



**DIABETES**



**HEALTHY EATING  
TIP OF THE MONTH**



**June  
2021**

# WHAT IS DIABETES?

Diabetes is a condition that means you have too much blood sugar in your blood. High blood sugar is caused when the hormone, called insulin, is no longer being effective or produced.

Your body converts much of the food you eat into a type of sugar known as glucose. Glucose travels through the blood to all of the cells in your body. Glucose is the main form of energy your body uses.

Insulin is a hormone produced in the pancreas the is responsible for moving glucose (sugar) from the blood into cells. Without insulin, glucose is unable to move into cells and it remain circulating in the blood.

By moving glucose from the blood to your body's cells, insulin helps to keep blood sugar levels normal. When you don't have enough insulin to lower high blood sugar levels, you have diabetes.

Diabetes is a lifelong diagnosis and it must be treated. High blood sugar levels can cause serious health problems.

The cause of diabetes is unknown. It is not contagious meaning you cannot catch diabetes or give it to someone else.

A simple test can tell if you have diabetes. Talk to your doctor or health clinic for more information

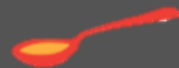
# DIABETES AND DIET

Blood sugar goes up when you eat. Your blood sugar will be easier to control if you eat a balance of foods from different food groups in the right amounts.

A good meal plan includes a balance of carbohydrates, protein, and good fats. Carbs are the body's main source of energy. About half of the calories you eat should come from carbs.

## KNOW YOUR SERVING SIZE

Measure Your Food



Teaspoon



½ Cup



Palm

# EXAMPLES OF FOOD GROUP CHOICES

## FOODS WITH CARBS

### Grains, Beans, Starchy Vegetables

Serving Size: 1/2 cup  
15 Carb grams  
80 Calories



Pasta, rice, corn, peas, potato, hot and cold cereal, 1 slice of bread

### Fruit

Serving Size:  
1/2 cup juice,  
1 cup cut  
15 Carb grams  
60 Calories



One small apple, orange, banana, or pear, 1/2 small grapefruit, 15 grapes

### Milk

Serving Size:  
1 cup  
12 Carb grams  
80 Calories



Fat-free or 1% milk, yogurt, buttermilk, soymilk

## FOODS WITH LITTLE OR NO CARBS

### Vegetables (Non-Starchy)

1/2 cup cooked,  
1 cup raw  
25 Calories



Celery, zucchini, carrots, cauliflower, greens, peppers, and tomatoes

### Meat

Serving Size:  
2-3 oz (palm of hand)  
150 Calories



Lean meat, fish, chicken or eggs, cheese, and peanut butter (2 tablespoons)

### Fat

Serving Size:  
1 teaspoon  
45 Calories



Cooking oils, mayonnaise, margarine, or low-fat salad dressing

FOR MORE  
INFORMATION,  
VISIT:

<http://www.med.umich.edu/pfans/services/tip.html>



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