

Catholic Charities of West Virginia



November is National Diabetes Month!

Do you have diabetes or does diabetes run in your family and are struggling to meet your nutritional needs? Come to Catholic Charities for an individualized consultation and diabetes healthy food!

Diabetes Healthy Foods Offered:

- Whole grain pasta
- Whole grain brown rice
- Light fruit
- Beans
- Many more!

Know the difference!!

- **Type 1 Diabetes**- a chronic disease in which the pancreas does not produce insulin. Usually diagnosed as a child or teenager. Usually caused by genetic factors
- **Type 2 Diabetes**- a chronic disease where the body resists the insulin your pancreas makes. Can be diagnosed at any time. Can be caused by obesity and sedentary lifestyle

Take control of your diabetes by checking you blood sugar daily, eating foods rich in whole grain, and exercising for at least 30 minutes everyday!

