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November is American Diabetes Month

This holiday season is the perfect time for adults and children to celebrate American Diabetes Month by making healthy decisions at mealtimes. Type 2 diabetes was once referred to as adult or maturity onset diabetes when diagnosed in individuals 40 years of age and older. Today, many new cases of type 2 diabetes are being diagnosed in children. Since an estimated 20-30 percent of American children are overweight or at risk for becoming overweight, diabetes is being called an emerging epidemic in youth.

There is an incredibly strong link between type 2 diabetes and obesity. It is projected that by 2030 almost the entire nation will be overweight. If you have diabetes and are overweight, losing weight can help lower your blood glucose levels. One way to achieve this is by watching what and how much you eat.

This holiday season start celebrating American Diabetes Month by practicing “portion control” at your dinner table. Here are some tips to help you with portion sizes.

- A ½ cup serving of canned fruit or vegetables looks like half a tennis ball sitting on your plate.
- 3 ounces of meat, fish, chicken or turkey is about the size of a deck of playing cards or the palm of your hand.
- A 1 ounce serving of cheese is about the size of your thumb.
- A 1 cup serving of milk, yogurt, or fresh greens is about the size of your fist.
- 1 teaspoon of oil is about the size of your thumb tip.

Remember to use the food guide pyramid to determine the recommended number of servings for members of your family. Have a safe, happy and healthy holiday season!

For more information contact the Southern Michigan Diabetes Outreach Network at 1-800-795-7800 or (517) 279-2267. You may also contact the Branch-Hillsdale-St. Joseph Community Health Agency at one of our four locations: Coldwater (517) 279-9561, Hillsdale (517) 437-7395, Sturgis (269) 659-4013, or Three Rivers (269) 273-2161 or visit our website at www.bhsj.org.

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