

# What Is Diabetes?

Diabetes affects the way your body uses the food you eat for energy. Some of the foods that you eat are broken down into glucose (sugar). The pancreas, a gland behind your stomach, senses the rise in glucose after eating and releases a hormone called insulin into the bloodstream. Insulin helps to move the glucose from your bloodstream into your cells. The cells in your body use glucose for energy in the same way a car uses gas for fuel. If your body cannot make insulin, or use it effectively, your cells are starved of energy.



## Risk factors for diabetes:

- Family history of diabetes (mother, father, sister, brother, grandparent, aunt or uncle)
- Being overweight or obese
- Being over the age of 45
- Being a person of color (American Indian, Hispanic, African American, Asian)
- Having high blood pressure
- Having high cholesterol

## Symptoms of diabetes:

- Increased thirst
- Frequent urination
- Extreme tiredness or weakness
- Slow healing wounds or infections
- Pain, tingling or numbness in hands or feet
- Blurry vision
- Unexplained weight loss

## Additional risk factors for women:

- Giving birth to a baby over 9 pounds
- Having diabetes during pregnancy

## How is diabetes diagnosed?

Diabetes is diagnosed through a blood test. A fasting test means you have not had anything to eat or drink for 8 hours before the test. A random blood test can be done at any time, even if you have had something to eat or drink.

Normal blood glucose  
Pre-diabetes  
Diabetes

Fasting blood glucose between 70-99 mg/dl  
Fasting blood glucose between 100-125 mg/dl  
Fasting blood glucose of 126 mg/dl or higher **or**  
Random blood glucose over 200 mg/dl

## There are three types of diabetes.

In **type 1 diabetes**, the pancreas does not make insulin. The glucose remains in the bloodstream causing it to rise above the normal range. If untreated, it can lead to coma and death. People with type 1 diabetes must take insulin to control blood glucose levels. The cause of type 1 diabetes is not known, but there is evidence to suggest it is related to a virus. Type 1 diabetes is usually diagnosed in people under the age of 30, often in the adolescent or teen years; however it can be diagnosed at any age.

In **type 2 diabetes**, the body makes insulin, but it may not be enough or is not properly used. Either way, too much glucose stays in the bloodstream. Type 2 diabetes usually develops in older adults, but recently there has been an increase among children and teenagers. Major risks for developing type 2 diabetes are family history of diabetes, being overweight or obese and being inactive.

**Gestational diabetes** develops in women during pregnancy. Uncontrolled diabetes during pregnancy can cause harm to the baby. After the baby is born, the mother's blood glucose usually returns to normal. Women who have gestational diabetes are at risk for developing type 2 diabetes later in life.

## Where to learn more?

Visit our website: [www.dagc.org](http://www.dagc.org) and our Aronoff Library and Resource Center, from 10:00 a.m. to 4:00 p.m. Monday through Friday.



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# Banana-Pineapple Delight

1 1/2 c graham cracker crumbs  
1/3 c reduced fat margarine  
2 bananas  
8 oz reduced fat cream  
cheese, softened

1 1/2 c skim milk  
1 sm. box sugar-free instant vanilla pudding  
1 (20 oz.) can of crushed pineapple,  
well drained  
4 oz fat free cool whip

1. Mix graham cracker crumbs and reduced fat margarine with fork or pastry cutter into crumbs. Wet fingers and press into bottom of 9 x 13 baking dish. No baking is required.
2. Slice bananas and spread evenly over crumb mixture.
3. Beat soft cream cheese until very smooth and gradually add milk, beat until smooth. Add pudding mix and beat for 1 minute or until mixture begins to thicken. Carefully spoon evenly over bananas.
4. Spread drained pineapple over pudding layer.
5. Evenly spread whipped topping over pineapple layer.
6. Refrigerate 3 hours before cutting. Served chilled for best results.

*Makes 16 servings*



**Nutrition Information:** per serving

Calories	164	Fat	7 g	Protein	7 g
Sodium	141 mg	Carbohydrates	22 g		

**Carbohydrate Servings:** 1 1/2

*Taken from:*  
**Dining with Diabetes,  
West Virginia University Extension Services, 2000**

**216-591-0800**



# Unfried Chicken

*This unfried chicken is as tasty and crispy as the real thing but does not have the fat!*

3 TBS	lime juice	1 c	skim milk
4	ice cubes	1-1/2lbs.	boneless, skinless chicken breast
1/2 c	flour	1 tsp	paprika
1 tsp	celery seed	2 TBS	Soul Food seasoning
2 tsp	ground pepper		nonstick cooking spray

1. Combine lime juice, milk and ice cubes in a large bowl. Add chicken and refrigerate for 2 hours.
2. Preheat oven to 375 degrees. Lightly coat baking pan with nonstick cooking spray.
3. In a large, resealable plastic bag, combine flour, paprika, celery seed, Soul Food seasoning and black pepper. Put chicken breasts in bag, one at a time, shake well.
4. Place each chicken breast on the baking pan. Spray each piece with cooking spray. Bake for 1 hour, turning chicken every 15 minutes to insure even crispness.

*Makes 6 servings*



**Nutrition Information:** per serving (6 equal servings)

Calories	200	Cholesterol	82 mg	Carbohydrate	14 g
Fat	3 g	Sodium	64 mg	Protein	28 g

**Carbohydrate Servings:** 1

*Taken from:*

**Heart & Soul: Facts & Food For Your Heart**

**216-591-0800**



# Soul Food Seasoning

*A great seasoning to have on hand!*

1 TBS ground red pepper

3 TBS onion powder

1 TBS paprika

1 tsp ground pepper

3 TBS garlic powder

1 TBS dark chili powder

1 tsp thyme

1. Mix all of the ingredients together. Store in a sealed container.  
Makes 3/4 cup.

**Nutrition Information:** per 1 teaspoon serving

Calories	10	Cholesterol	0	Carbohydrate	2 g
Fat	0	Sodium	6 mg		

**Carbohydrate Servings:** Not a significant source of carbohydrate

*Taken from:*

**Heart & Soul: Facts & Food For Your Heart**

**216-591-0800**



# Turkey Sausage

*This recipe is lower in fat and sodium than sausage you would buy at the grocery store.*

1 lb.	turkey, raw, ground white meat	1/2 tsp	summer savory
1	onion, finely chopped	1/4-1/2 tsp	cayenne pepper
1/2 tsp	leaf sage, crumbled	1/4 tsp	allspice
1/4 tsp	red pepper flakes, crushed	1/2 tsp	thyme
1/2 tsp	garlic powder		

1. Combine all ingredients in a large bowl. Mix well. Cover bowl and refrigerate overnight for flavor to develop,.
2. Shape mixture into 8 patties. Freeze if not being used immediately.
3. To cook, spray nonstick spray onto a cold skillet. Heat, add patties, and cook until done.

**Makes 4 servings**



**Nutrition Information:** per serving (2 patties)

Calories	208	Cholesterol	87 g	Carbohydrate	less than 3 g
Fat	6 g	Sodium	78 g		

**Carbohydrate Servings:** Not a significant source of carbohydrate

*Taken from:*

**Heart & Soul: Facts & Food For Your Heart**

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