



What is Type 2 Diabetes?

Type 2 diabetes is when the body does not use insulin properly and does not make enough insulin.

Hyperglycemia

- High blood glucose level above 200 mg/dL
- Body has too little insulin or cannot use insulin properly

Symptoms

- High blood glucose
- Frequent urination
- Increased thirst
- Blurred vision
- Fatigue
- Headache

What not to eat ✗

- Processed/White grains
- Fruit juices
- Fried food
- Sweets: cakes, pies, etc.
- Limit bread intake

Risk Factors for Type 2 Diabetes

- Overweight
- Inactivity
- Family history
- Race: Hispanics have higher risk.
- Age: Risk increase as you get older
- High blood pressure
- High cholesterol/ triglyceride levels

What to eat ✓

- Whole grains
- Wheat
- Fresh fruits and fresh vegetables
- Seafood (grilled or cooked)