

How to Prevent Type 2 Diabetes

The rise of diabetes in children and adults is related to unhealthy lifestyle, including excess of simple carbohydrate intake and lack of physical activity. If diabetes is not managed properly, they may experience the following symptoms:



Increased Thirst



Increased Urination



Weight Loss



Fatigue



Blurred Vision



Slow-healing wounds

Recommended daily sugar intake by the American Heart Association

Children aged 4 to 6 years	< 19 grams or 5 tsp
Children aged 7 to 10 years	< 24 grams or 6 tsp
Children aged 11 years or above	< 30 grams or 7 tsp
Adult men	< 36 grams or 9 tsp
Adult women	< 25 grams or 6 tsp

Note: Typical American Sugar Consumption: 19.5 tsp/82g per day
1 tsp = 4g of sugar

Complex Carbs



Simple Carbs



1 can of soft drink

Nutrition Facts	
Serving Size 1 Can	
Servings Per Container 12	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Sugars 39g	
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Ways to Prevent Type 2 Diabetes

Decrease screen time and increase physical activities

- ❖ Limit screen time to no more than 2 hours a day
- ❖ 1 hour of exercise a day for most days of the week to help decrease risk of developing chronic diseases

Maintain A Healthy Eating Habit

- ❖ Avoid excess sugar-sweetened beverages, as it has a 26% greater risk of developing type 2 diabetes
- ❖ Choose whole food, fresh fruits and home-made fruit juices for fiber and antioxidants that promote good health
- ❖ Eat complex carbohydrates vs simple carbohydrates to maintain stable blood sugar and avoid overeating

Speak with your doctor about a plan that's right for you to prevent or manage diabetes.



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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