

D I A B E T E S

What is Type 2 Diabetes? A condition that affects the body's ability to break down glucose, better known as sugar. This form of Diabetes can affect adults and children alike.

What Can Cause Type 2 Diabetes? Insulin is a naturally occurring hormone. Your pancreas produces it and releases it when you eat. Insulin helps transport sugar from your bloodstream to cells throughout your body, where it's used for energy. If you have type 2 diabetes, your body becomes resistant to insulin. Your body is no longer using the hormone efficiently. This forces your pancreas to work harder to make more insulin. Over time, this can damage cells in your pancreas. Eventually, your pancreas may not be able to produce any insulin. If you don't produce enough insulin or if your body doesn't use it efficiently, glucose builds up in your bloodstream. This leaves your body's cells starved for energy. Research into the causes of type 2 diabetes is ongoing.

Prevention & Management of Type 2 Diabetes: Work closely with your doctor and incorporate a lifestyle change that includes weight management program consisting of a healthy combination of exercise and nutrition.

Glossary of In-store Food/Supplements:

Though Food/supplements can help lower blood sugar for diabetics: always consult with your doctor first. A healthy diet and exercise is always a good first line of defense.

Activated Barley: Activated barley can also normalize or lower blood sugar. It is considered a low glycemic food that is high in fiber and high in magnesium. Available in powdered form (various sizes too!)

Ceylon Cinnamon: This species of the cinnamon family can also normalize or lower the blood sugar. This cinnamon can be taken in capsule form or sprinkled on food. Available in capsule form and powder form--great sprinkled on dishes! Available in Both forms.

Chromium Picolinate: This trace mineral helps to normalize and sometimes lower the blood sugar. Available in capsule form.

Dates: (Phoenix Dactylifera/sugar substitute) the fruit of Palm Trees-rich in antioxidants to protect against free radical damage and are an Alkaline food. They contain a soluble fiber called Beta-D-glucan that has shown to decrease absorption of cholesterol. Beta-D-glucan has an ability to absorb and hold onto water adding bulk and softness to your stool. Dates are a low-glycemic index food and do not significantly raise glucose levels-in turn keeping blood sugar levels even. Available in our Dried Fruit Bulk Section.

Psyllium Husk: Psyllium husk is a type of fiber that helps to normalize or lower blood sugar. Available in Capsule and Powder form.

Stevia:(Stevia rebaudiana/sugar substitute) An edible sweet leaf plant. Studies have shown Stevia may lower blood glucose and blood pressure levels. Available shelf-stable in powder and liquid form.

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

Sugar Beet Food Co-op
812 W. Madison, Oak Park - 708.948.7656