



Eat Wisely: A Focus on Nutrition and Diabetes



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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
- **Pre-Diabetes**
http://www.prevention.va.gov/MPT/2013/Prediabetes_7_13.doc
- **Type 2 Diabetes**
http://www.prevention.va.gov/MPT/2013/type_2_diabetes7_13.doc

DEPARTMENT OF VETERANS AFFAIRS RESOURCES

- **Veteran's Health Library - Diabetes Topics**
<http://www.veteranshealthlibrary.org/DiseasesConditions/Diabetes/>
- **Nutrition Education – Nutrition & Food Services**
http://www.nutrition.va.gov/Nutrition_Handouts.asp

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>
- **Be Aware of Your Risk for Type 2 Diabetes and Take 'Just One Step' Toward Better Health (In both English & Spanish)**
<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=392>
- **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
- **The Diabetes Epidemic Among African Americans**
Diabetes information specific for African



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Americans.

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

- ***The Diabetes Epidemic among Hispanic and Latino Americans***

Diabetes information specific for Hispanic and Latino Americans.

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>