

# Living with Type 2 Diabetes?

**We can help!**



*Wegmans*  
pharmacy

Helping you live a healthier, better life

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## What is Type 2 Diabetes?

**Type 2 diabetes is a disorder where your body is unable to use insulin properly. This can cause elevated blood sugar and other health complications.**

34.2 million Americans—10.5 percent of the U.S. population—have diabetes. Of those Americans, 1 out of every 4 doesn't know they have diabetes. There are two main types of diabetes—Type 1 and Type 2. Type 2 diabetes is the most common type of diabetes. Diabetes is serious and requires close monitoring and maintenance. Although there is no cure, you can still have a healthy and happy life living with diabetes—and you play a vital role in managing your disease.

**A healthy lifestyle is a key in managing your diabetes.** Lifestyle changes can be very difficult to make at first, but with support and a desire to make them, they can become a new way of life for you. Advice on managing your diabetes can come from many different directions; our goal is to offer support and help you decide what is right for you. We are not here to substitute for your physician, but we'd like to be another part of your diabetes team. The rest is up to you!



Grilled Chicken  
with Broccoli Florets  
& Sweet Potatoes

*Wegmans Pharmacy and Nutrition teams have based this booklet on the American Diabetes Association (ADA) Standards of Diabetes Care 2019 and American Association of Clinical Endocrinologists (AACE)/American College of Endocrinology (ACE) Comprehensive Type 2 Diabetes Management Algorithm 2019.*

# Five lifestyle changes that make a big difference

While there are many lifestyle habits that can aid in managing diabetes, focusing on these five basics is a great place to start.

## 1. Eat a healthy diet

There is no set diet for people with diabetes, but there are some tips that may help you on the path to healthy food choices. See the “Building a Meal for Type 2 Diabetes” section on page 6.

## 2. Get moving!

Exercise, or physical activity, is one of the most important ways to lower your blood sugar and manage diabetes. Physical activity affects your body in many ways; it not only lowers your blood glucose and helps you lose weight, but also can lower blood pressure, cholesterol, and the risk for heart disease and stroke. Exercise can give you more energy, lift your mood, and even help relieve stress. It can include walking, swimming, hiking, playing sports, doing yoga, gardening and even housework to get you moving. Find what you enjoy doing the most and go for it!

Although any physical activity is healthful, be sure to check with your doctor to see what kind of physical activity is best for you (and any restrictions you may have). Gradually increase your active minutes each day with activities such as brisk walking and strength training to reach a recommended 150 minutes of moderate intensity physical activity per week. Start any new activity slowly and increase intensity gradually.

## 3. Maintain a healthy weight

Maintaining a healthy weight not only lowers blood sugar, but also lowers blood pressure and cholesterol just as exercise does. If you are overweight, exercise along with eating a healthy diet are the keys to losing weight. It is important to have ongoing support when trying to stay at a healthy weight. If you are having trouble losing weight or staying at a healthy weight, talk with your doctor or a registered dietitian for more support.





## Did you know?

You can lower your risk for having Type 2 diabetes **by more than half** with moderate exercise & staying at a healthy weight

### 4. Limit alcohol intake

For people with diabetes, there are risks associated with drinking alcohol. Alcohol can lower blood sugar which can cause hypoglycemia. It can also interact with some medications, including diabetes medications. If you drink alcohol, discuss with your healthcare team how and when it may be consumed to minimize these risks.

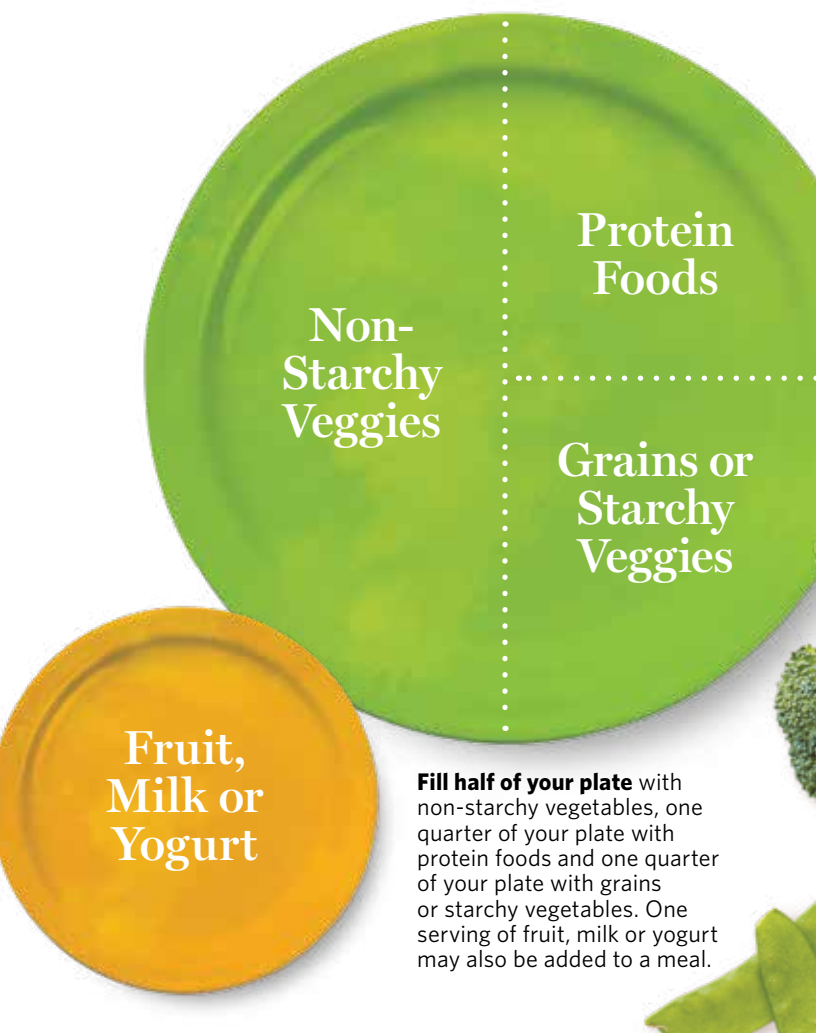
### 5. Set a quit date

If you are a smoker with diabetes, you are at a high risk for having a heart attack or stroke. Quitting smoking has major benefits to your health and is the number one preventable cause of death. If you smoke and would like to quit, talk to your Wegmans pharmacist or your doctor about different options we have to help.

## Building a Meal for Type 2 Diabetes

Determining **what, how much and when** you eat foods, especially foods that contain carbohydrates, is important for managing Type 2 diabetes. Yet, there's no single "diabetic diet" that's right for everyone.

The graphic below can help! Use this as a visual guide to get started with **what** to put on your plate. Work with your healthcare team to learn **how much** and **when** to eat foods that will support your specific needs.



### A few examples for each food category

- **Non-Starchy Veggies:** asparagus, beets, broccoli, Brussels sprouts, carrots, cauliflower, celery, cucumber, eggplant, jicama, leafy greens, onions, mushrooms, radishes and tomatoes
- **Protein Foods:** seafood, poultry, meat, eggs, cheese, nuts, seeds, beans and lentils\*

\* Beans and lentils are sometimes counted as starchy vegetables. Refer to the FAQ "Are be

\*\*Choose whole grains more often than refined grains.



## Did you know?

The American Diabetes Association has more information on making food choices at [diabetes.org](https://diabetes.org)

- **Grains\*\* or Starchy Veggies:** bread, cereal, corn, pasta, peas, potatoes, oats, rice, quinoa, corn, winter squash
- **Fruit:** apples, berries, cherries, grapes, peaches, and oranges
- **Milk:** reduced-fat, low-fat and fat-free milk
- **Yogurt:** Greek or plain low-fat or fat-free yogurt

*beans and lentils starchy veggies or protein foods?" for more information.*

# Breakfast

non-starchy veggies,  
protein, whole grains

**Avocado Toast paired  
with Flavor Bomb  
Tomatoes**



protein, whole  
grains, fruit

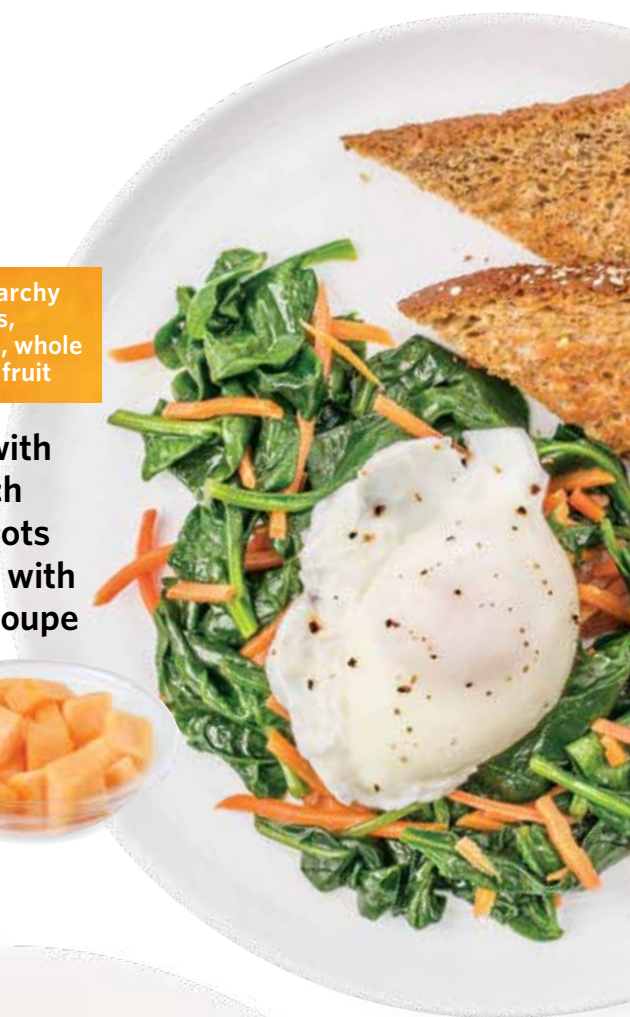
**Organic Multigrain  
Waffles with  
Almond Butter &  
Strawberries**





non-starchy  
veggies,  
protein, whole  
grains, fruit

**Eggs with  
Spinach  
& Carrots  
paired with  
Cantaloupe**



# Lunch

non-starchy veggies,  
protein, grains

## Greek Turkey Burger with Fresh Cut Zucchini Sticks



# Meal Inspiration

non-starchy veggies,  
protein, whole grains

## Shrimp Salad with a Multigrain Roll



non-starchy veggies,  
protein, grains

## Cauliflower Crust Veggie Pizza & Arugula Salad



# Dinner

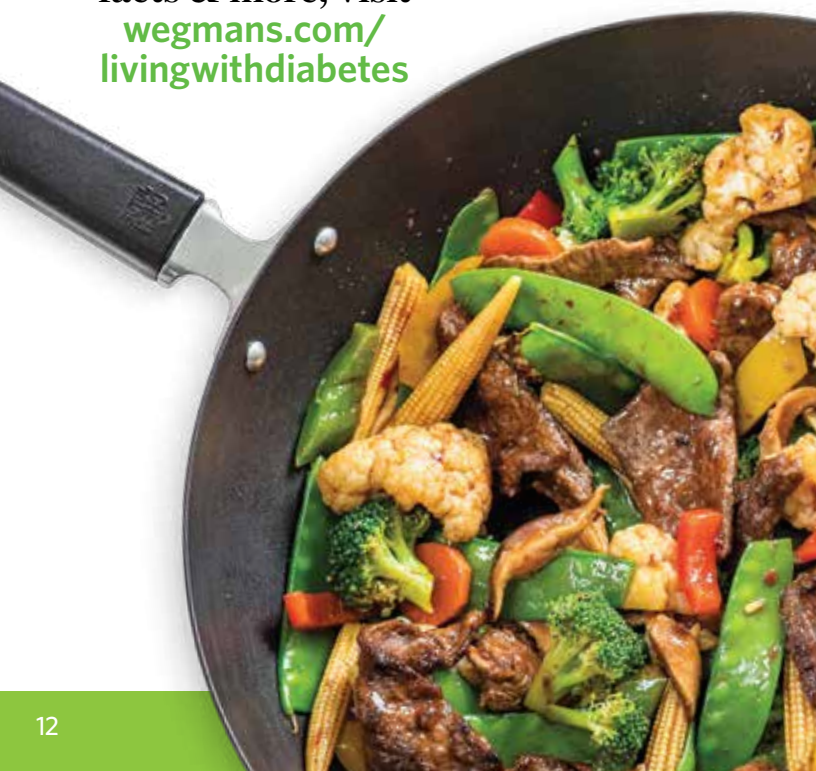
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non-starchy veggies,  
protein, grains

## EZ Meal Chicken Parmesan with Broccoli & Zucchini Noodles



For recipes, nutrition  
facts & more, visit  
[wegmans.com/  
livingwithdiabetes](https://www.wegmans.com/livingwithdiabetes)



non-starchy veggies,  
protein, whole grains

**Chili Garlic  
Fish with Tom  
Tom Sauce  
served with  
Red Quinoa**



non-starchy & starchy veggies,  
protein, whole grains, fruit

**Kung Pao Beef Stir Fry  
served with Brown Rice  
& Clementines**



# Frequently Asked Questions

## **Q: What types of foods and beverages contain carbohydrates?**

**A:** Fruits, vegetables, grains and grain products, milk and milk products, beans, legumes, nuts and seeds contain carbohydrates. Some contain more than others, for example, starchy veggies contain more carbohydrates than non-starchy veggies. Desserts and sweetened beverages also contain carbohydrates but provide very little nutrition. Choose carbohydrate foods that also provide vitamins, minerals and fiber, like fruits, veggies, whole grains, milk and milk products, beans, legumes, nuts and seeds.

## **Q: What are naturally occurring sugars vs. added sugars?**

**A:** Naturally occurring sugars are sugars that are naturally present in foods such as fruits, vegetables, and unflavored milk. Added sugars are sugars added during the processing or preparation of foods, or at the table, like honey, agave nectar, maple syrup and table sugar. Sometimes foods have both, like blended fruit yogurt. Choose foods with naturally occurring sugars more often as they also provide vitamins, minerals and other nutrients.

## **Q: If carbohydrates raise blood sugar, should I avoid eating them?**

**A:** No! Carbohydrates provide fuel for the brain and body.

To avoid blood sugar spikes:

- Eat meals and snacks that pair carbohydrate foods with protein and healthy fats (examples: apple with peanut butter, toast with avocado, olive oil on vegetables or salad).
- Limit your intake of sweets and treats with added sugars and refined grains.
- Swap favorite foods for similar ones with more fiber or lower total carbohydrates. For example, whole grain bread (more fiber) instead of white bread.

### **More simple swaps**

- Refined Cereal ▶ Whole Grain Cereal
- Blended Yogurt ▶ Plain Greek Yogurt with fresh berries
- White Rice ▶ Brown Rice
- Pasta ▶ Fresh Cut Zucchini Noodles
- Flour Tortilla ▶ Lettuce Wrap
- Potato Chips ▶ Popcorn
- Milk Chocolate ▶ Dark Chocolate (70% or higher cacao)

**Q: Can fiber help to lower blood sugar?**

**A:** Yes. There are two main types of fiber: insoluble and soluble. Insoluble fiber adds bulk and promotes digestive regularity. Soluble fiber absorbs water, so as it passes through the digestive tract it forms a gel-like substance and slows digestion rate, which may help slow the absorption of carbohydrates, prompting a slow and steady rise in blood sugar. Both support healthy bacteria in the gut which some research suggests may also influence blood sugar levels. The simplest way to include fiber in your diet is to take a plant-forward approach to eating (see our Building A Meal for Type 2 Diabetes guidelines, pg 6).

**Q: Are beans and lentils starchy veggies or protein foods?**

**A:** Both are high in carbohydrates and provide protein. If beans and lentils are part of your main course, count them as a protein food. When they're a side for an animal-based entrée (poultry, fish, beef), consider them a starchy veggie.

**Q: What about fats & oils? Can I eat them?**

**A:** Yes! Fats & oils provide nutrients and help prevent blood sugar spikes when eaten with carbohydrate foods. They're naturally present in foods like nuts, seeds, eggs, meats, and seafood and added to foods through cooking and flavoring. When possible, choose liquid oils (examples: olive or avocado oils) more often than solid fats (examples: butter or coconut oil).

**Q: Is it ok to snack?**

**A:** Yes. Your healthcare team can help you determine when and how much to eat for a snack. Snacks like chips, pretzels, crackers, cookies, and candy are high in carbohydrates and low in fiber and protein which could cause blood sugar spikes. To avoid blood sugar spikes, pair a carbohydrate food with a protein food, like 1 serving of whole grain crackers with 1 oz. of cheese.

**Did you know?**

For more useful FAQs, you can visit [wegmans.com/livingwithdiabetes](http://wegmans.com/livingwithdiabetes)



# How Wegmans helps

## Gain support from our people!

Our in-store Knowledge Based Service (KBS) demo teams are happy to share product ideas and cooking tips.

Your Wegmans Pharmacists are always available to answer your questions and offer on-going support for leading a healthier, better life. Talk to your pharmacist about any medication questions or to have them keep track of your diabetes risk factors.

## More help is at [wegmans.com](http://wegmans.com)

- Read the Nutrition Facts information and ingredient statements for packaged products.
- Read the Nutrition Facts information for in-store prepared Restaurant Foods.
- Search for products and chef-developed recipes with the ability to filter by Wellness Keys such as:



- Watch how-to cooking videos by Wegmans chefs.

## Additional Resources

American Diabetes Association  
[diabetes.org](http://diabetes.org)

American Association of Clinical Endocrinologists  
[aace.com](http://aace.com)

Joslin Diabetes Center  
[joslin.org](http://joslin.org)

Wegmans

***Feel Your Best***

**Lower Your Blood Pressure**

brochure is available at any of our pharmacies

## Have questions or comments?

Call Wegmans Customer Care Center  
**1-800-WEGMANS (934-6267)**

Mon-Fri: 8am-6pm; Sat & Sun 8am-5pm

[wegmans.com/contactus](http://wegmans.com/contactus) or

“Ways We Can Help” section of Wegmans App