

November is Diabetes Awareness Month

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Diabetes is one of the most common chronic diseases in Canada. It's estimated that 10 million Canadians are living with prediabetes or diabetes.

What is type 2 diabetes?

Type 2 Diabetes is a chronic and progressive condition in which the body either cannot produce insulin or cannot properly use the insulin it produces. Insulin is a hormone made by the pancreas that controls the amount of sugar in the blood. We need insulin to bring the sugar from the blood into our cells to use for energy. Diabetes that is not controlled can lead to high blood sugar levels, which can damage organs, blood vessels and nerves.

Type 1 diabetes differs from Type 2 because it is always treated with insulin. Type 2 diabetes can be managed with lifestyle modifications but may also require medications and/or insulin as well.

What are the risk factors for Type 2 diabetes?

- Having a parent, brother, or sister with diabetes
- Being a member of a high-risk group (Aboriginal, Hispanic, South Asian, Asian, or African descent)
- Having given birth to a baby that weighed more than four kilograms (nine pounds) at birth or having had gestational diabetes (diabetes during pregnancy)
- Having been diagnosed with prediabetes (impaired glucose tolerance or impaired fasting glucose)
- Having high blood pressure;
- Having high cholesterol or other fats in the blood;
- Being overweight, especially if that weight is mostly carried around the tummy

[Click here for a full list of the risk factors for Type 2 diabetes.](#)

[Click here to fill out an interactive questionnaire to find out your risk for diabetes.](#)

How can I help prevent Type 2 diabetes?

Improving your dietary pattern, increasing physical activity and a weight loss of 5% of body weight can reduce your risk of type 2 diabetes by almost 60%. Aim for a minimum of 150 minutes of physical activity in one week. As little as ten minutes at a time can add up to the 150 minutes. There are many resources below to help you make changes in your lifestyle:

References: <http://www.diabetes.ca/about-diabetes/types-of-diabetes>

- Call Eat Right Ontario at 1-877-510-510-2 to speak to a Registered Dietitian who can give you advice on healthy eating. [Check out their website for recipes, meal planning help and more!](#)
- Attend a Diabetes Education Program in Ontario if you have diabetes, pre-diabetes, or have been told you are at risk. If you are 18 or older, you can receive the services of a Registered Nurse and Registered Dietitian at no cost. [Click here for more information.](#)
- Check out the Canadian Diabetes Association website for more information on types of diabetes, risk factors and treatment options. <http://www.diabetes.ca/about-diabetes>

Zesty White Bean and Turkey Chili

Makes 12 servings

Cooking time: n/a

Ingredients

- 2 Tbsp canola oil 25 mL
- 2 2/3 cups chopped onion 650 mL
- 4 garlic cloves, finely minced
- 1/3 cup seeded and minced jalapeno pepper 75 mL
- 6 cups fat-free, reduced-sodium chicken broth 1.5 L
- 3 cans (15 oz. each) great northern beans, drained and rinsed
- 2 cups diced, cooked turkey breast 500 mL
- 1 1/2 cups frozen sweet corn kernels 375 mL
- 2 tsp ground cumin 10 mL
- 1 tsp ancho chile pepper 5 mL
- 1 1/2 tsp fresh lime juice 7 mL
- 2 tsp finely minced fresh cilantro 10 mL

Instructions

1. In a large Dutch oven, heat canola oil over medium-high heat. Add onions and garlic and sauté for 5 minutes. Add jalapeno pepper and sauté until onions are tender.
2. Add chicken broth, beans, turkey and corn. Bring to a boil.
3. Reduce heat to medium-low. Add cumin and ancho chile pepper. Simmer 35 minutes.
4. Stir in lime juice and simmer additional 5 minutes.
5. Stir in cilantro immediately before serving. Serve.

Notes

Nutrition information: 1 serving: 245 calories, 3g total fat, 0.3g saturated fat, 43 mg cholesterol, 250 mg sodium, 29g carbohydrate, 9g fibre, protein 26g

Yield: 12 servings, Serving Size: 1 cup Courtesy of canolainfo.org and diabetes.ca

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