

# GMHC'S Nutrition & Wellness Program

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## Type II Diabetes

With the success of HARRT therapy co morbid conditions like Type II diabetes have become more prominent in those who are HIV positive. The HIV meds and the virus itself can cause your body to process the sugar you eat abnormally, which may lead to high blood sugar.

### What is Type II Diabetes?

It is the most common type of diabetes that usually occurs later in life. In Type II Diabetes, the sugar that you eat is not taken into your cells, so it floats around in your blood at dangerously high levels. Insulin is needed for sugar to be taken into the cells and in Type II Diabetes either the cells ignore the insulin or the body does not make enough insulin. High blood sugar is the end result.

### Side Effects of High Blood Sugar

It is important to keep your blood sugar level as close to normal as possible because high blood sugar can cause damage to the kidneys, nerves, heart and eyes.

### Risk Factors for Type II Diabetes

- Genetics and family history
- Low activity level
- Diet high in sugar and fat
- Excess body weight
- Race/ethnicity (African Americans, Hispanics and Native Americans)

- Age greater than 45 years old
- High blood pressure
- Low HDL cholesterol or high triglyceride levels.

### Diagnosing Type II Diabetes

Diabetes is diagnosed using a test called *fasting plasma glucose*. If you get a reading of 126 mg/dl or above on 2 separate occasions your doctor will diagnose you with diabetes.

### Monitoring Your Blood Sugar

You should monitor your blood sugar at home using a *blood glucose meter* if you are on diabetes medication or your blood sugar is not well controlled.

### Glucose Levels to Aim For

- Before Eating: 70-130mg/dl
- After Eating: <180 mg/dl

### Hemoglobin A1C

- A test that your doctor does that can tell you how well controlled your blood sugar is over a 3 month period
- Aim for  $\leq 7\%$

### Carbohydrate Balance

Carbohydrates are sugars and starches in breads, cereal, pasta, vegetables and dairy that increase your blood sugar. You cannot and should not avoid carbohydrates completely. The trick is to spread them out throughout the day, so you do not eat too

much at once and cause your blood sugar to rise to high levels.

### Food Groups that Contain Carbohydrates

Below is a list of foods that contain carbohydrates. It also tells you how much of each food equals a serving size. It is important that you control the amount of servings of carbohydrate you eat in each meal.

#### Starch Group

Bread	1 slice
Cold Cereal	½ cup
Hot Cereal	½ cup
Pasta	½ cup
Rice	1/3 cup
Bagels	¼ NY street bagel
Starchy vegetables: corn, peas, winter squash, potatoes	½ cup

#### Milk Group

Milk	8 ounces
Yogurt	8 ounces
Soy Milk	8 ounces

#### Fruit Group

Chopped	½ cup
Whole fruit	small piece (size of your fist)
Banana	½ banana
Fruit Juice	½ cup

#### Vegetable Group

Raw	1 cup
Cooked	½ cup
Vegetable juice	½ cup

### WHAT CAN I DO TO LOWER MY BLOOD SUGAR LEVELS?

Here are general guidelines that will help you control your blood sugar.

- Avoid added sugar, soda, juice, candy, bagels, white bread/pasta and rice.
- Eat moderate portion sizes.
- Eat balanced meals including lean protein, fruit, vegetable and whole grains at **every** meal.
- Increase fiber intake by choosing whole grain bread, rice, cereal and pasta instead of white flour products. Increase soluble fiber found in oatmeal and the flesh of fruits. Fiber fills you up and slows digestion along with the rise in blood sugar.
- Increase fruit and vegetable intake.
- If you have a carbohydrate as a snack, do not eat it by itself. Pair it with a lean protein such as natural peanut butter or low fat cheese. This also slows digestion and the rise in the blood sugar.
- Exercise regularly

### Consult Your Dietitian

See your registered dietitian, so they can make you a diet plan. They can help you decide how many servings of carbohydrates you can eat in a day and how to divide them up for each meal.

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