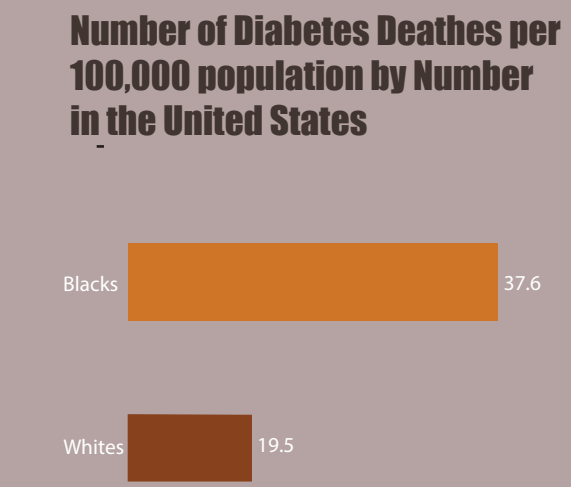
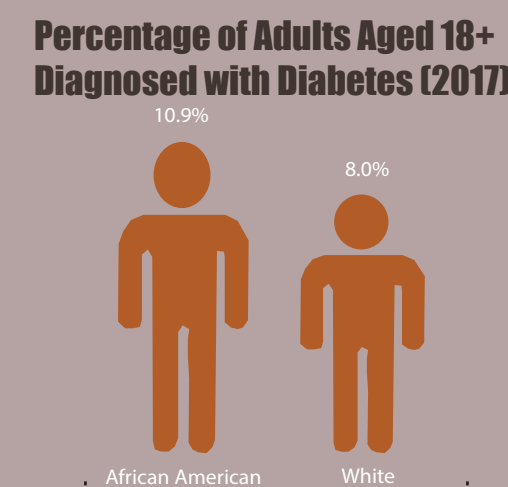
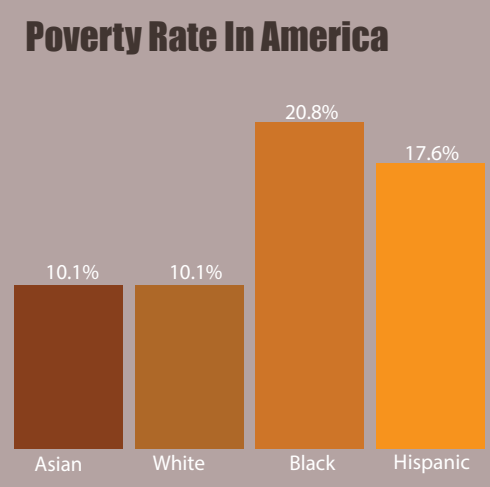


# THE RISE OF DIABETES IN THE BLACK COMMUNITY (AMERICA)

People in the lowerclass communities are more at risk of getting diabetes beacause healthier food is more expensive to them. Based on the poverty rates in America, African-Americans are more inclined to be diagnosed with diabetes. In order to understand deeper why the diabetes levels are higher in the black community, we have to look at the grocery stores that sell low-cost groceries.



### Important Foods Sold Only in Grocery Stores that are Essential for the Health of the Human Body

#### PROTEIN

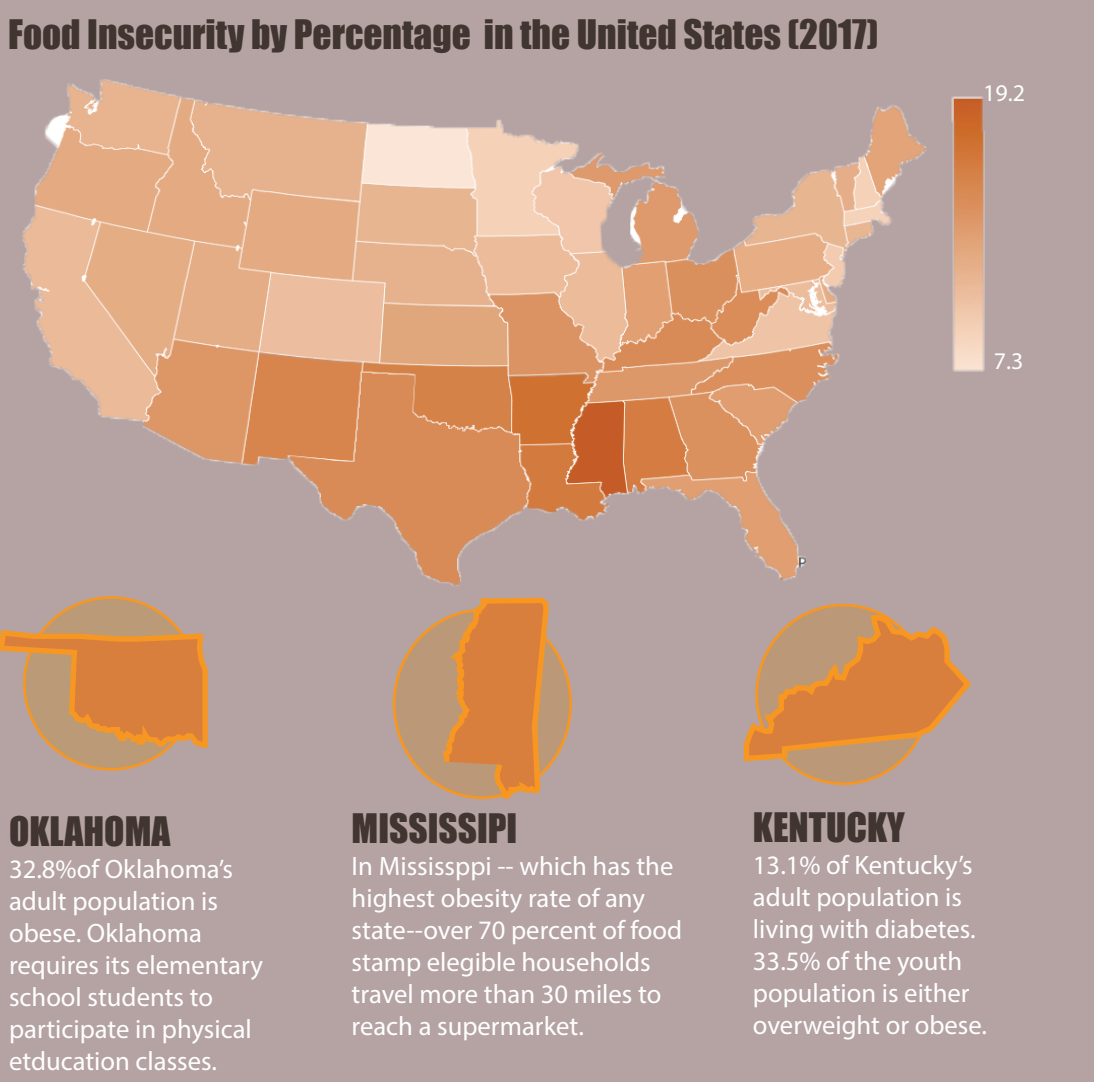
A startling 16 percent of the average person's body weight is from protein. Protein is used primarily for growth, health, and body maintenance.

#### CARBOHYDRATES

Carbohydrates are necessary for a healthy body. Carbs fuel your body, especially your central nervous system and brain, and protect against disease,

#### HEALTHY FATS

Including healthy fats in your diet can help you to balance your blood sugar, decrease your chance of type 2 diabetes, and improve your brain function.



## DO YOU HAVE DIABETES?

### BLURRY VISION

High levels of blood sugar can affect your ability to see by causing the lens inside the eye to swell, which can result in temporary blurring of eyesight.

### INFECTIONS

High blood sugar levels can weaken a person who has diabetes immune system defenses.

### EXHAUSTION

### THIRST

Excessive thirst is one of the first signs that you might have diabetes. Thirst and having to urinate often are both caused by too much sugar in your blood.