

What is Type 2 Diabetes?

Type 2 diabetes is a condition where your body has trouble using a hormone called insulin to turn the sugar (glucose) from your food into energy. This causes sugar to build up in your blood, which can lead to serious health problems if left untreated. People with type 2 diabetes may feel very thirsty, need to pee often, feel tired, or have blurry vision.

Things to Avoid with Type 2 Diabetes:

1. Sugary foods and drinks: Foods high in sugar, like candy, soda, and desserts, can cause blood sugar levels to spike.
2. Processed carbohydrates: White bread, pasta, and rice can also raise blood sugar quickly.
3. Sitting too much: Being inactive can make it harder for your body to use insulin properly.
4. Skipping meals: Eating regularly helps keep blood sugar levels stable.

Things That Can Help with Type 2 Diabetes:

1. Eat a balanced diet: Focus on eating plenty of fruits, vegetables, whole grains, and lean proteins.
2. Exercise regularly: Physical activity helps your body use insulin better and can lower blood sugar levels.
3. Monitor blood sugar: Checking your blood sugar levels as directed by your doctor can help you keep them in a healthy range.
4. Take medication as prescribed: If your doctor has prescribed medication for your diabetes, be sure to take it as directed.
5. Maintain a healthy weight: Losing weight if you are overweight can help improve insulin sensitivity and manage diabetes.

Managing type 2 diabetes requires making healthy lifestyle choices and working closely with your healthcare team. By taking steps to control your blood sugar, you can reduce your risk of complications and feel your best.