

Campus Walk to

Thursday, November 9, 2006

Dodge Diabetes

GO WALKING!

What do you know about your blood sugar?

Use the bookmark below to remind you to "Take 5" for your health

Tips and facts from Healthy Women's Health Resource Center, healthywomen.org

Be Blood Sugar Aware

Staying healthy doesn't always have to be complicated. So when you are aiming for healthy blood sugar, remember these "Take 5" tips:

- A normal fasting blood sugar level is between 70 to 99 mg/dL (milligrams per deciliter of blood).
- Eating foods high in saturated and trans fats, as well as foods high in refined sugar and low in fiber, can make your cells more insulin resistant, increasing blood sugar levels.
- If your blood sugar remains too high over time, it can damage blood vessels throughout your body, leading to nerve, eye, kidney, and heart problems.
- Eating carbohydrates high in sugars and low in fiber – like fruit juice, candy, and other sweets – without any form of fiber, protein, or fat causes the sugar to pass very quickly into your bloodstream, leading to a blood sugar (and insulin) spike. Over time, this can make cells insulin resistant.
- High blood sugar can result in weight gain, diabetes during pregnancy, and Type 2 diabetes. It can also lead to an accumulation of fat around your abdomen, a risk factor for metabolic syndrome.

How to Maintain a Healthy Blood Sugar

There are things you can do to keep your blood sugar levels within a healthy range. Again, "Take 5" for your blood sugar!

- Take a 30-minute walk every day. Come on, if you have time to watch TV reruns, you have time for a walk. Strengthening your muscles makes them more receptive to insulin – and helps them use more glucose.
- Eat several small meals throughout the day rather than three large meals. You'll avoid the blood sugar ups and downs that can come when stuffed or starving.
- Fixate on fiber. The more fiber in your diet – from whole grains, whole fruits and vegetables, beans and legumes – the slower carbohydrates are digested and the steadier glucose moves into your bloodstream. You'll avoid blood sugar spikes and you may even find you lose a few pounds: fiber fills you up, but because it's not digested, it doesn't fill you out.
- Drink your milk. Even if you're overweight, dairy foods can significantly reduce your risk of insulin resistance thanks to proteins and enzymes in milk that slow the transformation of food sugar to blood sugar. Turns out every dairy serving (think one cup of milk) can cut your risk of insulin resistance 20 percent!
- Lose some weight. It doesn't take much: just dropping 5-7% of your body weight can significantly lower your health risks.

**DON'T FORGET TO
"TAKE 5"
FOR YOUR HEALTH!**

Be Blood Sugar Aware

1. Normal blood sugar is 70-99 mg/dL.
2. High fat + high sugar + low fiber = increase in blood sugar.
3. High blood sugar may lead to nerve, eye, kidney, and heart problems.
4. High sugar, low fiber carbs lead to blood sugar and insulin spikes.
5. Other results of high blood sugar: weight gain, diabetes during pregnancy, and Type 2 diabetes.

Easy Ways to Maintain Healthy Blood Sugar

1. Walk 30 minutes every day.
2. Many small meals instead of three big ones.
3. Fixate on fiber.
4. Drink your milk.
5. Lose some weight.

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