Have a Happy New Year - Avoid Diabetes

A new year has dawned again, and many of you may be wondering what you might have to face this month as you hop on the bathroom scales. Will *your* holiday eating habits show up there?

While many of us probably overindulged on special holiday foods and treats, there are some of us for whom overindulging on food and drink during the holiday season or at any time, may be particularly harmful.

According to the American Diabetes Association, there are 23.6 million adults and children in America who have diabetes, which is 7.8 % of the population. An estimated 17.9 million people have been diagnosed with the disease, while 5.7 million are still unaware they have it. Taking action now may help *you* to avoid diabetes.

When looking at the many different recommendations for healthy eating and weight loss, the golden thread that seems to run through the most successful and healthy eating plans is that of the simple, basic diet. In December 2008, the Journal of the American Medical Association (JAMA) published the results of a research study which concluded that people with type 2 diabetes showed better overall blood sugar levels while including "low glycemic index" foods in their diets, or foods that moderately raise blood sugar levels, as opposed to those foods that raise it to high levels. Interestingly, these low glycemic index foods included foods like beans, peas, lentils, pasta, and oatmeal. The study participants were also asked to eat five servings of vegetables and three servings of fruit a day, along with following other study guidelines.

Bottom line – keep it simple to avoid diabetes. Check out the wonderful variety of food in the food pyramid and decide on a meal plan that works for you and your lifestyle. And have a Happy New Year -avoiding diabetes!

The ActionNow! Community Diabetes Prevention and Control coalition is dedicated to helping people prevent diabetes or better manage diabetes.

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