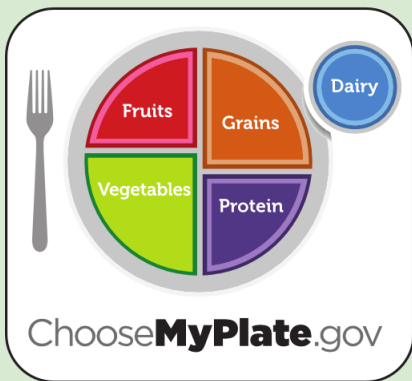


What is Nutrition?

Making **healthy** food and beverage choices from the 6 building blocks of fats, carbohydrates, proteins, vitamins, minerals & water



Daily Servings:

- 6 ounces of **grains**
- 3 cups of **dairy**
- 5.5 ounces of **protein**



NUTRITION

AND

DIABETES



Goals of Nutrition

- Optimize blood pressure to reduce the risk for vascular disease, and lipid profile
- Improve health through healthy food choices
- Prevent the risk of developing diabetes

The ABCs to Good Nutrition

Aim for Fitness

Build Healthy Diet

Choose Sensibly

Making small changes that you can maintain long

What are healthy examples of grains, dairy, and protein?

Grains	Dairy	Protein
Whole grains (pasta, brown rice, oatmeal, popcorn), potatoes, beans (pinto), green peas	Fat free, skim or 1% milk, low fat yogurt, plain soy milk	Chicken (without the skin), fish (tuna, salmon, cod), lean beef/pork cuts, eggs, cheese

How can you lower your risk for diabetes?

According to the [American Diabetes Association](http://www.americandiabetes.org), you can lower your risk for type 2 diabetes by:

- Nutrition is important therapy for controlling blood sugar in the body and preventing heart disease.
- Additionally, losing just 5-7% of your body weight (or 10-14 pounds if you weigh 200 pounds).
- Losing weight can improve your blood pressure, blood glucose, and cholesterol levels.
- Doing moderate physical activity (such as brisk walking) for 30 minutes a day, 5 days a week.



Visit www.nutrition.gov to learn more about meal planning, food labels, smart nutrition, my plate resources, and exercise & diet.

What is the diabetes?

Diabetes is a serious health condition where blood sugar levels are higher than normal due the body not being able to create enough insulin or not able to use insulin properly in the body.

Did you know you could have prediabetes before diabetes?

Approximately 88 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 84% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke prior to being diagnosed with diabetes. It is important to be screened for prediabetes and diabetes.

BUT I FEEL FINE... You may have prediabetes without having any clear symptoms, so it often goes undetected until serious health problems occur. Screening for prediabetes and diabetes is very important to prevent progressing to diabetes.

Who is at risk? It's important to talk to your pharmacist about getting your blood sugar tested if you have any of the risk factors for diabetes, which includes:

- Overweight
- 45 years or older
- A family history of diabetes
- Physically active less than 3 times a week

Improving Nutrition

- Build **healthy eating** habits throughout life
- Focus on **variety, nutrient density and amount** consumed
- Fill half of your plate with **vegetables and fruits**
- **Limit** calories from added sugars
- **Reduce** sodium intake
- Replace **higher fat** foods with **lower**



- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- African American, Hispanic/Latino Americans American Indian, or Asian.

How do I get screened for prediabetes or diabetes?

- **Fasting glucose test (FGT)** – Measures blood sugar after you haven’t eaten anything for at least 8 hours (overnight fast)
- **Glucose tolerance test (GTT)** – measures blood sugar after you haven’t eaten for at least 8 hours and 2 hours after you drink a liquid that contains glucose provided by a doctor or laboratory.
- **A1C test** – Measures your average blood sugar level over the past 3 months.

Diabetes test	Normal	Prediabetes	Diabetes
FGT, mg/dL	<100	100-125	>125
GTT, mg/dL	<140	140-199	>199
A1C	<5.7	5.7- 6.4	≥ 6.5

If you would like a [Diabetes Screening](#), fill out this [secure contact form](#)
or call Bremono Pharmacy at 804-288-8361

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