

TYPE II DIABETES

RISK FACTORS

- Sedentary lifestyle
- Alcohol use
- Smoking
- Obesity
- Poor nutrition
- Gestational diabetes
- Poor sleep habits
- Stress

Living with diabetes may lead to complications such as:

- Heart disease
- Stroke
- Kidney disease
- Blindness
- Amputation
- Erectile dysfunction
- Infertility

DIET TIPS

- Eat less sugar, high fructose corn syrup, white flour, white rice, corn, and potatoes.
- Your diet should consist of 50 - 80% fruits and non-starchy vegetables; get a wide variety.
- Drink lots of water, and keep alcohol consumption minimal.
- Consume fibre-rich, whole foods: vegetables, ground flax, raw nuts, beans, old-fashioned oatmeal, bran, whole grains, low glycemic fruits (such as apples and berries).
- Eat more omega-3 fats, found in wild salmon, sardines, mackerel, flax and walnuts.
- Eat less omega-6 fats, found in vegetable oil, peanut oil and canola oil.
- Avoid trans fat, found in some margarines, vegetable shortening, hydrogenated oils and processed foods (check labels).
- Cinnamon has been shown to regulate blood sugar levels.

LIFESTYLE TIPS

- Exercise regularly
- Maintain a healthy bodyweight
- Implement stress management techniques
- Get at least seven hours of sleep a night
- Quit smoking and reduce alcohol consumption

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