

Diabetes And You

(NAPSA)—With more than 16 million people in the United States currently living with diabetes, the disease is reaching epidemic proportions. Traditionally, it has been perceived as a lifestyle-limiting condition—one that prevents people from eating their favorite foods and engaging in their favorite activities. Yet, recent studies show that treatment is no longer an issue of what should or should not be eaten, but about how much food should be eaten and at what intervals. Furthermore, according to new guidelines, physical activity helps insulin work better, improves blood glucose levels, and helps people with diabetes manage their condition.

There are two different types of diabetes. Type one diabetes, which is insulin dependent, accounts for five to ten percent of all diagnosed cases of diabetes. The majority of people with diabetes, however, have type two, which is non-insulin dependent and commonly transpires in adulthood. While both types of diabetes require strict attention to blood glucose/sugar levels, physical activity and diet, people with diabetes can still enjoy their favorite foods and pastimes.

People with diabetes can enjoy a variety of foods, but they should monitor fat and carbohydrate levels in their meals. When monitoring the diet, it is important to manage fiber and fat intake—not just sugar levels. Whole grain and fiber-rich foods boost nutrition



and manage blood glucose levels. Nutrition experts suggest a fiber intake of 20 to 35 grams per day. Other healthy choices include “fat free” or “light” foods. Drink plenty of water and other sugar-free beverages, such as CRYSTAL LIGHT or SUGAR-FREE TANG.

Food is vital to diabetes management, so every person should obtain a personalized meal plan for his or her lifestyle needs. Kraft Diabetic Choices offers a new, interactive meal planner that does just that. By visiting www.kraftdiabeticchoices.com, users can access the first meal-planning program that caters specifically to the diabetes lifestyle. Following questions on health, exercise and lifestyle habits, the meal planner designs a full week of meals and an easy reference grocery list.

For additional tips, diabetes-friendly recipes and information, log onto www.kraftdiabeticchoices.com, a helpful library for the entire family.