

Diabetes Information and Links

Diabetes symptoms

The most common diabetes symptoms are increased urination, thirst, hunger and fatigue, as well as blurry vision, irritability, and weight loss. If you are experiencing one or more of these diabetes symptoms, contact your doctor.

If you have already been diagnosed with diabetes, you probably know that much of your long-term health depends on good diabetes diet. Tracking your diabetes diet, nutritional information, and exercise to manage your glucose levels may seem like a lot of work, but if left untreated, diabetes can lead to serious complications.

Educate yourself about what factors can influence your blood sugar because a well-balanced diabetes diet can have a huge positive impact on your health. Planning well-balanced meals and exercising regularly can help keep your blood sugar level as close to normal as possible which will help you feel better now and avoid complications in the future.

Diabetes diet and nutrition

When you eat, food is converted to glucose. Your cells then use insulin to convert that glucose into energy for your body. When your body doesn't produce enough insulin or doesn't properly use the insulin it does produce, your blood glucose levels will be high because the glucose is not getting into the cells where it is needed. There is a lot to learn about diabetes, and a site such as the **American Diabetes Association** is a great resource. Following is a short list of frequently asked questions:

- How do people get diabetes?
- What is pre-diabetes?
- What is a good diabetes diet?
- What is the Track3 and how can it help manage diabetes?

We also have a list of [resources for diabetes nutrition, diet, and management](#).

How do people get diabetes?

The cause of diabetes is unknown, although genetics plays a role. Obesity and exercise are also key factors. People with pre-diabetes symptoms can reduce their risk of developing diabetes by following good diabetes nutrition, losing weight if necessary, and getting moderate amounts of exercise.

- Types of diabetes
- **Type 1 diabetes** is when the body does not produce enough insulin.
- **Type 2 diabetes**, the most common form, is when the body does not properly use the insulin it produces.
- Gestational diabetes develops in about 4% of pregnant women and can last through the pregnancy. A woman who has had gestational diabetes is more likely to develop Type 2 diabetes later in life.

What is pre-diabetes?

In pre-diabetes, blood glucose levels are higher than normal, but not high enough to be characterized as diabetes. The risk of developing diabetes, however, is quite high. Again, good diabetes nutrition and diet, with modest weight loss and moderate physical activity is the key. Often people with pre-diabetes can delay or prevent Type 2 diabetes by adopting healthier lifestyles.

What is a good diabetes diet?

The views on what a good diabetes diet means have undergone numerous revisions. You should, of course, consult your health care advisor for details about your recommended diabetes diet. In general, good diabetes nutrition involves being aware of the **nutritional information** of what you eat and its impact on your blood glucose. You need to balance and track food, medication, and exercise. Eating regularly, and on-time, helps to avoid low-blood glucose. Learning about **body mass index** and the **glycemic index** of foods can also be helpful.

What is the Track3 and how can it help manage diabetes?

We created a diabetes carb counter and management tool called the [Track3](#). This handheld device helps keep track of diabetes [nutritional information](#). Looking up nutritional information about food, keeping track of what you eat, and recording your exercise and medication are important parts of diabetes management. We made the [Track3](#) small enough so you can easily carry it with you wherever you go. The better records you keep, the better lifestyle you can enjoy.

More information

www.mendosa.com - A great resource for people with diabetes. His blog is also interesting.

www.diabetesmonitor.com -A monitor of diabetes happenings on the web and elsewhere.

More information on diabetes and nutrition is [here](#).

CalorieSmart Calorie Counter

Tools & Resources

- [Nutrition Lookup](#)
- [Healthy Eating Guidelines](#)
- [Calories needs calculator](#)
- [BMI calculator](#)
- [CalorieSmart usage](#)

Diabetes management & recording

The American Diabetes Association recommends keeping **records of everything that can affect your blood glucose levels, and record the results**. This includes recording when and what you ate, when and how much you exercised, insulin or other medication doses, as well as blood checks. Many people begin keeping records in small notebooks. That can be cumbersome, however, and you don't always know the nutritional content of what you are eating.

We created the [Track3](#) to help you with your **diabetes management**. It is small enough to slip into your pocket or purse. In addition to providing a quick and easy method of recording your food, exercise, and medications, it also includes specific [nutritional information](#) for over 35,000 food items. You can even create a list to make entering your favorite foods easier.

You and your health care team can use the records and reports from the [Track3](#) to spot patterns in your blood readings and make adjustments in your medication, exercise, or eating. Blood checks provide you with **immediate feedback** about your blood sugar level. Record keeping provides you with a **long-term view**. Records can also help you detect trends and patterns, and become a critical part of your diabetes management.