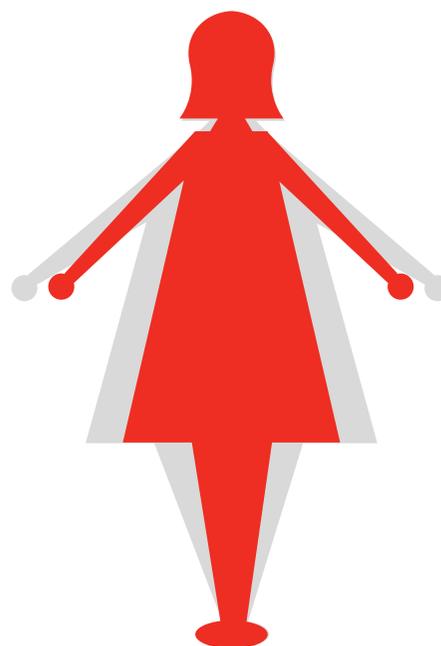


DIABETES AND PREDIABETES

Carbohydrates are a great source of energy for our bodies – but if you eat too many at one time, your blood glucose may get too high. If your blood glucose stays too high for too long, it can lead to serious health problems like type 2 diabetes and heart disease. Common symptoms of high blood glucose are feeling tired, being thirsty, and urinating frequently.



A 12 OZ. CAN OF
REGULAR SODA HAS
40 GRAMS OF
CARBOHYDRATES, THE
SAME AMOUNT IN
**10 TEASPOONS
OF SUGAR**

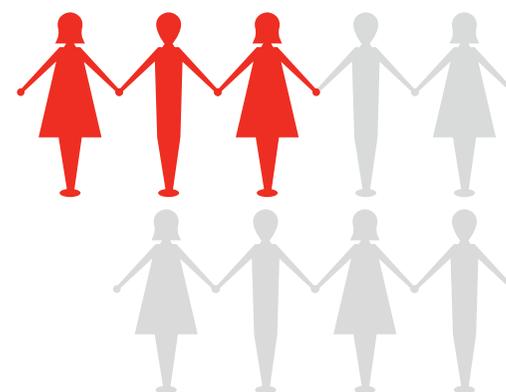


10-15 LBS

IF YOU ARE OVERWEIGHT,
MODEST WEIGHT LOSS AND
REGULAR PHYSICAL ACTIVITY
CAN REDUCE YOUR RISK OF
DIABETES DRAMATICALLY

AN ESTIMATED 25.4 MILLION

AMERICANS HAVE DIABETES. MORE THAN A THIRD OF
THOSE PEOPLE HAVE NOT BEEN DIAGNOSED.



Sources

- Diabetes Prevention Program Research Group. (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, 346(6), 393-403.
- Department of Health and Human Services. (2005). *HHS health facts: choose carbohydrates wisely*.
- American Heart Association Statistics Committee and Stroke Statistics Subcommittee. (2012). Heart disease and stroke statistics—2012 update: a report from the American Heart Association. *Circulation*, 125, e2-e220.

HeartTruth.gov

