

Share the Journey

Month 2 – Diabetes

“Walking is the best possible exercise. Habituate yourself to walk very far.” – Thomas Jefferson

Diabetes is a process that occurs when your body is unable to properly regulate your blood glucose, also known as blood sugar. The most common form of this disease is referred to as Type II Diabetes, which is a result of environmental factors, most notably lifestyle. The food we eat as well as physical activity have a great influence on the ability of body to utilize sugar. Muscle are a primary location for the storage of glucose in a form that can easily be utilized when needed for energy. When we don't utilize our muscles regularly in the form of physical activity, then the glucose will be more likely be stored as fat. Walking is an excellent form of exercise to help reduce risk of diabetes, and to help reverse the disease if present. Resistance type training is also ideal for building lean muscle mass to control blood sugar. Daily walking and frequently standing from a seated position aids in the ability to use naturally made insulin to get glucose where it should go in the body. Fortunately, Type II Diabetes can be reversed through making changes to your daily routine with the type of food eaten and daily physical activity.

Action Tip:

- **Ideal time for walking is right after a meal, so after lunch and/or dinner get your walk on!**

Learn more about diabetes and physical activity recommendations here:

<http://care.diabetesjournals.org/content/39/11/2065>

Healthy Eating

Carbohydrates are the nutrients in foods that most affect blood sugar levels. All people, including people with diabetes, *need* to eat carbohydrates – the key is to not eat too much, and to eat healthier types of carbohydrates. Foods that are high in fiber are the best types of carbohydrates, such as 100% whole wheat bread and pasta, oats, brown rice, quinoa, fresh fruit, beans and lentils.

Try this recipe with black beans and mango – both are popular ingredients in Guatemalan cuisine and are packed full of fiber.

Mango and Black Bean Salad

Ingredients:

- 1 (15 oz) can black beans, rinsed and drained
- 2 fresh mangoes, peeled, pitted and diced
- ¼ cup sliced green onion
- ¼ cup chopped bell pepper, any color
- 2 tablespoons fresh lime juice
- 2 tablespoons 100% orange juice
- 1 tablespoon chopped fresh cilantro
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin

Directions:

- Mix together all ingredients in a large bowl. Cover and chill for at least 1 hour before serving.
- Makes 6 servings; ½ cup per serving.

Ensalada de Mango y Frijol Negro

Ingredientes:

- 2 tazas frijoles negros, cocinando
- 2 mangos, pelado, sin el hueso y picado en cuadritos
- ¼ taza de cebolla verde rebanada
- ¼ taza de pimienta picado, rojo o verde
- 2 cucharadas de jugo de limón
- 2 cucharadas de jugo de naranja 100% natural
- 1 cucharada de cilantro picado
- ½ cucharadita de chile molido
- ¼ cucharadita de comino molido

Preparación:

- Mezcle todos los ingredientes en un tazón grande; se pone a enfriar al menos por 1 hora y servirse.
- Rinde 6 porciones; 1/ taza por porción.