

5 Tips to Manage Diabetes

Almost 30 million Americans, 9.3% of the US population, have diabetes. Diabetes is associated with heart attacks, strokes, kidney disease, and blindness. The key to success in managing diabetes is taking control of what you eat!

Snack on nuts

Substitute carbohydrates with food high in monounsaturated fats, like nuts. These can help improve blood sugar levels by as much as 12% and lower triglycerides by up to 26%.³

Beans **Nuts** **Lean Meats** **Healthy Fats**



Follow the Mediterranean diet

The Mediterranean diet can improve glycemic control, reduce need for diabetic medication, and decrease insulin resistance.¹ A low-carb Mediterranean diet can reduce A1C % by 2.0—better than many diabetes medications!² See the *Mediterranean Diet* handout.

Lose weight

It is important for patients with diabetes who are overweight to lose weight.⁴

Losing 5-10% of your body weight will help decrease insulin resistance and burn sugar calories more effectively.



Along with daily exercise, eating 500 calories less per day will help you lose a pound each week. The quantity and quality of what you eat matters! See handouts: *What Can I Eat?* and *Healthy Diet Swaps*.

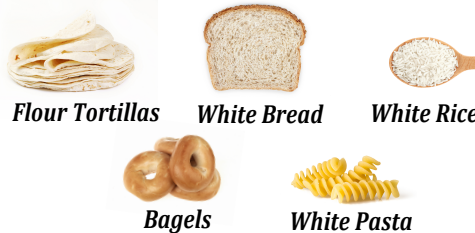


Note: Limiting refined carbohydrates and sugar may also help with weight loss.

Limit refined carbohydrates

Limit refined carbohydrates (starchy carbs) and the total amount of carbs you eat. By sticking to a lower glycemic index/load diet, you can substantially improve your health. You may lower your A1C % by 0.5, and decrease your insulin resistance.⁵ See *Glycemic Index/Load* handout.

Refined carbs include:



ACTION PLAN

Which of the tips will you try? Circle them.

When will you start? _____

How confident are you that you will accomplish your goal (from 0-100%)? _____

Follow-up plan

Limit sugar

Limit sugar:⁶

- for men, the recommendation is 9 teaspoons or less (37.5 grams of sugar or less) per day
- for women, the recommendation is 6 teaspoons or less (24 grams of sugar or less) per day

Americans currently consume about 88 grams of sugar per day, more than 2 to 3 times the recommended amount (including fruit juice and beverages with corn syrups)!

One serving = 1 teaspoon = 4 grams

Be sure to read nutrition labels for sugar content!



References:

¹ JAMA. 2004 Sep 22;292(12):1440-6. Esposito.

² Diabetes Obes Metab. 2010 Mar;12(3):204-9. Elihayany.

³ JAMA 1994;271(18):1421-1428.

⁴ Am J Cardiol. 2007 Feb 19;99(4A):68B-79B.

⁵ Cochrane Database Syst Rev. 2009 Jan 21;(1):CD006296.

⁶ Circulation. 2009; 120:1011-1020. AHA Guidelines.

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