

# Diabetes Information Page

## Symptoms of Type 2 Diabetes

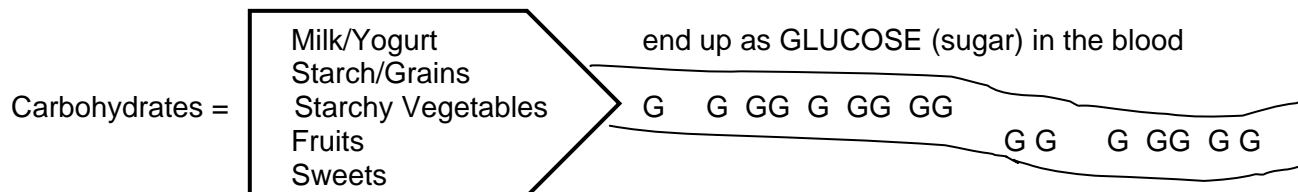
1. Thirst
2. Frequent urination
3. Weight loss
4. Frequent infections
5. Wounds that won't heal
6. Fatigue
7. Acanthosis nigricans (dark velvety skin @ folds -neck, etc.)
8. Hunger
9. Irritability
10. Blurry vision
11. No Symptoms!

## Tips for a healthier YOU!

1. **Get out there and MOVE! Exercise** is an important part of staying healthy.
2. **Make healthy food choices:**
  - a. Eat the right amounts of carbohydrates.
  - b. Keep sweets and fats to a minimum, including sugared drinks.
  - c. Eat a wide variety of colorful fruits and vegetables every day.
  - d. Remember that fiber is your friend!
  - e. Eat well-balanced meals.
3. Keep your **weight normal**.
4. Adopt your physician as your team-mate.

## Carbohydrate Reminder

Carbohydrates become Glucose in your blood.



15 grams of carbohydrates = 1 carbohydrate (carb) serving.

Here are just a few examples of a serving size:

### Milk/Yogurt 1 serving is:

1 cup milk

### Starch/Grains: 1 serving is:

1 piece of bread  
1/3 cup rice/pasta  
½ cup cooked oatmeal  
3 TBSP flour  
½ cup noodle casserole

### Starchy Vegetables 1 serving is:

½ cup peas or corn  
½ cup mashed potatoes  
10 French fries (on average)  
9-14 potato chips (on average)

### Fruits 1 serving is:

1 small apple or orange  
17 small grapes  
1/3 to ½ cup fruit juice (on average)

### Sweets 1 serving is:

2" brownie (on average)  
2 small cookies  
1" piece of frosted cake (on avg.)  
½ cup ice cream (on average)

**Fat's, Protein, and Non-starchy vegetables** are considered carb-free (but not calorie free) as long as you DON'T overeat!

**Fats** - butter, mayo, sour cream, oil, cream cheese etc. (\*Carb-free food, but usually HIGH in calories!)

**Protein** - chicken, steak, fish, hamburger, turkey, cheese, cottage cheese, eggs etc.

**Non-starchy vegetables** - lettuce, celery, carrots, broccoli, spinach, green beans, asparagus, cauliflower, onions etc.

\*Please contact your healthcare provider for specific medical advice and/or exercise and dietary recommendations.

\* This is intended for general informational purposes only. It is not intended to provide you with medical advice, diagnosis, treatment or prognosis. This information should not be used in place of advice from a qualified medical provider. Consult your health care provider for medical and dietary advice or if you think you have a medical problem. St. Francis Hospital and Health Services disclaims all guarantees regarding the completeness, timeliness, relevance and accuracy of this information.