Diabetes can lead to:
- Vision loss
- Kidney failure
- Loss of sexual function
- Stroke
- Heart disease
- Loss of feeling in fingers and feet
- Reduced ability to fight illness

NUTRITION FOR TYPE 2 DIABETES
With good nutrition habits, you can keep your type 2 diabetes in check.

What is type 2 diabetes?
• Type 2 diabetes is the most common form of diabetes. It is a disease that occurs when your glucose, or blood sugar, is too high. Blood sugar is your main source of energy and comes from the food you eat.
• When you have type 2 diabetes, too much glucose stays in your blood, and not enough reaches your cells.

Tips to manage type 2 diabetes:
• Lose 5% of your weight (for most people this is 10-20 pounds)
• EXERCISE for 30 minutes, 5 days/week
• Increase protein; decrease carbohydrates
• Stop smoking
• Get tested and treated for sleep apnea

Nutrition tips to manage type 2 diabetes:
• Track your blood sugar daily
• Manage your blood sugar by eating small meals at the same time every day
• After breakfast, eat a meal every four or five hours and have a healthy snack in between
• Healthy snacks can help you avoid low blood sugar, which can make you feel confused, shaky, or weak.
• Avoid skipping meals!
• Keep a food journal

When meal planning, use the plate method:
• ¼ plate protein – lean proteins are best
• ¼ plate grains and/or starchy vegetables – whole grains and high-fiber foods like quinoa and beans
• ½ plate non-starchy vegetables – like cabbage, cauliflower, broccoli, and asparagus

Plan for snacking:
• Snacks with a good mix of protein, fat, and fiber will help maintain your blood sugar levels
• Snacks should be less than 200 calories

Consider these healthy options:
• ¼ cup raw mixed nuts
• ½ cup berries
• Cheese sticks
• Protein bar or shake (easy to grab and go)

For more information, visit pa-foundation.org/yournutrition.