

be active

Type 2 Diabetes Lowering Your Risk

for kids

what is
type 2
diabetes?



what puts you at risk?

- overweight
- don't get enough physical activity
- have a mom or dad, or other close relative, with type 2 diabetes
- are American Indian, Alaska Native, African American, Hispanic/Latino, Asian American, or Pacific Islander

Diabetes means blood glucose, also called blood sugar, is too high. Glucose comes from the food we eat and is needed to fuel your body. Your blood always has some glucose in it because your body needs glucose for energy. An organ called the pancreas makes insulin. Insulin helps glucose get from your blood into cells, then the cells take the glucose and make energy.

If you have diabetes, the pancreas makes little or no insulin or your cells cannot use insulin very well. If blood glucose stays too high, it can damage many parts of the body such as the heart, eyes, kidneys, and nerves.

know the warning signs

If you have type 2 diabetes, you might:

- urinate a lot
- be very thirsty
- lose weight without any reason
- feel tired
- have patches of thick, dark skin that feels like velvet on your neck or under arms

Sometimes you may not notice or have these warning signs. Visit your doctor for a check-up if you feel you may be having symptoms or showing signs of diabetes.



how can you lower your risk for type 2 diabetes?

- stay at a healthy weight
- be more physically active
- eat the right amount of healthy foods
- share these tips with your friends and family

more...

what can i eat?

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This is only a guide, but gives you an idea of good foods for you.

- veggies: choose dark green and orange veggies as often as you can
- fruits: choose fresh whole fruit as often as you can
- breads, cereals, pastas: choose whole grain for at least 3 of your 6 daily servings
- sweets: this includes sodas, candy, cookies, and desserts: if you choose to eat these foods, have a very small amount and not every day



learn more!

- www.bam.gov
- www.childrenwithdiabetes.com
- www.mypyramid.gov
- www.verbnow.com
- www.yourdiabetesinfo.org



how do I
cut
calories?

- if you **drink water** instead of regular soda or sweetened fruit juice you could cut about 150 calories
- if you **eat a piece of fruit** instead of a candy bar or a bag of chips you could cut about 200 calories
- if you **eat a small serving** of french fries or share a big one you could cut about 250 calories
- eat **one half cup** of sugar-free, non-fat pudding instead of regular ice cream you could cut about 150 calories

try these tips

- take your time when you eat. it takes about 15 minutes for your stomach to tell your brain that you are full.
- do not skip meals. eat breakfast, lunch, and dinner, plus a snack.
- for breakfast try one or two slices of whole grain toast with a tablespoon of peanut butter, a hard-boiled egg, or a piece of low-fat cheese along with a glass of low-fat milk.
- make a sandwich with turkey or lean beef for lunch. use mustard or a little low-fat mayo.
- snack on a small bowl of whole-grain cereal with low-fat milk and a piece of fruit.
- fill up half your plate with salad or veggies, use small amounts of lo-fat dressing, mayo or butter.