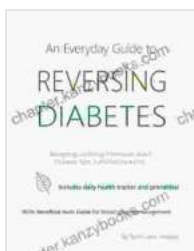


Unlocking Clarity in the Diabetes and Nutrition Maze: A Comprehensive Guide to Navigating Conflicting Information

Navigating the world of diabetes management and healthy eating can be a daunting task, especially when faced with an overwhelming amount of conflicting information. This comprehensive guide serves as your trusted companion, offering a clear understanding of diabetes types, nutrition guidelines, and proven strategies for managing your condition effectively.

Understanding Diabetes Types



An Herbalist's Guide to Reversing Diabetes: Navigating Conflicting Information about Diabetes Type 2 and Healthy Eating by Robin Lewis

★★★★☆ 4.4 out of 5

Language : English

Paperback : 144 pages

Item Weight : 4.9 ounces

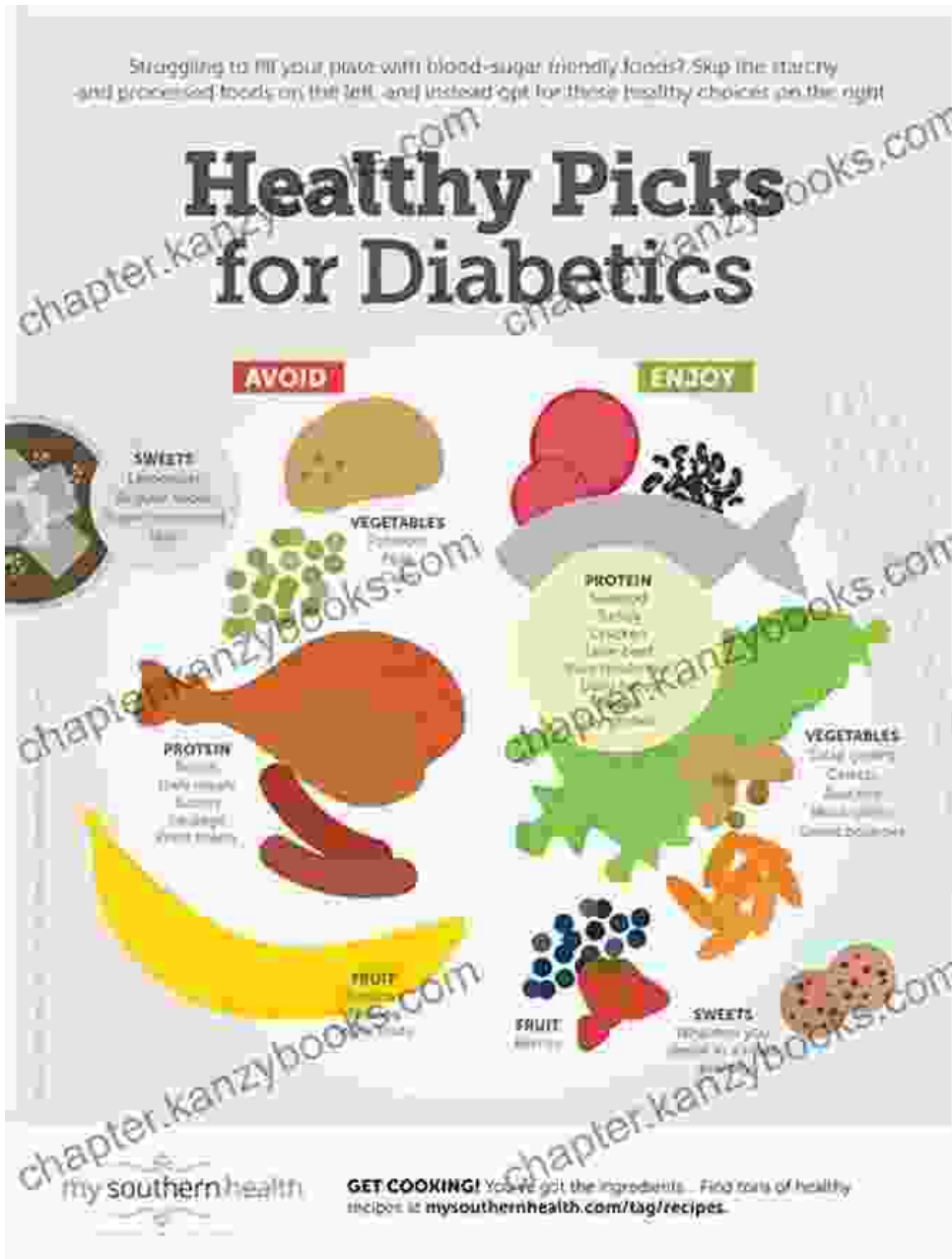
Dimensions : 5.5 x 0.31 x 8.5 inches

File size : 2892 KB
Screen Reader : Supported
Print length : 108 pages
Lending : Enabled
X-Ray for textbooks : Enabled



- ****Type 1 Diabetes:**** An autoimmune disease where the body's immune system attacks and destroys insulin-producing cells in the pancreas, leading to insulin deficiency.
- ****Type 2 Diabetes:**** A metabolic disorder where the body becomes resistant to the effects of insulin, resulting in elevated blood sugar levels.
- ****Gestational Diabetes:**** A temporary condition that develops during pregnancy, causing high blood sugar levels that can affect both mother and baby.

Nutrition Guidelines for Diabetes Management



Making Informed Food Choices

1. ****Carbohydrates:**** Choose whole grains, fruits, and vegetables that provide sustained energy and fiber.
2. ****Proteins:**** Include lean protein sources such as lean meats, fish, beans, and lentils.

3. **Fats:** Opt for healthy fats like olive oil, avocado, and nuts, which support blood sugar control.
4. **Sugars:** Limit added sugars from processed foods, sugary drinks, and desserts.

The Role of Exercise and Blood Sugar Control

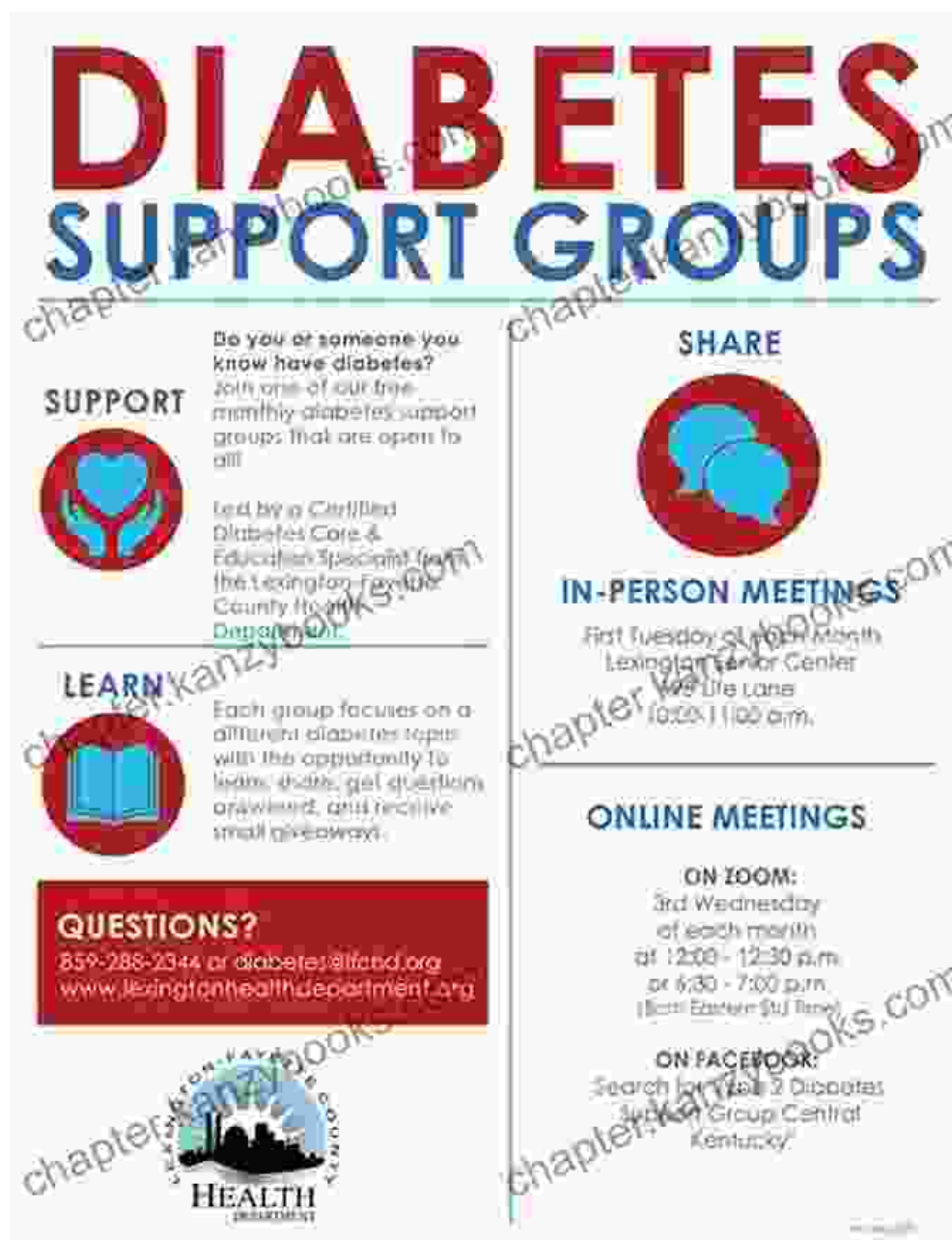


Regular exercise plays a vital role in managing diabetes by improving insulin sensitivity and lowering blood sugar levels. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week.

Medication and Other Treatment Options

Depending on the type of diabetes you have, various medications may be necessary to manage blood sugar levels. These can include insulin, oral medications, or other injectable medications.

Education and Support



DIABETES SUPPORT GROUPS

SUPPORT

Do you or someone you know have diabetes? Join one of our free, monthly diabetes support groups that are open to all.

Let by a Certified Diabetes Care & Education Specialist from the Lexington-Fayette County Health Department.

LEARN

Each group focuses on a different diabetes topic with the opportunity to learn, ask, get questions answered, and receive small giveaways.

QUESTIONS?
859-288-2344 or diabetes@lfhd.org
www.lexingtonhealthdepartment.org

SHARE

IN-PERSON MEETINGS
First Tuesday of each month
Lexington Senior Center
100 Life Lane
10:00 - 11:00 a.m.

ONLINE MEETINGS

ON ZOOM:
3rd Wednesday of each month
at 12:00 - 12:30 a.m.
or 6:30 - 7:00 p.m.
(North Eastern Std Time)

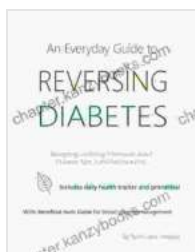
ON FACEBOOK:
Search for "Lex 3 Diabetes Support Group Central Kentucky"

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

Empowering Yourself with Knowledge

Education and support are crucial for navigating diabetes effectively. Seek guidance from healthcare professionals, attend support groups, and access reliable resources to enhance your understanding and self-management skills.

Managing diabetes and navigating the complexities of healthy eating can be challenging, but it is possible with the right knowledge and support. This comprehensive guide provides a roadmap to understanding diabetes types, nutrition guidelines, and effective strategies for maintaining optimal health. By embracing this knowledge and working closely with your healthcare team, you can navigate the diabetes journey with confidence and achieve your desired health outcomes.



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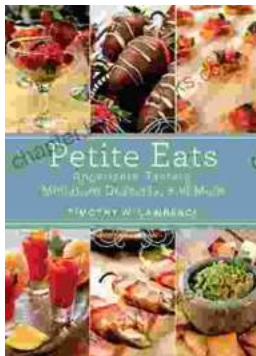
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