

Fighting Diabetes with Food!



What is Diabetes?

Diabetes is a Chronic (lifelong) disease that affects the amount of sugar in the bodies' blood. Diabetes can often present itself in many ways, however, these are the most common symptoms associated with the disease: Blurry vision, Excessive thirst, Fatigue, Frequent urination, Hunger, and Weight loss. If you are suffering from Diabetes, it is a good idea to eat smaller meals, more frequent throughout the day, to ensure normal blood sugar levels all day long. Start getting active! Having a day filled with more physical activity will help normalize your bodies' metabolism .

What should I eat?

Here are a few foods to help you make smarter, healthier choices when fighting Diabetes. Try eating more **Fresh Vegetables, Fruits, High Fiber** cereals, **Fish, Beans, Legumes, Whole Grain foods, Nuts**, and drinking more **Water**. Eat more fruits high in Vitamin C. Substitute brown rice for white rice.