

How to approach diet after a diabetes diagnosis

Diabetes affects hundreds of millions of people across the globe, and more and more people are being diagnosed with this often preventable disease every year.

According to the World Health Organization, 108 million people across the globe were living with diabetes in 1980. In 2019, the International Diabetes Foundation estimated that 463 million adults between the ages of 20 and 79 were living with diabetes. Perhaps even more troubling is that the IDF estimates that, by 2045, 700 million people will be living with diabetes.

A diabetes diagnosis can be scary. The IDF reports that people with diabetes have an increased risk of developing an assortment of serious health problems, including diseases that affect the heart, eyes, kidneys, nerves, and teeth.

Poor diet is a common contributor to diabetes. So it's natural that newly diagnosed diabetes patients typically want to know how they can alter their diets so they can begin to overcome their disease. That's a good place to start, as the National Institute of Diabetes and Di-

gestive and Kidney Diseases notes that eating well and being physically active can help people prevent or delay problems associated with diabetes. The NIDDK notes that eating a variety of healthy foods from all food groups is essential for people with diabetes.

- **Vegetables:** Broccoli, carrots, greens, peppers, and tomatoes are examples of nonstarchy vegetables that make great additions to everyone's diet. These vegetables can be especially beneficial for people diagnosed with diabetes, as can starchy vegetables like potatoes, corn and green peas.

- **Fruits:** Diabetes patients can include oranges, melon, berries, apples, bananas, and grapes in their daily diets.

- **Grains:** Whole grains should make up no less than 50 percent of diabetics' daily grain intake. Opt for whole-grain breads, pastas, cereals, and tortillas.

- **Protein:** Lean cuts of meat, chicken or turkey without the skin, fish, and eggs are some examples of healthy protein sources that diabetes patients can include in their diets. Nuts and peanuts; dried beans and certain peas, such as



chickpeas and split peas; and meat substitutes like tofu can make for healthy protein sources as well.

- **Dairy:** When purchasing dairy products, stick to nonfat or low-fat milks, yogurts and cheeses.

A diabetes diagnosis can be scary. If poor diet contrib-

uted to such a diagnosis, committing to eating healthier can help people effectively manage their disease and possibly avoid some of its more negative consequences.

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