

Special Edition
NATIONAL DIABETES
Awareness
Month



Factor or Fiction

1 Having type 2 diabetes isn't that serious.

Fiction!

Diabetes is very serious, causing more deaths a year than breast cancer and AIDS combined. If you develop diabetes you may also double your chance of having a heart attack. But, if your diabetes is under control and you make healthy lifestyle choices, your risks may be reduced.

2 If you're not obese you won't develop type 2 diabetes.

Fiction!

Although weight is a risk factor for type 2 diabetes, there are other factors as well—including your family history, your ethnicity, and your age and lifestyle choices.

3 People with diabetes should only eat special diabetic foods.

Fiction!

People with diabetes can eat virtually anything including starchy vegetables, and even desserts in moderation. The key is to focus on eating meals based on the Plate Method to help get a variety of food groups and a consistent amount of carbohydrate foods throughout the day. The Plate Method makes half your plate non-starchy veggies, $\frac{1}{4}$ protein and $\frac{1}{4}$ starchy food, with a side fruit and low fat dairy. Consistency and portion control are key.

4 Type 2 diabetes is less common than type 1.

Fiction!

Type 2 diabetes is actually much more common than type 1. In fact, type 2 diabetes accounts for about 90% of all diabetes throughout the world.

5 Just three things may help you to lower your risk of developing type 2 diabetes.

Fact!

Research has shown that losing a modest amount of weight (5 to 7 percent) and keeping it off, getting at least 30 minutes of exercise five or more times a week, and eating healthy foods most of the time may all help to reduce your risk of developing type 2 diabetes.

Help with staying on track

Choose small to moderate portions of fruit at each meal or as part of a snack. Here are some examples of how a portion measures up:

1 medium tangerine, 11g carbs

0 SmartPoints value

1 cup strawberries, 11g carbs

0 SmartPoints value

1 small grapefruit, 16g carbs

0 SmartPoints value

1 medium orange, 15g carbs

0 SmartPoints value

1 cup cantaloupe, 13g carbs

0 SmartPoints value



A holiday recipe for you

Butternut Squash Soup

8.23 g carbs, 0 SmartPoints Value per serving



Ingredients

- | | |
|---|---|
| 4 cup(s)
vegetable broth | ½ small fresh
apple(s), peeled
and cut into
2-inch cubes |
| 12 oz uncooked
butternut squash,
peeled and
cut into 1- to
1½-inch cubes* | ¼ tsp table salt,
or to taste |
| ½ large uncooked
Vidalia onion(s),
cut into 2-inch
cubes | ⅛ tsp black
pepper,
or to taste |
| | ⅛ tsp ground
nutmeg, or to
taste |

Instructions

In a large stock pot, combine broth, squash, onion and apple; cover pot and bring to a boil over high heat. Uncover pot and reduce heat to low; gently simmer until squash is very tender, about 10 minutes.

Puree soup in pot using an immersion blender (or puree in a regular blender in batches, careful not to splatter hot liquid). Season with salt, pepper and nutmeg; serve.

Serves 8

Serving size: ¾ cup

Notes *You can purchase already peeled and cubed squash in the produce section of some supermarkets. You can also swap frozen, cubed squash for the fresh. Garnish with chopped mint.