



Eat Wisely: With a Focus on 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/Healthy_Living/Eat_Wisely.asp
- **Eat Wisely: Whiteboard Video**
https://www.youtube.com/watch?v=v3zlwvG-yuY&list=PL3AQ_JVoBEywH95nwBCpqOmAWbUIMfG0y&index=1

Veterans Health Library

<http://www.veteranshealthlibrary.org/>

The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Its information, resources, and tools are engaging, "Veteran-friendly" and written in "plain language." No matter where Veterans receive care, VHL helps them understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Items within the VHL on Eat Wisely: Focus on Nutrition and Diabetes:

- [What is Type 2 Diabetes?](#)
- [Diabetes: Shopping for and Preparing Meals](#)
- [Diabetes: The Benefits of Exercise](#)
- [Go-to-Guide for Managing Type 2 Diabetes](#)
- [Video – Diabetes: Type 2](#)

DEPARTMENT OF VETERANS AFFAIRS RESOURCES

- **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 2010**
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>



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- **Be Aware of Your Risk for Type 2 Diabetes and Take 'Just One Step' Toward Better Health (in both English and Spanish)**

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResourceId=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 American Indians and Alaska Natives**

Diabetes information specific for American Indians and Alaska Natives.

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResourceId=258>

- **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

- **More Than 50 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/media/NDEP71_Choose50Ways_4c_508.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/resources/ResourceDetail.aspx?ResourceId=201>

- **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>

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/es/usted-corre-riesgo/examen-de-riesgo-de-la-diabetes.html>



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Providers' Electronic Notes Tied to Better Glycemic Control—Higher documentation of lifestyle counseling tied to lower time to HbA1C targets

<http://www.physiciansbriefing.com/Article.asp?AID=700517>

Source: *Diabetes Care*

<http://care.diabetesjournals.org/content/38/7/1326.abstract?sid=4110c711-85af-46db-a22c-9e55b226213c>