

November is National Diabetes Awareness Month

November is a wonderful time when many families are preparing for the holidays and spending time with their loved ones. It is also an important time to become more aware of diabetes and focus on preventing and reversing diabetes. Diabetes is a disease that affects 32.4 million people in the United States which equates to about 10% of the population. What's even more surprising is that 1 in 3 people have pre-diabetes and 84% of those people do not know that they have it. This explains how important it is for people to take action to improve their health to reduce their risk of developing diabetes.



Type 1 vs. Type 2 Diabetes

- **Type 1:** People who have type 1 diabetes are unable to produce insulin. Type 1 is more commonly diagnosed at a younger age but it can be diagnosed at any time. Unfortunately, there is no cure for this type of diabetes, but it can be managed with medications and insulin.
- **Type 2:** People who have type 2 diabetes are able to produce insulin but their bodies don't respond appropriately to it or they don't produce enough insulin. Type 2 diabetes is the most common form of diabetes.

Symptoms	Risk Factors	Complications	Prevention
🔴 Increased thirst	• Family History	• Heart disease	✓ Eating healthy foods
🔴 Frequent urination	• Being overweight	• Nerve damage	✓ Getting active
🔴 Blurred vision	• Inactivity	• Kidney disease	✓ Losing weight
🔴 Poor wound healing	• Age: 45 years & older	• Eye damage	✓ Don't smoke

🤔 What is insulin?

Insulin is a hormone that is released in the body after food is consumed and blood sugar levels increase. Insulin then removes sugar from the blood and puts it into our body's cells to be used for energy. When insulin is absent or not working properly, the sugar remains in our blood causing high levels of blood sugar.

Nutrition & Diabetes

Diet can help prevent and reverse diabetes!
The foods below can help reduce and control diabetes.

- High fiber: beans, sweet potatoes
- Healthy fats : avocado, salmon, nuts
- Vegetables: spinach, kale
- Whole grains: brown rice, oatmeal

DID YOU KNOW?

Type 2 diabetes is preventable!

If you are overweight, losing 5-10% of body weight decreases your risk of developing diabetes by 58%!



Pantry Staples

With the cold weather rolling in, now is a good time to take inventory of what's in your pantry and stock up on a few staples you may be missing. Keeping your pantry full of healthy, shelf-stable foods will allow you to create nutritious meals regardless of bad winter weather. Here is a list of some pantry "must-haves:"

Canned items (always look for "low-sodium")

- **Canned Protein:** canned salmon, chicken, tuna, black beans, pinto beans, white beans, kidney beans, chickpeas, and lentils
- **Soups and broth:** Adding vegetables and protein to canned broth or stock can make a quick and easy meal when in a pinch. Canned soup is a convenient and inexpensive way to create a warm, filling meal in no time!
- **Vegetables:** Canned tomatoes, corn, green beans, peas, carrots, peppers, and beets allow you to consume servings of vegetables without needing fresh options on hand. Strive to consume 2-2½ cups of vegetables per day.
- **Fruit:** Canned fruit such as pineapple, mandarin oranges, peaches, or fruit cocktail are all great options. Make sure to look for canned fruit in 100% juice or water instead of syrup. Applesauce and dried fruits such as raisins, cranberries, prunes, and dates are also great ways to consume your recommended 1½-2 cups per day.

Whole foods: Potatoes, garlic, and onions can last in your pantry for weeks - maybe even months! They are easy to incorporate in a variety of meals and offer a great source of fiber, vitamins, and minerals.

Oils, Vinegars & Sauces: Extra virgin olive oil, canola oil, apple cider vinegar, balsamic vinegar, mayonnaise, marinara sauce, low sodium soy sauce, ketchup, mustard, peanut butter, and honey. Having these oils, sauces, and vinegars on hand allows you to create dressings, marinades, or toppings for any dish.

Spices: Mrs. Dash, dried herbs, garlic powder, chili powder, cumin, cinnamon, and turmeric are just a few go-to spices that can elevate flavor in any meal!

Grains: Brown rice, quinoa, oats, whole grain pasta, crackers, rice cakes, and boxed dry cereal such as Raisin Bran are grains that offer energy, B vitamins, and fiber.

Tips for Preventing Falls in the Winter Months

The cold winter months bring ice and snow which makes for very slippery driving and walking conditions. Incorporate these tips into your lifestyle to help keep safe this winter.

- ❄️ Wear shoes with good traction.
- ❄️ Dress warm. Tense muscle can negatively affect your balance.
- ❄️ Take short steps with your toes pointed slightly outward to maintain stability.
- ❄️ Pay attention and stay aware of the surfaces ahead of you. Look down with your eyes only. If you move your head downward, you may shift your balance.
- ❄️ Take your time.
- ❄️ Stay alert and watch for black ice.

Nutrition News

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