

Diabetes

Nutritional Approach



Diabetes affects the body's ability to use insulin, a hormone that allows the body to turn glucose (sugar) into energy. Diabetics either cannot produce insulin or cannot properly use the insulin produced, resulting in a build-up of glucose in the blood. Measures to help control blood sugar include:

Timing

Eat three meals a day, at about the same time every day (not more than six hours apart), and eat balanced snacks throughout the day to stabilize blood sugar.

Be active

Physical activity will help you achieve a healthy weight, stabilize blood sugar and prevent other complications linked to diabetes.