

Preventing & Managing Type 2 Diabetes With Diet & Lifestyle

One in three adults in the US have diabetes, and eight out of ten adults don't know they have this chronic illness. You can learn about the risk factors for diabetes and how to prevent it through free video classes at Self-Help for the Elderly, posted at: <https://www.sfchampss.org/video-learning/>



Once you understand diabetes and your risks, you can prevent and manage it. Type 2 diabetes is the most common among adults in the United States, with more than 80% of adults who are overweight.

Although diabetes cannot be cured, you can manage this disease and avoid the long term health complications such as blindness, kidney failure, heart disease, and stroke from diabetes through diet and lifestyle changes. Your goals should include to bring your blood pressure, weight and blood sugar levels close to normal ranges.

Below is a summary of key strategies to prevent and better manage diabetes:

1. **If you are overweight, lose weight.** Losing weight by 5-10% will cut your risk for diabetes by half! Weight loss will help your body use insulin better and better control blood sugar levels. Use the healthy eating tips from ChooseMyPlate.gov to plan your meals and learn healthy eating. **More TIPS:**
 - a. **Eat a low-carb meal with low Glycemic Load** and cut down on starchy food/vegetables (e.g. potatoes). Avoid refined sugar and grain products (e.g. pasta, pastry, white rice, etc.).
 - b. Limit juices and avoid sugary beverages because of high sugar content.
 - c. Cut 500 calories each day will result in weight loss of 1 pound a week (3500 calories). Be sure to watch the portion size of your food.
2. **Quit smoking if you smoke.** Smoking affects every part of your body and increases risk for diabetes and other chronic health problems.
3. **Eat smaller and more frequent meals**, e.g. 3 smaller meals plus 1-2 snacks a day is better than 2-3 large meals a day.
 - a. Understand Glycemic Index (GI) and **Glycemic Load (GL)**, *which is a more accurate indicator of the impact of carbs on blood sugar*. Eat **More Low Glycemic Load (GL)** foods, and **Less** high GL foods. Glycemic Index and Glycemic Load of 100 Common Foods: <https://extension.oregonstate.edu/sites/default/files/documents/1/glycemicindex.pdf> How Many Carbs in Fruits? (English & Chinese): <https://bit.ly/Fruits-GIGLTable-EnCh>
 - b. Don't eat sweets & refined carbs on an empty stomach. Eat them along with some protein and/or fat to lower the glycemic load, e.g. crackers with cheese, or nuts.
 - c. Eat foods high in fiber: whole grains, leafy green vegetables, fresh fruits, lentils, beans and legumes.

- d. Reduce consumption of high fat and high saturated fat foods.
- 4. **Be physically active** most days of the week: Exercise makes your insulin more effective and can help you lose weight. For adults, do 30 minutes or more moderate-intensity aerobic exercise at least 5-days a week, plus strength building exercises 2 or more times a week, along with flexibility and balance exercises.
- 5. **Control your blood pressure** (BP), to normal ranges. Stress will increase your blood pressure and your blood sugar level. High blood pressure can be managed by diet, lifestyle habits (exercise, relaxation, etc.) and medication. Talk to your health care provider to learn how.
- 6. **Additional Diabetes Management strategies for people with diabetes:**
 - a. **Monitor your blood glucose daily**, or as directed by your doctor. Bring your blood sugar levels close to normal ranges as much as possible.
 - b. Take your medication as directed by your doctor. Talk to your doctor if you have any questions or concerns.
 - c. Test your hemoglobin A1c level 1-2 times a year to monitor that it is within normal range. This test indicates your average blood sugar level in the last 3 months. Ask for this blood test if it's not done.
 - d. Get an annual eye exam & blood tests to monitor your overall health.

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通過飲食和生活方式預防和管理 2型糖尿病



在美國，三分之一的成年人患有糖尿病，十分之八的成年人不知道自己患有這種慢性病。您可以通過以下網站的免費視頻課程了解有關糖尿病的危險因素以及如何預防糖尿病的信息，**安老自助處**的網址為：<https://www.sfchampss.org/video-learning/> 一旦您了解了糖尿病及其風險，就可以預防和管理它。2型糖尿病是美國成年人中最常見的疾病，超過80%的成年人超重。

即使無法治愈糖尿病，您也可以控制這種疾病，並通過飲食和生活方式的改變避免長期健康問題，例如失明，腎衰竭，心臟病和中風。您的目標應該是使血壓，體重和血糖水平接近正常範圍。

以下是的主要的方法和準則 預防 和更好地 控制 糖尿病：

1. **如果您超重，請減肥。**減肥 5-10%可以將您患糖尿病的風險降低一半！這將幫助您的身體更好地使用胰島素(insulin)，並更好地控制血糖水平。使用 ChooseMyPlate.gov上的健康飲食提示來計劃飲食並學習健康飲食。**更多提示：**
 - a. **吃低碳水化合物餐，降低血糖含量(負荷Glycemic Load)。**減少含澱粉的食物/蔬菜（例如土豆）。避免食用精製糖和穀物產品（例如麵食，糕點，白米等）。
 - b. 限制果汁，避免含糖量高的飲料。
 - c. 每天減少500卡路里的熱量將導致每週減少1磅的體重（3500卡路里）。請務必注意食物的份量。
2. **如果您吸煙，請停止吸煙：**吸煙會影響您身體的各個部位，並增加患糖尿病和其他慢性健康問題的風險。
3. **少食多餐：**例如每天食3頓少餐，外加1-2次零食，優於每天2-3頓大餐。
 - a. **了解血糖指數 (Glycemic index) 和 血糖含量 (血糖吸收率 Glycemic Load)。** **血糖含量是碳水化合物對血糖影響的更準確指標。**多吃 **低血糖含量**的食物，少吃高**血糖**食物。100種常見食品的血糖指數和血糖含量：
<https://extension.oregonstate.edu/sites/default/files/documents/1/glycemicindex.pdf>
 水果中有多少碳水化合物？(中英文): <https://bit.ly/Fruits-GIGLTable-EnCh>
 - b. **切勿空腹吃甜食和精製碳水化合物。**與一些蛋白質和/或脂肪一起食用，以降低血糖含量，例如奶酪餅乾或堅果。
 - c. **吃高纖維的食物：**全穀類，綠葉蔬菜，新鮮水果，小扁豆，豆類和豆類。
 - d. **減少食用高脂肪和高飽和脂肪食品。**
4. **在一周的大部分時間保持身體活躍：**運動使您的胰島素(insulin)更有效和可以幫助你減肥。對於成年人來說，每周至少5天進行30分鐘或更長時間的中等強度有氧運動。再加上實力建設活動，每週2次以上，隨著靈活性和平衡練習。
5. **將您的血壓控制在正常範圍內。**壓力會增加血壓和血糖水平。可以通過飲食，生活方式（鍛煉，放鬆等）和藥物治療來控制高血壓。與您的醫護人員交談以了解如何。

6. **此外，患有糖尿病的患者：** 以下是糖尿病管理的重要策略：
- a. **每天監測血糖**或在醫生的指導下。盡可能使血糖水平接近正常範圍。
 - b. 按照醫生的指示服藥。如果您有任何疑問或疑慮，請諮詢您的醫生。
 - c. 每年測試1-2次您的血紅蛋白A1c水平，以監測其是否在正常範圍內。
此測試告訴您最近3個月的平均血糖水平。向您的醫生詢問血液檢查是否還沒有完成。
 - d. 獲得年度眼科檢查和血液檢查以監測您的整體健康狀況。

資料來源：美國糖尿病協會，營養與營養學研究院，疾病控制與預防中心