



## Nutrition Facts

# Diabetes Basics

### What is Diabetes?

It is a condition when sugar builds up in the blood due to complications of the pancreas.

### What causes Diabetes?

There is no one reason for diabetes. There are many reasons such as genetics, obesity and lack of exercise.

### What are the different types of Diabetes?

**Type I**— The pancreas stops producing insulin which your body needs to use sugar in the blood. This can cause the sugar to stay in the blood and can cause problems. People with this form have it in their family's genetic makeup and there is nothing that can be done to prevent this.

**Type II**— The pancreas is not making enough insulin or the body is not properly using the insulin which can leave high levels of sugar in the blood. People at risk for getting this type are those over 45, have a family history, are overweight and who do not exercise regularly. This type is being seen more in overweight children.

### What are the symptoms and warning signs of Diabetes?

- Losing weight without trying
- Frequent urination
- Feeling very hungry and thirsty
- Trouble seeing
- Feeling tired and/or irritable

For more information contact the American Diabetes Association at (323) 966-2890



### Helping your Diabetes

#### Consistency is your key!

- Eat snacks and meals at regular times each day.
- Eat the same amount of calories each day.
- Try and never skip meals to prevent major changes in blood sugar levels.
- Leave at least two hours between meals and snacks.
- Plan to eat a bedtime snack.
- Eat green leafy vegetables.



Ask the Dietitian  
County of Los Angeles, Public Health  
Nutrition Program

[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)