

Diabetes Type I and Type II

What's the Difference?

Type 1 diabetes is usually diagnosed in children and young adults. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. Type 1 diabetes develops following an autoimmune process that leads to the destruction of beta cells, the insulin-producing cells in the pancreas. Only 5% of people with diabetes have this form of the disease. It is always treated with insulin.

Type II diabetes, on the other hand, is usually more common in adults, though it is being diagnosed more frequently in children. With type 2 diabetes, the body either resists the effects of insulin or doesn't produce enough insulin to maintain a normal glucose level. It may be treated with oral medications or insulin. It's not fully understood why some people develop type 2 diabetes, however, that certain factors increase the risk, including:

Fat distribution. If your body stores fat primarily in your abdomen, your risk of type 2 diabetes is greater than if your body stores fat elsewhere, such as your hips and thighs.

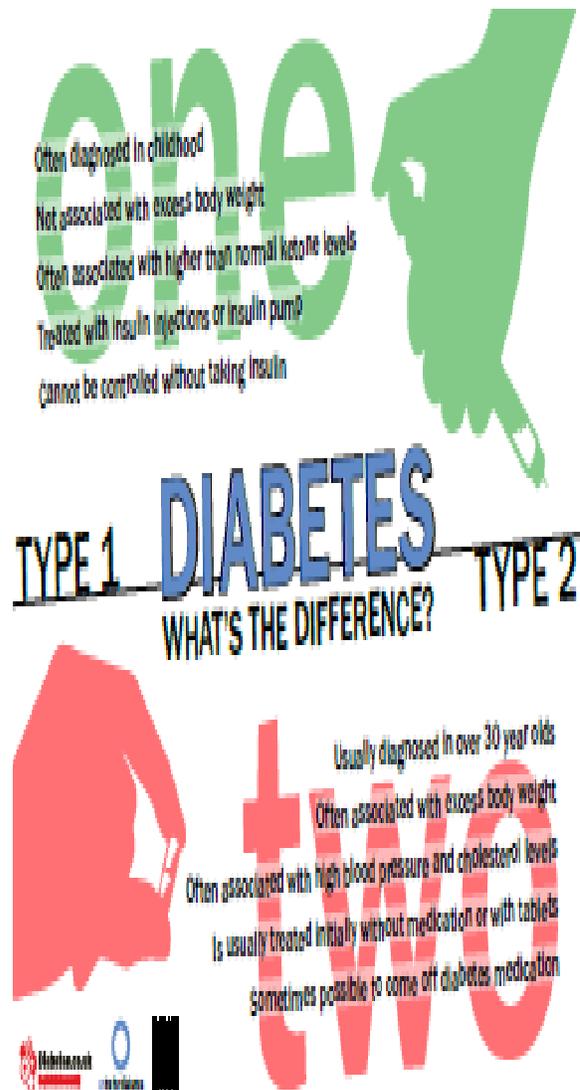
Inactivity and obesity. Being overweight is a primary risk factor for type 2 diabetes, and the less active you are, the greater your risk.

Family history. The risk of type 2 diabetes increases if your parent or sibling has type 2 diabetes.

Race. African Americans, Native Americans, Hispanics/Latinos, and Asian Americans/Pacific Islanders are at higher risk for developing type 2 diabetes.

Age. The risk of type 2 diabetes increases as you get older, especially after age 45.

Gestational diabetes. If you developed gestational diabetes when you were pregnant or if you gave birth to a baby weighing more than 9 pounds, you're also at risk of type 2 diabetes.



How Well Do You Know Your Fruits and Veggies??

About how much of your plate should be fruits and vegetables?

- One quarter
- One half
- Three quarters
- All of it

What food group are beans and peas counted in?

- Vegetable Group
- Protein Foods Group
- Both
- Neither

Which of these foods is actually a fruit in plant biology?

- Tomatoes
- Sweet Onions
- Peas
- Kale

What are these?

- Scallions (spring onions)
- Asparagus spears
- Broccoli spears
- Brittany Spears



Answers: one half, both, tomatoes, asparagus spears

Source: choosemyplate.gov

Create Your Plate

Create Your Plate is a simple and effective way to manage your blood glucose levels and lose weight. With this method, you fill your plate with more non-starchy veggies and smaller portions of starchy foods and protein—no special tools or counting required! It's simple and effective for both managing diabetes and losing weight. Creating your plate lets you still choose the foods you want, but changes the portion sizes so you are getting larger portions of non-starchy vegetables and a smaller portion of starchy foods. When you are ready, you can try new foods within each food category.

Try these steps to get started:

1. Using your dinner plate, put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate.
2. Fill the largest section with non-starchy vegetables.
3. Now in one of the small sections, put grains and starchy foods. And then in the other small section, put your protein.
4. Add a serving of fruit, a serving of dairy or both as your meal plan allows.
5. Choose healthy fats in small amounts. For cooking, use oils. For salads, some healthy additions are nuts, seeds, avocado and vinaigrettes.
6. To complete your meal, add a low calorie drink like water, unsweetened tea or coffee.

Source: *American Diabetes Association* www.diabetes.org