

# Diabetes

## Type 1 Diabetes

Type 1 Diabetes is an autoimmune disorder of the pancreas. The immune system recognizes insulin as an enemy and attacks it. When this occurs the pancreas cannot produce insulin. Without insulin sugar (glucose) is unable to enter the cells and it cannot be used properly in the body. Blood sugar levels are kept normal by insulin injections.

## Type 2 Diabetes

In Type 2 Diabetes the pancreas can produce insulin but the body does not make enough or the cells do not use it efficiently. When this occurs sugar is unable to enter the cell. Blood sugars are kept normal by medications, diet, insulin and exercise.

## Untreated Symptoms

- Frequent urination
- Excessive thirst
- Dry mouth
- Impotence
- Blurred vision
- Unusual hunger
- Unusual weight loss

## Dietary Recommendations

- Eat 5-6 times per day with carbohydrate at each meal or snack.
- Carbohydrates: Milk, fruit, fruit juice, bread, noodles, rice, sweets, crackers, and yogurt.
- Space carbohydrates throughout the day.
- Avoid simple sugar.
- Measure amounts of carbohydrate for each meal and snack.
- Read food labels carefully for total carbohydrates: 15 grams of carbohydrate = 1 serving.
- Whole grain products should be encouraged.
- Eat 5 or more servings of vegetables per day.