# Kinds of Diabetes

There are 3 kinds of diabetes:

## 1. Type 1

- a. Usually strikes younger people
- b. Must use insulin



## 2. Type 2

- a. Most common kind
- b. Usually strikes people over 30
- c. May use insulin or pills



## 3. Gestational

- a. Happens during pregnancy
- b. Mother needs extra care to have a healthy baby



# Blood Sugar

Normal blood sugar keeps you healthy.

Too low (below 70): you feel shaky and sweaty



Too high (over 200): you feel tired and sleepy



Are you sick today?  
Test your sugar  
Stay safe  
Drink plenty of water

## Test

- When the doctor says
- When you feel “odd”

Good/safe level:  
80-110 before you eat  
Under 160 after you eat (2 hours after)



# Diabetes Medicine

Some people take pills; there are many kinds.

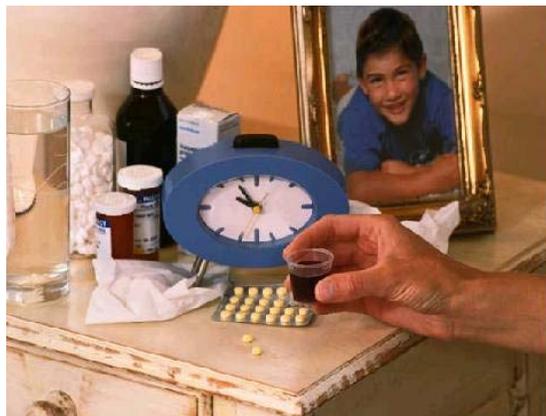


Some people take insulin



Take your medicine on time

Take it every day



# About You!

YOU are the boss



You can drink diet soda



YOU can help yourself

Don't smoke– while quitting smoking or chewing tobacco may not be easy, it could be the best thing you can do to prevent the complications of diabetes.

Watch blood sugar

Watch blood pressure

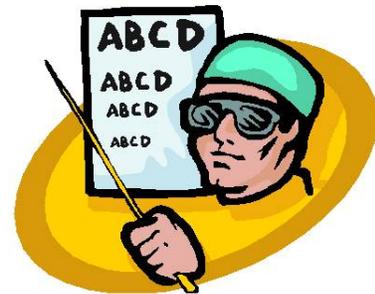
Have regular checkups

Eyes

Feet

Have a flu shot

Cholesterol (fat in the blood)



Take a baby aspirin every day unless the doctor says not to.

# Family and Friends



## They can help you:

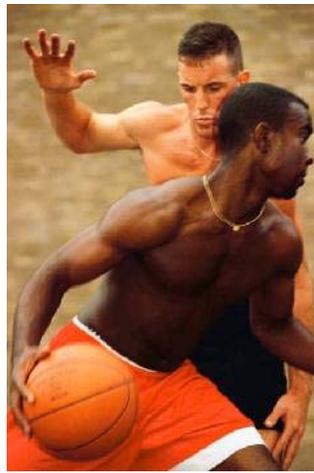
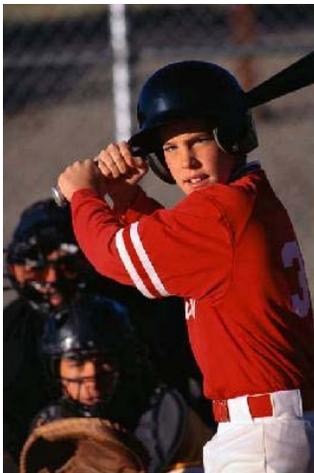
- Exercise more
- Choose healthy foods
- Feel happy
- Test blood sugar
- Get to the doctor
- Get supplies or medicine



# Exercise is important

Do something you like to do

Try to do it every day



# Save your feet

Feet can last



Shoes must fit

Socks must be clean and smooth

Wash feet daily and dry them



Do not go barefoot

If you have a sore, go to the doctor; do not wait!



# Eating for good health

Healthy food is important

Healthy weight is important

The body must be able to move

The body needs the right amount of food

Eat 3 meals a day (don't skip meals)

Eat a variety of good foods

Avoid fried or "fast" foods—eat less of them

Fresh food with fiber is good



# Green Light Foods

(May eat more)

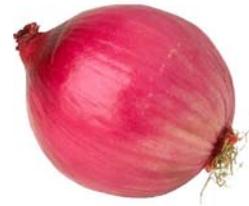
Green vegetables



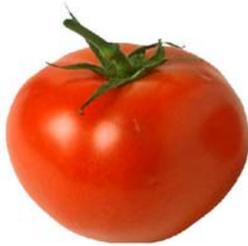
Carrots



Cauliflower, onions



Tomatoes

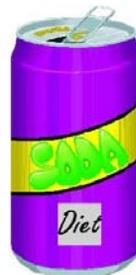


OK, but salty



Mushrooms

Diet soda, diet gelatin, Crystal Light, water, of course



# Yellow Light Foods are Good

(Must watch serving sizes)

Eat some at every meal.

How much ? (Smaller people need less; working men need more.)

Fruit: 3 to 4 pieces of fresh fruit per day



Milk or Yogurt — 2 to 3 cups per day



Eggs: 3 times a week or as the doctor says

Lean meat or chicken or fish or tofu;  
4 to 8 ounces per day



Grill or bake



Starchy foods: 2 to 3 servings per meal

Potatoes, pasta, corn, rice, bread, grains, cereals, dried beans, peas,  
yams, grits, etc.



# Red Light Foods

(Need to use less)

Eat small portions:



Chips, cookies, treats, candies

Butter, margarine, mayo, salad dressings

Salt, salty treats

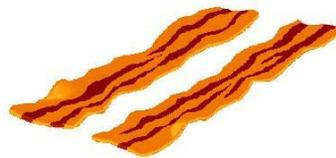
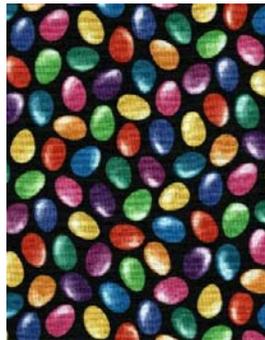
Fried foods

Ice cream, sherbet



Avoid:

- Sweet drinks
- Juice



# Thank You

Utah Diabetes Prevention and Control Program

Photographer, Paul Brooks

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[www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)

or contact us at

Diabetes Prevention & Control Program

P.O. Box 142107

Salt Lake City, UT 84114-2107

Office: (801) 538-6141

Fax: (801) 538-9495

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