

PLANTS FOR DIABETES PREVENTION

What is type 2 diabetes?

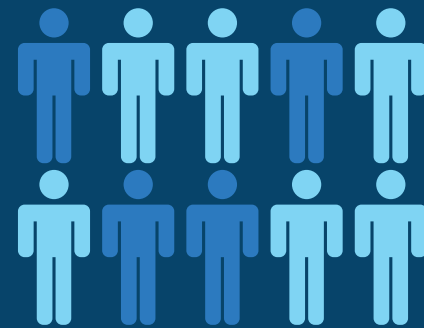
Type 2 diabetes occurs when your body does not use insulin properly, leaving too much glucose in the bloodstream.

What are the symptoms of type 2 diabetes?

Feeling tired, thirsty, urinating frequently, and experiencing blurred vision. Type 2 diabetes can also lead to heart disease, kidney problems, vision loss, nerve damage, and other issues.

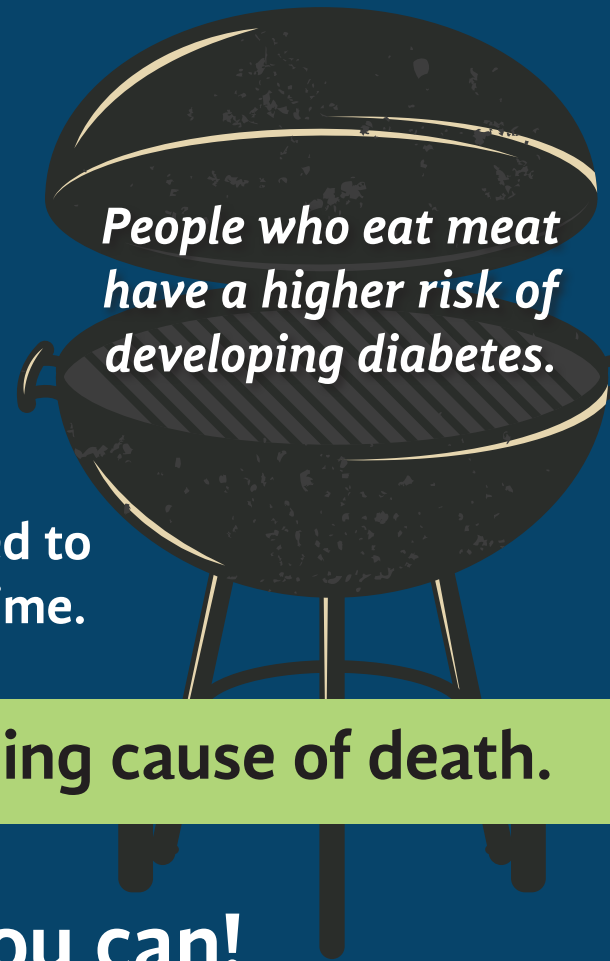


- **51%** of people 65 and over have prediabetes.
- **37%** of adults over age 20 have prediabetes.



4 out of 10 Americans are expected to develop diabetes during their lifetime.

Diabetes is the 7th leading cause of death.



People who eat meat have a higher risk of developing diabetes.

Q. Can you prevent or even reverse type 2 diabetes?

A. Yes, you can!

The ideal diabetes diet? Low-fat and plant-based!

Vegetables, legumes, fruits, and whole grains are the staples of a healthful diet to prevent, manage, or reverse type 2 diabetes.

- Plant-based foods are typically low-fat, high-fiber complex carbohydrates.
- Reduced calories promote weight control.
- Lower-fat foods help reduce intercellular lipid accumulation.

A diabetes diet doesn't mean a no-carb diet! Ditch overly processed carbohydrates made with sugar or white flour—like Twinkies or many breakfast cereals. Instead, pick whole foods such as potatoes, rice, oats, beans, whole grain pasta, fruit, and vegetables.



**Physicians
Committee**
for Responsible Medicine

For more information,
visit PCRM.org/Diabetes.

Source: Barnard NB, Trapp CB. Dietary Recommendations for Diabetes Prevention and Management. Presented at International Conference on Diabetes; July 19, 2014; Washington, D.C.
Barnard N, Levin S, Trapp C. Meat consumption as a risk factor for type 2 diabetes. *Nutrients*. 2014;6:897-910.
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