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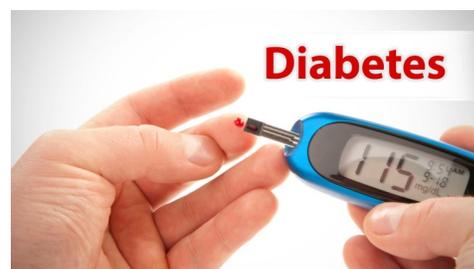
Food and Fitness

Symptoms of Type 2 Diabetes

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Many people live with type 2 diabetes or prediabetes for years without having it formally diagnosed. Type 2 diabetes come with symptoms that are pretty distinct. Testing for diabetes is a very easy process as well.



Certain factors can increase the likelihood of developing type 2 diabetes such as family history, overweight or obesity, race, and if you are age 45 or older. Also, physical inactivity and other certain health related issues like high blood pressure can increase the chances of developing type 2 diabetes.

Diabetes is one of the most common disease states. According to the Mayo Clinic, type 2 diabetes is an impairment in the way the body regulates and uses sugar (glucose) as a fuel. Diabetes occurs when blood glucose (blood sugar) is too high. Blood glucose is one of the most important sources of energy for your cells.

The pancreas creates a hormone called insulin that puts the blood glucose into the cells for energy. In a diabetic, the process of using blood glucose for energy is off. The pancreas either does not create enough insulin or the process is impaired.

(Continues on Page 2)

Symptoms of Type 2 Diabetes

(Continued from Page 1)

The onset of diabetes can be a slow process that takes years to develop. Often people are diagnosed with prediabetes and can turn into type 2 diabetes later on. Prediabetes is a term that is often used when the blood glucose levels are higher than normal but not quite high enough to be classified as type 2 diabetes. Testing the blood glucose levels are important for identifying prediabetes or type 2 diabetes. It is common for those with prediabetes to not experience symptoms other than the higher than normal blood glucose levels.

With it taking years to develop type 2 diabetes, often people mistakenly place these symptoms with the process of aging. For type 2 diabetes, symptoms can be mild to severe.

- ◆ **Increased hunger**—Eating provides the body with energy so when the cells do not use the glucose for energy the body signals the hunger hormone.
- ◆ **Fatigue**—When the energy is not being taken out of the blood for use, eventually the lack of energy creates fatigue.
- ◆ **More frequent urination**—With a normal person, the kidneys reabsorb glucose as it passes through. When you have diabetes, the increased amount of glucose in the blood causes the kidneys to work harder than normal leading to more frequent urination.
- ◆ **Increased thirst**—Kidneys use fluids to create urine and goes right along with frequent urination.
- ◆ **Blurry vision**—Fluid levels can effect the lenses inside of the eye. The lenses can swell up and change their shape which leads to blurry vision or focus issues.
- ◆ **Slow to heal**—High blood glucose levels can alter the flow of blood and cause nerve damage. Both of these make it harder for sores or cuts to heal.
- ◆ **Tingling, pain or numbness**—Nerve damage can cause these feelings commonly in the hands and feet.

Diabetes is very hard on the body and can lead to many other issues. If you are concerned about family history or occurring symptoms, consult your doctor.

PREDIABETES

Blood Sugar Level



WHAT IS PREDIABETES?

If your blood sugar (glucose) level is higher than normal but not high enough to be classified as diabetes, then you have prediabetes. Prediabetes is also referred to as impaired fasting glucose (IFG) or impaired glucose tolerance (IGT). It used to be called borderline diabetes.



1 in 3 (33%) OF PEOPLE with prediabetes, don't even know that they have the condition.

BUT I FEEL FINE... Some people with prediabetes have no symptoms. Others have some of the symptoms of diabetes. Regardless, you can have prediabetes and diabetes for years and not know it.



WHAT CAN I DO ABOUT IT?

Treating prediabetes and delaying or preventing diabetes is all about controlling your blood sugar. You can do this by eating a healthful diet and not skipping meals, exercising moderately for at least 30 minutes five days/week, and losing just 5-10% of your body weight. Also have your blood sugar levels regularly checked by a doctor.



EAT HEALTHIER



LOSE WEIGHT



EXERCISE REGULARLY



CHECK BLOOD SUGAR LEVELS REGULARLY

WHAT IMPACT does prediabetes have on my body?

Prediabetes can lead to:

STROKES



HEART DISEASE

TYPE 2 DIABETES



High blood sugar can silently wreak havoc on your body over time and can cause harm to your:



EYES

KIDNEYS



NERVES

SYMPTOMS

Of diabetes

- Frequent urination
- Feeling very thirsty
- Feeling very hungry, even while eating
- Blurred vision
- Extreme fatigue
- Cuts or bruises that are slow to heal
- Tingling, pain or numbness in hands and feet

— source: American Diabetes Association

Fruit—Kiwifruit

Kiwifruit grow in many areas of the world. Kiwis are a popular fruit in the United States, as well as other countries, and can be found in most grocery stores. The kiwifruit, often shortened to kiwi, is a large berry that originated in eastern China. Originally, kiwis were known as Chinese gooseberries. The name kiwi came from New Zealand exporters who named them after the kiwi birds.



Kiwis grow on a woody vine in the shape of an oval. Kiwis can come with a green or yellow inside and a fuzzy brown skin on the exterior. The green ones are the most popular in the United States. The inside of kiwi has a sweet and tart flavor combination. The skin of a kiwi is fussy and brown. It can also be eaten and has a tart flavor.



Kiwis are noted to be high in dietary fiber, vitamin C, and vitamin K. Kiwis are also noted to contain notable amounts of Vitamin E, folate, potassium, and copper. Kiwis are low in calories, fat, and sodium.



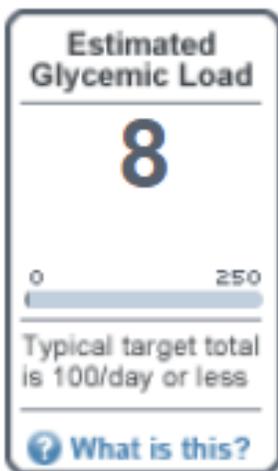
Kiwis can be eaten in a variety of ways but are most often consumed in their raw and natural form. Try eating kiwis in a unique way!

Caloric Ratio Pyramid [? What is this?](#)

Caloric Ratio Pyramid for Kiwi fruit, (chinese gooseberries), fresh, raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

87%	7%	6%
Carbs	Fats	Protein



NutritionData's Opinion

[? What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin E (Alpha Tocopherol), Potassium and Copper, and a very good source of Vitamin C and Vitamin K.

The bad: A large portion of the calories in this food come from sugars.

Kiwi fruit, (chinese gooseberries), fresh, raw

Serving size: 1 cup (177g)



NUTRITION INFORMATION

Amounts per 1 cup (177g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	108 (452 kJ)	5%
From Carbohydrate	93.5 (391 kJ)	
From Fat	7.7 (32.2 kJ)	
From Protein	6.8 (28.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.0 g	4%

[More details](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	25.9 g	9%
Dietary Fiber	5.3 g	21%
Starch	0.0 g	
Sugars	15.9 g	

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	154 IU	3%
Vitamin C	164 mg	273%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	2.6 mg	13%
Vitamin K	71.3 mcg	89%
Thiamin	0.0 mg	3%
Riboflavin	0.0 mg	3%
Niacin	0.6 mg	3%
Vitamin B6	0.1 mg	6%
Folate	44.2 mcg	11%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.3 mg	3%
Choline	13.8 mg	
Betaine	0.9 mg	

[More details](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.9 g	1%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.1 g	
Polyunsaturated Fat	0.5 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	74.3 mg	
Total Omega-6 fatty acids	435 mg	

Learn more about these fatty acids and their equivalent names

[More details](#)

Minerals

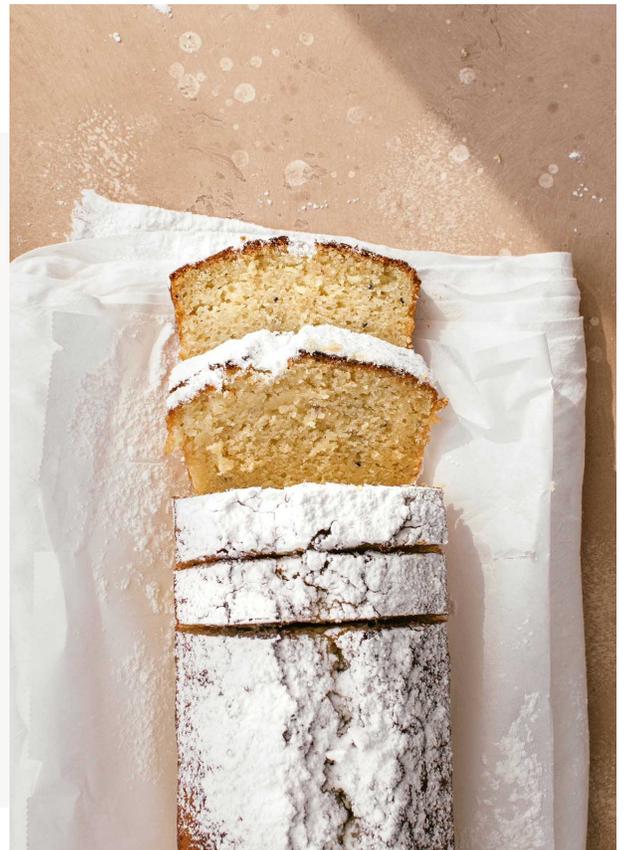
Amounts Per Selected Serving		%DV
Calcium	60.2 mg	6%
Iron	0.5 mg	3%
Magnesium	30.1 mg	8%
Phosphorus	60.2 mg	6%
Potassium	552 mg	16%
Sodium	5.3 mg	0%
Zinc	0.2 mg	2%
Copper	0.2 mg	12%
Manganese	0.2 mg	9%
Selenium	0.4 mcg	1%
Fluoride	~	

Recipe—Kiwi Lime Loaf Cake with Yogurt

INGREDIENTS

Cake

- 2 2/3 cups (350 g) all purpose flour, sifted
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon sea salt
- 1/2 cup (150 g) Greek yogurt
- 1 cup (200 g) white granulated sugar
- 4 large eggs, *see notes on size*
- 1 teaspoon lime zest
- 1/2 teaspoon vanilla paste or extract
- 9 oz (250 g) kiwi fruit, peeled and pureed
- 1/2 cup (120 ml) sunflower oil, or any



Lime syrup

- 2 tablespoons (30 ml) fresh lime juice
- 2 tablespoons (30 ml) water
- 4 tablespoons (60 g) white granulated sugar

INSTRUCTIONS

Lightly grease a loaf pan with oil and line bottom with parchment paper. Dust all sides with flour. Set pan aside. **Preheat the oven to 350°F (175°C)** and place a rack in the middle of the oven.

Combine flour, baking powder and salt in a medium bowl. In another bowl, whisk together yogurt, sugar, eggs, lime zest and vanilla paste.

Stir the flour mixture into wet ingredients, gently, just until all the patches of flour are gone. Next, whisk in pureed kiwi. Slowly fold in the oil, stir just until the mixture is well combined but do not overmix!

Pour batter into the prepared pan and bake for 50-60 minutes, until golden brown in color and a skewer (or cake tester) inserted in the center of the cake comes out clean. (If your cake is getting dark brown on top but is raw in the middle, cover the pan with aluminum foil and keep baking until a skewer comes out clean. Crumbs are

Meanwhile prepare the lime syrup (optional): Combine lime juice, water and sugar in a small non-reactive saucepan. Cook over medium heat until the sugar dissolves and the mixture is clear, about 5 minutes. Set it aside.

When the cake is baked let it cool in the pan for 10 minutes. Gently transfer the cake to a wire rack (placed over a sheet pan) and slowly pour over the lime syrup, trying to cover the top of the cake.

Let cake cool completely then serve. I like to dust it with sugar before serving.

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

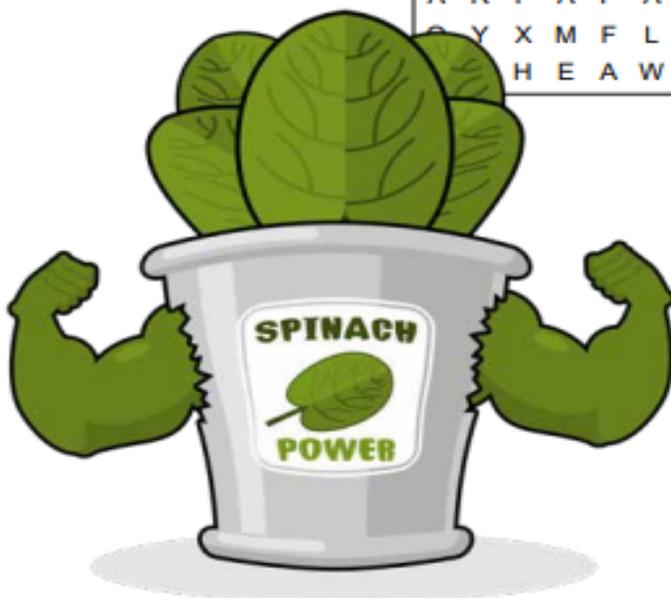
DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Superfoods

Word Search



- Almond
- Apple
- Artichoke
- Asparagus
- Avocado
- Beet
- Black Bean
- Broccoli
- Brown Rice



- Brussels Sprout
- Cabbage
- Cantaloupe
- Chia Seed
- Cranberry
- Edamame
- Flax Seed
- Goji Berry
- Grapefruit

- Green Tea
- Kale
- Kelp
- Quinoa
- Raspberry
- Salmon
- Spinach
- Tomato
- Watermelon



**August
Monthly
Observances**

- **Admit You're Happy Month**
- **Family Fun Month**
- **International Pirate Month**
- **National Catfish Month**
- **National Eye Exam Month**
- **National Golf Month**
- **National Picnic Month**
- **Peach Month**
- **Romance Awareness Month**
- **Water Quality month**

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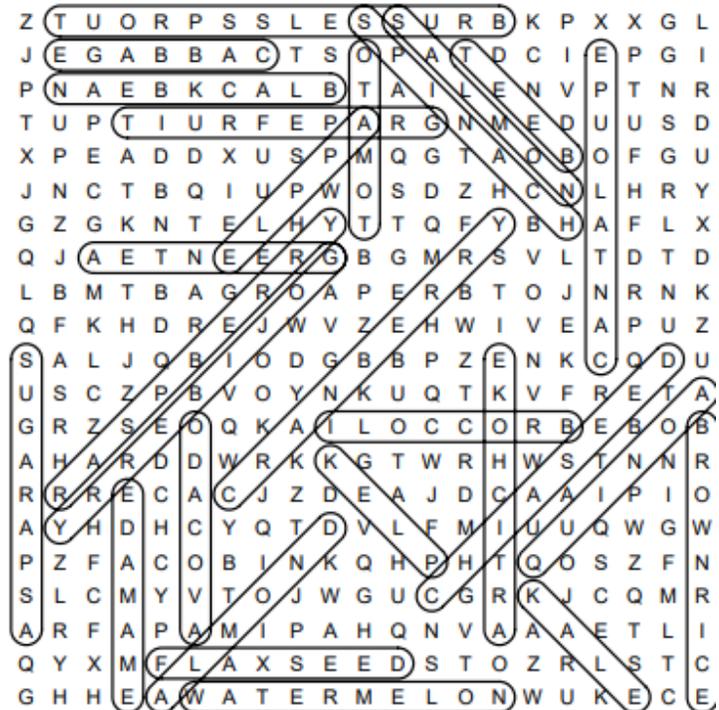
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 National Mountain Climbing Day	2 Find a Four Leaf Clover Day	3 National Watermelon Day	4 National Chocolate Chip Cookie Day	5 National Oyster Day	6 National Mustard Day
7 Friendship Day	8 International Cat Day	9 Book Lover's Day	10 National S'mores Day	11 Son and Daughter Day	12 National Vinyl Record Day	13 Left Handers Day
14 National Creamsicle Day	15 Relaxation Day	16 National Tell a Joke Day	17 National Thrift Shop Day	18 Bad Poetry Day	19 National Potato Day	20 National Radio Day
21 Senior Citizen's Day	22 Be an Angel Day	23 World Daffodil Day	24 Iconic American Restaurants Day	25 National Banana Split Day	26 National Dog Day	27 Just Because Day
28 Stuffed Green Bell Peppers Day	29 More Herbs, Less Salt Day	30 Toasted Marshmallow Day	31 National Eat Outside Day			

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Brain Exercise Answers

SOLUTION



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