

# 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%.<sup>3</sup>

**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.<sup>1</sup> A low-carb Mediterranean diet can reduce A1C % by 2.0—better than many diabetes medications!<sup>2</sup> See the *Mediterranean Diet* handout.

## Lose weight

It is important for patients with diabetes who are overweight to lose weight.<sup>4</sup>

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*.

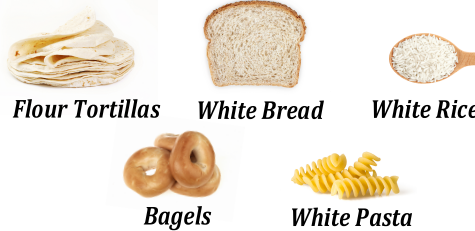


**Note:** Limiting refined carbohydrates and sugar may also help with weight loss.

## 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.<sup>5</sup> 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:<sup>6</sup>

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:

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

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

<sup>3</sup> JAMA 1994;271(18):1421-1428.

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

<sup>5</sup> Cochrane Database Syst Rev. 2009 Jan 21;(1): CD006296.

<sup>6</sup> Circulation. 2009; 120:1011-1020. AHA Guidelines.

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