

Weight loss

If you are overweight, losing 5%-10% of your body weight can improve your blood sugar.

If you are trying to lose weight contact a registered dietitian who can help assist you with a personalized meal plan.

Diabetes prevention Tips:

- ◆ Check your risk of diabetes
- ◆ Manage your weight.
- ◆ Exercise regularly.
- ◆ Eat a balanced, healthy diet.
- ◆ Limit takeaway and processed foods.
- ◆ Limit your alcohol intake.
- ◆ Quit smoking.
- ◆ Control your blood pressure.
- ◆ Reduce your risk of cardiovascular disease.
- ◆ See your doctor for regular check-ups.

Contact information

St. Maarten Medical Center

Dietician

Welgelegen Road 30

Cay Hill

St. Maarten

Tel: +1 (721) 543-1111 ext 1461
or 5247909

Fax: + 1 (721) 543-0116

Email: info@smmc.sx

Web: www.smmc.sx

This brochure provides you with general information about Hypertension and what foods are best to eat to reduce the risks and foods for if you have been diagnosed with hypertension.

If you have any questions after reading this brochure, you can contact your medical caregiver.

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Diabetes

Control Your Condition for Life



SAFETY
HEALTH
SATISFACTION

The pillars defining our quality care

We Care Together!

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St. Maarten Medical Center

What is Diabetes?

You first need to understand the role of insulin in your body to understand what diabetes is.

Diabetes can strike anyone, from any walk of life and it does in numbers that are drastically increasing. So what is diabetes you ask?

Your body turns food into sugars or glucose when you eat. At that point, your pancreas is supposed to release insulin.

Insulin serves as a “key” to open your cells, to allow the glucose to enter and allow you to use the glucose for energy. But with diabetes, this system does not work.

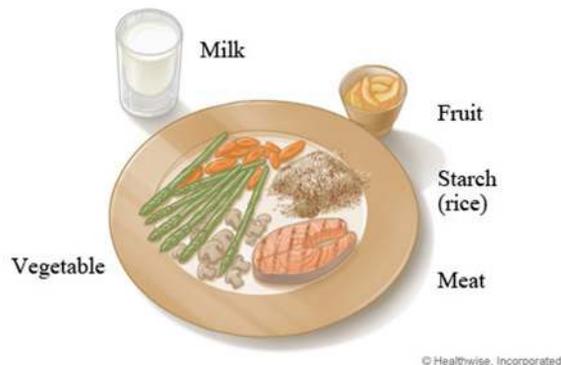
What causes diabetes?

Type 1 diabetes is a form of diabetes when the body no longer produces insulin because the body’s own immune system has attacked and destroyed the cells where insulin is made.

The cause of type 2 diabetes is largely unknown, but genetics and lifestyle clearly play roles. Type 2 diabetes has been linked to obesity, genetic risk factors, and inactivity.

Blood sugar control through diet and Exercising Healthy plate format.

The healthy plate format is a visual eating tool to help you manage your calories and carbohydrates while eating a well-balanced meal. Pay attention to your total carbohydrate intake by reading food labels. Aim to eat approximately the same amount of carbohydrates at each meal at about the same time each day.



A standard lunch or dinner plate format:

- ◆ One fourth plate starch
- ◆ One fourth plate meat, fish, or poultry
- ◆ One half plate non-starchy or low-carbohydrate vegetables, such as:
 - Broccoli
 - Green beans
 - Carrots
 - Mushrooms
 - Tomatoes
 - Cauliflower
 - Spinach
 - Peppers
 - Salad greens
- ◆ 8 fluid ounces of reduced-fat milk
- ◆ One serving of fruit



Know where to look! Food labels can help you make better choices.

| Nutrition Facts | |
|--|----------------------|
| Serving Size 1 slice (47g) Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 100 | Calories from Fat 90 |
| % Daily Value* | |
| Total Fat 10g | 15% |
| Saturated Fat 2.5g | 11% |
| Trans Fat 2g | |
| Cholesterol 0mg | 0% |
| Sodium 300mg | 12% |
| Total Carb 15g | 5% |
| Dietary Fiber less than 1g | 3% |
| Sugars 1g | |
| Protein 3g | |
| Vitamin A 0% | Vitamin C 4% |
| Calcium 45% | Iron 6% |
| Thiamin 8% | Riboflavin 6% |
| Niacin 6% | |

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- Aim for low-fat products that have 3 g of fat or less/serving.
- Shoot for high-fiber food sources that have 5 g of fiber or more/serving.
- Pay attention to your “total carb” intake by reading food labels: 1 carbohydrate serving equals 15 g of carbohydrates.
- Follow the “Fat 5, Sugar 10 Rule” when looking at food labels, choosing items with less than 5 g of fat and less than 10 g of sugar.
- Choose for sugar-free versions, when possible, but remember sugar free does not mean fat free or calorie free.