



# Eat Wisely: A Focus on Nutrition and Diabetes



JULY 2012 | *Monthly Topic* Page 1

Eat wisely to maximize your health. Eat a variety of foods including vegetables, fruits, and whole grains. It is important to include fat-free or low-fat milk and milk products in your diet, and limit total salt, fat, sugar, and alcohol.

- **Eat Wisely—A Healthy Living Message**  
[http://www.prevention.va.gov/Eat\\_Wisely.asp](http://www.prevention.va.gov/Eat_Wisely.asp)
- **Pre-Diabetes**  
[http://www.prevention.va.gov/MPT/2012/Prediabetes\\_7\\_12.doc](http://www.prevention.va.gov/MPT/2012/Prediabetes_7_12.doc)
- **Type 2 Diabetes**  
[http://www.prevention.va.gov/MPT/2012/type\\_2\\_diabetes7\\_12.doc](http://www.prevention.va.gov/MPT/2012/type_2_diabetes7_12.doc)

## FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

### US Department of Agriculture

- **Dietary Guidelines for Americans**  
The 7th edition of Dietary Guidelines for Americans offers an evidence-based roadmap to help people make changes in eating plans to improve health.  
<http://www.cnpp.usda.gov/dietaryguidelines.htm>

### US Department of Health & Human Services (HHS) Healthfinder.gov

- **Take steps to prevent type 2 diabetes**  
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=73&cnt=1&areaID=0>

### National Institutes of Health—Medline Plus

- **Diabetes**  
Information about diabetes including an interactive tutorial.  
<http://www.nlm.nih.gov/medlineplus/diabetes.html>

### National Diabetes Education Program

- **National Diabetes Education Program**  
For new diabetes or for those wanting to learn more about the disease, find links for fact sheets, diabetes control, diabetes prevention, resources for children and adolescents and pre-diabetes.  
<http://www.ndep.nih.gov/index.htm>
- **Small Steps Big Rewards**  
This 1-page leaflet tells how taking small steps in preventing diabetes can help people at risk.  
[http://www.ndep.nih.gov/media/FS\\_Small.pdf?redirect=true](http://www.ndep.nih.gov/media/FS_Small.pdf?redirect=true)

- **The Diabetes Epidemic Among African Americans**  
Diabetes information specific for African Americans.  
[http://www.ndep.nih.gov/diabetes/pubs/FS\\_AfricanAm.pdf](http://www.ndep.nih.gov/diabetes/pubs/FS_AfricanAm.pdf)

- **The Diabetes Epidemic among American Indians and Alaska Natives**  
Diabetes information specific for American Indians and Alaska Natives.  
[http://www.ndep.nih.gov/diabetes/pubs/FS\\_AmIndian.pdf](http://www.ndep.nih.gov/diabetes/pubs/FS_AmIndian.pdf)

- **The Diabetes Epidemic among Hispanic and Latino Americans**  
Diabetes information specific for Hispanic and Latino Americans.





# Eat Wisely: A Focus on Nutrition and Diabetes



JULY 2012 | *Monthly Topic* Page 2

[http://www.ndep.nih.gov/diabetes/pubs/FS\\_HispLatino\\_Eng.pdf](http://www.ndep.nih.gov/diabetes/pubs/FS_HispLatino_Eng.pdf)

- **Ten Ways African Americans Can Prevent Type 2 Diabetes**

The National Diabetes Education Program (NDEP) is urging people at high risk for type 2 diabetes to take small steps to lower their risk for the disease and serious complications such as heart disease, stroke, kidney disease, blindness, nerve damage, and other health problems.

<http://ndep.nih.gov/diabetes/pubs/ten-ways-african-americans.pdf>

- **Ten Ways Hispanics/Latinos Can Prevent Type 2 Diabetes**

Although Hispanics/Latinos are at high risk for type 2 diabetes, there is good news. You can prevent or delay type 2 diabetes by making small lifestyle changes in diet and physical activity.

<http://ndep.nih.gov/diabetes/pubs/ten-ways-hispanics-latinos.pdf>

## NON-FEDERAL GOVERNMENT RESOURCES

Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by NCP or the Federal Government, and none should be inferred.

### American Diabetes Association

- **Questions to help you learn if you are at risk for type 2 diabetes**

<http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/>

- **Spanish version**

<http://www.diabetes.org/espanol/todo-sobre-la-diabetes/sintomas-de-la-diabetes/examen-de-riesgo.html>

