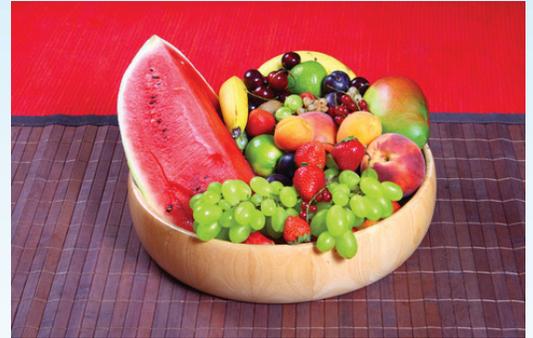


KEYS TO BETTER HEALTH™

BALANCED, HEALTHY DIET IS “KEY” TO MANAGING DIABETES

Chances are good that you know someone with diabetes. Maybe it's a friend or a family member. Maybe it's you. The truth is, diabetes is a real health problem in America. But the good news is that proper diet, exercise, and sometimes medication are all effective tools in helping diabetics manage this condition.

Our bodies produce a hormone called insulin that helps break down the sugars in the foods we eat. If our bodies don't make enough insulin, we are sometimes diagnosed with Type 1 diabetes. If our bodies don't use insulin effectively, we can be diagnosed with Type 2 diabetes. In both cases, sugar, also called glucose, builds up in our bodies. Excess glucose in our bodies can lead to a wide range of serious health problems. Diet and diabetes are linked. Controlling the quality, quantity and types of foods we eat are important ways to prevent or manage diabetes. Sometimes diet is not sufficient, and many people who are diabetic must take certain medications. You should always check with your physician regarding your personal situation.



When it comes to food shopping, Key Foods is making it easier to select healthier foods with the *Keys to Better Health* program. Our dietitians have compared packaged foods to a wide range of federal guidelines, and placed tags throughout the store highlighting foods that may be appropriate for people managing diabetes.

Here are some additional food tips to help:

- **Choose a balanced diet** - A well balanced diet with portion control will help regulate your blood sugar throughout the day. Enjoy three meals at regular times every day.
- **Try to make half your plate fruits & vegetables** – A colorful plate of fruits and vegetables provides much nutrient and fiber to help slow the absorption of sugar, thus a tighter control.
- **Avoid simple carbohydrates** – Simple carbs include candies, sugars, and juice – these do not take much work to breakdown and convert to blood sugar quickly, compared with foods high in complex carbs, like whole grains and high fiber foods.
- **Go Organic** – choose organic fruits & vegetables, especially if they are eaten with skin instead of desserts high in sugar and low in nutrients.
- **Choose Heart Healthy foods** - limited in fats and low in cholesterol and sodium.
- **Low Saturated Fat** – high consumption of saturated fat can lead to heart diseases, a risk factor for those with diabetes. Choose low saturated fat foods to lower your risk!



People with diabetes can live long and happy lives by making a few simple lifestyle changes and managing their conditions with diet, exercise, and medication if necessary.

Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.