

Myth: Eating large amounts of "sugar free" or "no sugar added" foods is okay.

Fact: Many "sugar free" products contain sugar alcohols that can raise blood sugars later. Products may also have substantial amounts of carbohydrates. Focus on fresh, minimally processed foods.

Myth: People with diabetes can't eat sugar.

Fact: People with diabetes need to control the amount of carbohydrates they eat. All forms count, from simple sugars in sodas to complex carbohydrates in bread and pasta. Speak with a dietitian or doctor to learn how.

Myth: Using insulin causes complications for people with diabetes.

Fact: Insulin is a tool used to control diabetes. Complications such as blindness or kidney disease result from poor blood sugar control over an extended period of time. Consult your doctor for more information.

Busting the Myths

About Diabetes

Myth: People get diabetes from eating too much sugar.

Fact: Type 2 diabetes can be brought on by a variety of factors including excess weight, poor diet choices, and inactivity. Eating a balanced diet, focusing on fresh foods and limiting foods with added sugars are ways to help prevent the disease.

Myth: All people with diabetes will get complications (heart disease, kidney failure, blindness) and die prematurely.

Fact: People who control their diabetes through diet, exercise, medication and stress management can expect to live long, healthy lives. Visit your doctor for more information.



What's the Difference?

Type 1 vs. Type 2

Type 1 Diabetes

Type 1 diabetes is a chronic condition in which the pancreas produces little or no insulin, the hormone needed to get sugar out of the blood and into the cells for energy. It is usually diagnosed in childhood but can also occur in adulthood. The cause is unknown, but genetics may play a role. Symptoms develop rapidly.

Type 2 Diabetes

In type 2 diabetes, the body is resistant to the insulin it produces, leading to sugar buildup in the blood. It usually occurs in adulthood but can affect children as well. Overweight, inactivity and poor diet are risk factors for the disease. Symptoms develop slowly.



Who's at Risk?

Diabetes is the seventh leading cause of death and the number one cause of blindness in America. Often brought on by obesity or being overweight, diabetes affects the body's ability to use the sugar produced from breaking down carbohydrates. An estimated 29 million people in the United States have diabetes, and the numbers keep increasing. The risk factors include:

- Obesity or overweight
- Age
- Immediate family member with diabetes
- Ethnic background
- History of gestational diabetes
- Physical inactivity



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DIABETES

Health and Wellness Series #3



10 Ten Steps of Prevention & Control

Five steps to help prevent diabetes,
and if you are already diagnosed,
five more steps to help manage the disease.

1

Go Mediterranean

A diet rich in fruits, vegetables,
fish and beans can help
prevent diabetes.



2

Lose Weight

For overweight individuals, a
loss of just ten pounds can
significantly lower diabetes risk
and improve overall health.



3

Fill Up on Fiber

Fiber-rich foods like fruits,
vegetables, legumes and
whole grains can help control
blood sugar levels.



4

Nourish with Nutrients

Research suggests vitamins C
and K, and magnesium may
reduce risk of type 2 diabetes.
(Sources: pineapple, dark leafy
greens and avocado)



5

Get Up, Get Out, Get Active

Just 30 minutes of exercise per
day can help manage weight
and control blood sugar.



6

Test Your Blood

A simple blood test can
determine pre-diabetes
conditions. Early detection may
delay, or even help prevent,
diabetes from ever developing.



7

Warning Signs

See your doctor if you experience:

- Excessive thirst or hunger
- Frequent urination
- Dramatic weight loss
- Blurred vision
- Numbness in extremities



8

Stay In Control

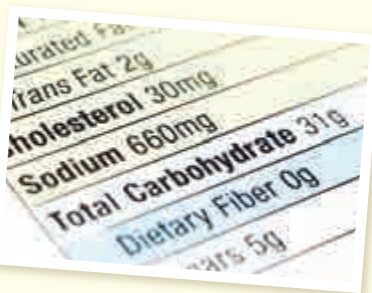
Controlling diabetes decreases
your chances of suffering from
the disease's real toll—kidney
disease, blindness and nerve
damage—by 50 to 80 percent.
Visit your doctor for more
information.



9

Count Your Carbs

Strive to eat consistent
amounts of carbohydrates
at meals and snacks. For more
information, consult your
dietitian or doctor.



10

Get Educated

See a registered dietitian to
receive personalized diet
information and health tips on
exercise, stress management and
other topics important for
diabetes management.



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