

## Win the diabetes battle

You can win the battle with diabetes! Here are some important things you need to know about carbohydrates:

- Carbohydrates = sugar
- Carbohydrates are non essential
- In excess, carbohydrates are bad for you

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## Why order this book?

**Nudge Away Diabetes** will help you:

- Identify hidden sugars in your diet
- Show you how nutrition is the best medicine to treat your diabetes
- Give tips on how you can implement simple lifestyle habits to fight diabetes

## What is Nudge Away Diabetes trying to accomplish?

**Nudge Away Diabetes** puts research of type 2 diabetes into resources for patients and providers to live by and refer to.

### **Diabetes management using the 5 M's!**

Easier to remember and follow, the 5 M's (meals, movies, monitoring, medicine, and meeetups) is a program designed to ease into a healthier lifestyle!

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### **Join our Wednesday Wellness Meetings!**

Zoom ID: **85750145825**  
Zoom Password: **179330**

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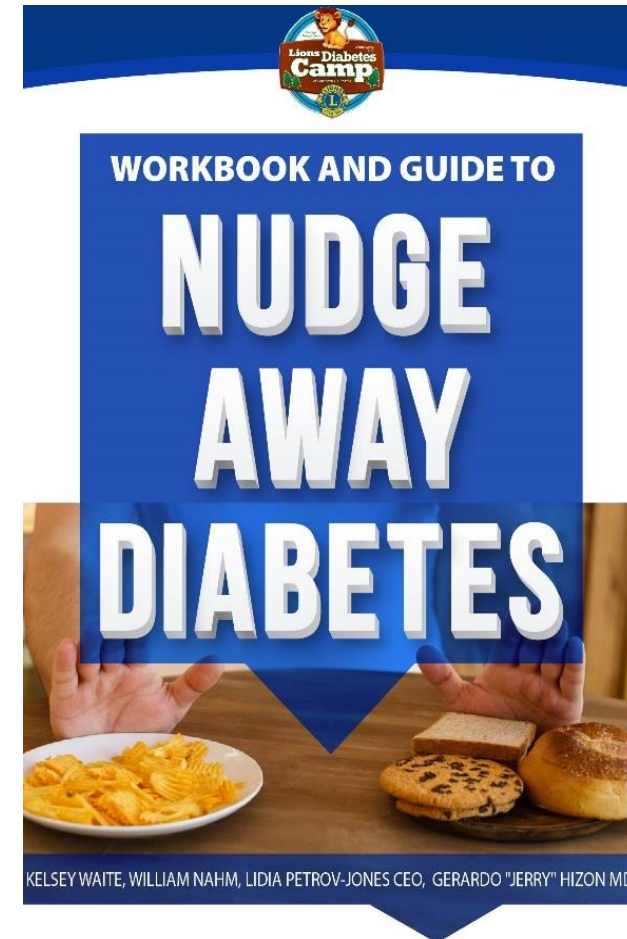
### **Resources to get started!**



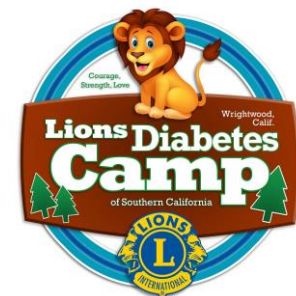
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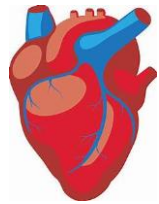
[www.nudgeawaydiabetes.com](http://www.nudgeawaydiabetes.com)

## What is type 2 diabetes?

A disorder involving the body's inability to breakdown carbohydrates, fats, and proteins.

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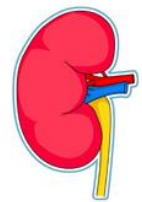
## Who cares if my blood sugar is high? I like sugar.



**Heart Problems** such as strokes or heart attacks.



**Neurological Problems** leading to toe or foot amputations.



**Kidney Problems** can result from high blood sugar leading to kidney damage and eventually to kidney dialysis.



**Eye Problems** can result from diabetes and is one of the leading causes of blindness in adults.

## What causes type 2 diabetes?

### Sugar

Carbohydrates like bread and rice are just sugars! This sugar in the body is known as glucose, which is necessary for our bodies to function.



However, in diabetes, excess sugar is our body's enemy!

### Obesity

Excess sugar is stored as fat. Nearly 80% of type 2 diabetics are obese. Obesity is linked to insulin resistance which causes the body to allow more sugar (glucose) to circulate or be stored as fat. Even moderate weight loss improves blood sugar levels.

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## What can I eat?

Follow a low carb healthy fat diet that includes protein such as meat, fish, chicken, eggs, and green leafy vegetables lathered in healthy dressings and oils.



**We Serve**

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If you would like to have more information about *Nudge Away Diabetes*, nutrition, and resources, please visit us at [www.nudgeawaydiabetes.com](http://www.nudgeawaydiabetes.com).

You can also download a free workbook copy. For information about Lions Clubs International visit [www.lionsclub.org](http://www.lionsclub.org). For Lions Diabetes Camp of Southern California visit [www.lionsdiabetescamp.org](http://www.lionsdiabetescamp.org).

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