



**What is Diabetes?**

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. [Insulin](https://www.niddk.nih.gov/Dictionary/I/insulin), a [hormone](https://www.niddk.nih.gov/Dictionary/H/hormone) made by the [pancreas](https://www.niddk.nih.gov/Dictionary/P/pancreas), helps glucose from food get into your cells to be used for energy. Sometimes your body doesn’t make enough—or any—insulin or doesn’t use insulin well.

Glucose then stays in your blood and doesn’t reach your cells.

Diabetes Symptoms



Get your blood sugar tested if you have any of the symptoms of diabetes.

If you have any of the following diabetes symptoms, see your doctor about getting your [blood sugar tested](https://www.cdc.gov/diabetes/basics/getting-tested.html):

* Urinate (pee) a lot, often at night
* Are very thirsty
* Lose weight without trying
* Are very hungry
* Have blurry vision
* Have numb or tingling hands or feet
* Feel very tired
* Have very dry skin
* Have sores that heal slowly
* Have more infections than usual

## What are the different types of diabetes?

### Type 1 diabetes

### Type 2 diabetes

### Gestational diabetes

### Type 1 diabetes

If you have [type 1 diabetes](https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/type-1-diabetes), your body does not make insulin. Your [immune system](https://www.niddk.nih.gov/Dictionary/I/immune-system) attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive.

### Type 2 diabetes

If you have [type 2 diabetes](https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/type-2-diabetes), your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

### Gestational diabetes

[Gestational diabetes](https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational) develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you’ve had gestational diabetes, you have a greater chance of developing type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes.

## What health problems can people with diabetes develop?

Over time, high blood glucose leads to problems such as

* heart disease
* stroke
* kidney disease
* eye problems
* dental disease
* nerve damage
* foot problems

You can take steps to lower your chances of developing these [diabetes-related health problems](https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems).

# What to Eat with Diabetes?



## More healthy eating tips

There are many different strategies for healthy eating. Here are some of the basics that you may find helpful.

* Learn to read food nutrition labels so you know what’s in your food and how it could affect your blood sugar.
* Foods high in fiber can help prevent glucose spikes. Fiber is a helpful nutrient found in plant foods (vegetables, fruits, beans, and whole grains) that can slow carbohydrate digestion and help manage blood sugar levels.
* Understanding portion size is important for all types of food and can help you make sure you are eating a balanced diet.
* Build colorful meals to make sure you are getting a wide variety of nutrients. Filling your plate with foods of different colors means a focus on eating lots of veggies and some fruit.
* Drink water to keep your body hydrated.

## Healthiest fruits for people with diabetes

For those with diabetes, the healthiest fruits are the ones that contain the least sugar. Fruits that are lower in sugar include:



* Berries – blackberries, blueberries, strawberries, and raspberries
* Grapefruit
* Apricots
* Plums
* Peaches
* Apples
* Kiwis

### Fruits to avoid or limit with diabetes

No fruit should be considered “bad” for people with diabetes, but some fruits have a higher sugar content than others and may affect your glucose levels more. While berries tend to have less sugar, other fruits have more sugar:

* Ripe bananas
* Pineapples
* Mangoes
* Watermelon
* Oranges
* Grapes
* Dried fruit
* Fruit juice