

# Have a Healthy Happy Thanksgiving While Managing Your Diabetes

November 2022



**Diabetes and you: This Thanksgiving make a powerful lifestyle change that will lead to better health.**



## What can you do about your diabetes?

- Consider seeing a diabetes educator and a nutritionist. Both can empower you to learn more about what you can do to manage your diabetes.
- Focus less on following a “diet” and focus more on making lifestyle choices that last a lifetime.
- Consume less carbohydrates (starches), sugar sweetened beverages and sweets/candy.
- Become more physically active.
- Take prescribed medications.
- Visit your doctor on a regular basis.



Bryan C. Batch, MD

Bryan C Batch, MD, a Duke endocrinologist states, "Changing your diet and being more physically active can decrease the risk of diabetes and lead to better health overall." Some examples of healthy dietary changes include:

1. Eat smaller portions of food.
2. Eat less carbohydrates (starches). Foods like bread, rice, potatoes and pasta are high in carbohydrates.
3. Eat less saturated fat. Some foods that are high in saturated fat include fried foods, red meat, desserts, whole fat dairy products (milk and cheese).
4. Eat more fiber by eating more whole-grain foods. Whole grains can be found in breakfast cereals made with 100% whole grains, oatmeal, whole grain rice and whole-wheat bread.
5. Eat a variety of fruits and vegetables (fresh, frozen or canned) every day.
6. Drink less juice, fruit flavored drinks, soda and tea or coffee sweetened with sugar.
7. Use less salt in cooking and eat fewer foods that are high in salt like canned and package soups, canned vegetables, pickles, processed meats.

**Diabetes is a chronic condition that makes it hard for the body to manage sugar (also called glucose) in the blood.**

**Did you know?:**

- More than 37 million children and adults in the United States have diabetes
- Potential complications from diabetes include heart disease, kidney disease, eye disease and amputations.
- The choices you make can have a large impact on whether your diabetes is controlled.

**Risk factors for diabetes:**

- Older than 45years
- Overweight/obese
- Family history of type 2 diabetes
- Minority groups
- History of diabetes during pregnancy

**Warning signs or symptoms of diabetes:**

- Frequent urination**
- Unusual weight loss**
- Blurred vision**
- Excessive thirst and hunger**
- Increased fatigue**
- Slow healing skin infections**
- Tingling or numbness in the hands or feet**



**If you have diabetes, keep your blood sugar under control.**

High blood sugar that remains unchecked raises your risk of poor blood flow and nerve damage to your feet, which can make you prone to foot numbness, sores, and lingering infections. If not caught in time, foot ulcers and infections can turn serious, leading to amputation of a toe, foot, or leg.

Get help when you have problems or questions.

regular checkups are a big part of foot care when you've got diabetes and/or poor circulation. To prevent problems before they start, see your doctor for a full foot exam at least once a year.

**For More Information**

American Association of Diabetes Educators <http://www.diabeteseducator.org>

American Diabetes Association <http://www.diabetes.org>

Centers for Disease Control and Prevention <http://www.cdc.gov/diabetes>

**Remember to Visit, Call or Email Community Health Coalition:**

**[www.communityhealthcoalition.com](http://www.communityhealthcoalition.com), call (919)470-8680, and/or email [contact@communityhealthcoalition.com](mailto:contact@communityhealthcoalition.com).**