

BDS Newsletter ©

June 26, 2023

VOL.4 2ND QTR.

Diabetes Basics

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.
<https://www.cdc.gov/diabetes/basics/diabetes.html>



RECENTLY DIAGNOSED PATIENT?

You probably feel overwhelmed and confused. You're asking yourself, "What now?" The good news is that you have a community to fall back on. You don't have to maneuver this by yourself. You have the support of countless others who have felt the same shock. Your diagnosis is simply the first step. There are ways you can manage your diabetes—through diet, exercise, medical support, and emotional help. Dig in. Take action. And know that we have everything you need to help you live a long, healthy life surrounded by people who know exactly what you're going through.

<https://diabetes.org/diabetes/newly-diagnosed>

PLAN YOUR MEALS DAILY



EAT HEALTHY WITH DIABETES

A diabetes diet means eating the healthiest foods in moderate amounts and sticking to regular mealtimes. It's a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains. In fact, this type of diet is the best eating plan for most everyone. If you have diabetes or prediabetes, your health care provider will likely recommend that you see a dietitian to help you develop a healthy-eating plan. <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>

HOW HEALTHY IS YOUR DIET

This beginners' meal plan starts with the basics and shows you what a week of healthy, easy eating for diabetes looks like. Whether you were just diagnosed or have had diabetes for years, you'll find plenty of healthy-eating inspiration here. Being diagnosed with diabetes can bring with it a rollercoaster of emotions—and a lot of confusion on what to eat. In this [healthy diabetes](#) diet plan for beginners, we include a week of simple meals and snacks using recipes that are easy to follow, without long ingredient lists. Whether you're newly diagnosed or looking to get back on track, this simple meal plan is a [great place to start](#).

<https://www.eatingwell.com/article/7886108/diabetes-meal-plan-for-beginners/>