

Foods high in fiber

- Blueberries
- Dates
- Figs
- Navy Beans
- Pinto beans
- Black beans
- White beans
- Baked beans
- Lentils
- Quinoa
- Corn
- Okra
- Potatoes
- Carrots
- Soybeans
- Brussel sprouts
- Turnip greens
- Winter squash
- artichokes
- Whole grain pastas, rice
- Oatmeal
- Peas
- Walnuts
- Cashews
- Almonds
- Pecans
- Bananas
- Prunes
- Pears
- Apples
- Mango
- Raspberries
- Strawberries
- Raisins



Heart disease and diabetes are directly related.

Good news! Modifying your diet and exercising can greatly decrease your risk of developing heart disease.

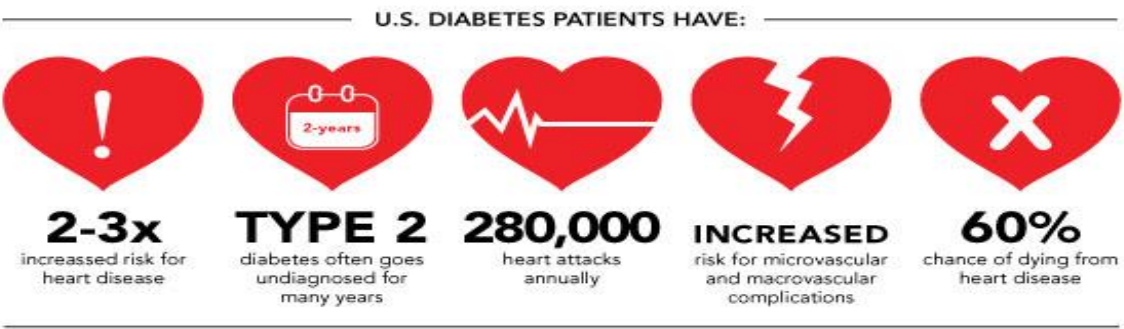
Diabetes and Heart Disease

Did you know that 1 in 3 adults will develop type 2 diabetes at some point during their life? You may be wondering why this is such a big deal because the defining characteristic of diabetes is just having high blood sugar levels. Many people don't realize that there are many consequences of having diabetes. One complication of diabetes is heart disease. Diabetes is a condition in which the body is unable to utilize the sugars in the blood, leading to high blood sugar levels. High blood sugar levels are dangerous for the body because it causes the blood vessels to harden, resulting in increased blockage in the arteries which can lead to a heart attack.

The Good News: It Can Be Treated

Although diabetes causes a lot of other issues in the body, there are ways to control these complications. Eating foods higher in fiber such as fruits and vegetables can help to lower blood cholesterol levels, which would keep your blood vessels and heart healthy. Limiting your intake of saturated fats (the fat that clogs your arteries) will also help keep your blood vessels and heart healthy. Finally, exercising at least 150 minutes per week for adults and 60 minutes a day for children can help to reduce diabetes complications.

Diabetes & Heart Disease By The #s



Prevention for Heart Disease in Diabetics

Prevention for heart disease in diabetics includes monitoring blood sugar levels to maintain and improve levels, limiting the intake of carbohydrate rich foods, as well as making lifestyle changes. Monitoring blood sugar levels helps to ensure that levels stay consistent and don't increase to dangerously high levels. Using carbohydrate counting techniques can aid in limiting the amount of sugars in the blood, which can help prevent further complications. One lifestyle change is to increase intake of high fiber foods, such as fruits, vegetables, and whole grains. Decreasing the amount of foods high in saturated fats will also help with maintaining a healthy cardiovascular system.

Tips for Making Exercising Fun

- Exercising with friends makes it more enjoyable. When it gets hard, friends can help motivate you to keep going!
- Find your style of exercising. Exercising can be fun! There are many ways to exercise, these include yoga, pilates, and zumba.
- Reward yourself after exercising. Eat a light snack afterwards to recoup and reenergize.
- Find a team sport you like because it is considered exercise. If you love playing a sport, it won't even feel like you are working hard!

Avoid These Foods High in Saturated Fat

- Beef
- Lamb
- Pork
- Poultry with skin (chicken)
- Lard
- Cream
- Butter
- Cheese
- Processed and packaged foods
- Dairy products made from whole milk or 2% milk