NOVEMBER

American Diabetes Month®

Monthly well-being tip*

Did you know fiber can help you manage your blood sugar? Fiber is a carbohydrate but is not absorbed or broken down by the body. Because of this, it can slow the breakdown of other carbohydrates you eat. Women should eat at least 25 grams of fiber per day and men should eat at least 38 grams of fiber per day. Need more? Try adding at least one high fiber food to each meal or snack such as 1 cup of blackberries (8 grams), 1 apple with the skin (5 grams) or ½ cup cooked black beans (8 grams).



Well-being fun fact*

Diabetes has been mentioned in history since before the Middle Ages. Descriptions of signs and symptoms like excessive thirst and sweet urine were mentioned in Egyptian papyri (1500 and 2000 BC), by an Indian surgeon, Sushrta, in the 5th century BC and by Chang Chung-Ching, the "Chinese Hippocrates," during the early AD period. The first accurate description of diabetes was made by Aretaeus of Cappadocia in the 2nd century AD. He coined the term diabetes, which comes from the Greek verb, *diabaino*. *Diabiano* means the condition that the fluid runs through.

What you should know

Diabetes is a health condition where your blood sugar, or glucose, is too high for a long period of time. Your body uses insulin, a hormone, to allow blood sugar to enter your cells and be used for energy. Diabetes occurs because your body is not responding to insulin, is not making enough, or any insulin at all.*

Chances are you know a family member or friend who has diabetes. Over 12% of the American population lives with diabetes. That is at least 40 million people. It's estimated that 1.5 million new cases are diagnosed each year.*

Certain types of diabetes are preventable or reversible, while others are not. It is important that you understand the differences between the types of diabetes as well as risk factors, signs, symptoms and complications.

WELLNESS OBSERVANCE(S)/DAYS*

- American Diabetes Month
- Native American Heritage Month
- Great American Smoke Out
- Bladder Health Awareness Month
- Lung Cancer Awareness Month
- World Antibiotic Awareness Week
- COPD Awareness Month

IN-SEASON PRODUCE*

- Carrots – Fiber source
- Peas – Fiber source
- Pumpkin – Fiber source
- Sweet potatoes – Fiber source
- Blood oranges – Support immunity
- Pears – Fiber source

*FOR WELL-BEING TIP SOURCE: American Diabetes Association. Facts about fiber you should know. January 7, 2025. Accessed July 28, 2026.
*FOR WELLNESS OBSERVANCES SOURCE: National Today. November Holidays. Accessed July 28, 2026.
*FOR IN-SEASON PRODUCE SOURCE: Bailey MM. What's in season: November produce guide. Center for Science in the Public Interest. November 1, 2024. Accessed July 28, 2026.
*FOR FUN FACT SOURCE: Karamanou M. Milestones in the history of diabetes mellitus: The main contributors. World Journal of Diabetes. January 10, 2016. Accessed July 28, 2026.
*FOR DIABETES DESCRIPTION SOURCE: Cleveland Clinic. Diabetes. February 17, 2023. Accessed July 28, 2026.
*FOR DIABETES STATS SOURCE: American Diabetes Association. Statistics about diabetes. Accessed July 28, 2026.

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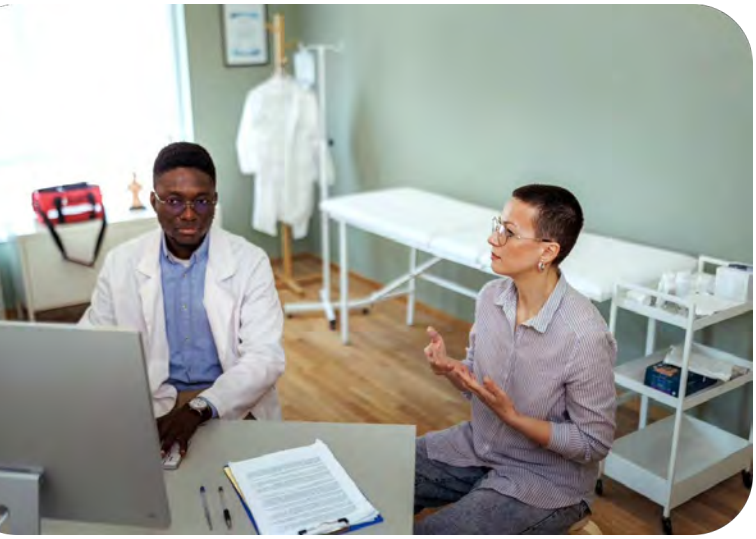
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Types of diabetes

Type 2 diabetes:* Type 2 diabetes is the most common type of diabetes. It occurs when body isn't making enough insulin and/or cells aren't responding to the insulin that is being made — this is called insulin resistance. It may take several years for type 2 diabetes to develop. Before that, you may have been prediabetic. This is when your blood sugars are high but not high enough for a type 2 diabetes diagnosis.*

Both can develop without any noticeable signs and symptoms and remain undetected for years, especially if you do not complete an annual preventive screening with labs. It can be prevented, delayed or put in remission with healthy lifestyle choices.

- *Risk factors:**
  - Prediabetes, overweight, age 45 or older, family history of type 2 diabetes, had gestational diabetes, given birth to a baby weighing 9 pounds or more, are African American, Hispanic or Latino, American Indian or Alaska native person
- *Signs and symptoms:**
  - Frequent urination, increased hunger and thirst, losing weight without trying to, tiredness, irritable or moody, blurry vision, frequent urinary tract infections (UTIs) or yeast infections



Type 1 diabetes:* Your pancreas doesn't make insulin. This is believed to occur due to an autoimmune reaction. Without insulin, sugar will build up in your bloodstream and cause damage to your body. Those with type 1 diabetes are often referred to as "insulin dependent." They must take insulin daily to allow the sugar they eat to move into their cells. This type of diabetes can develop at any age.

- *Risk factors:**
  - Family history of a parent, brother or sister who has type 1 diabetes, is more likely to develop in children, teens or young adults
- *Signs and symptoms:**
  - There are no signs and symptoms early on but once they start, they can be similar to type 2 diabetes. Symptoms start mild but can progress quickly over days, weeks or months and become severe. Severe symptoms include nausea, vomiting and stomach pain.

Gestational diabetes (GD):* Can develop during pregnancy in women who don't already have diabetes, usually between 24 to 28 weeks gestation. During pregnancy, there are many hormonal changes, including some to insulin. Your body may not make enough insulin or use the insulin it has effectively, causing high blood sugar (hyperglycemia). Signs and symptoms are often mild. Developing GD can put you at higher risk for type 2 diabetes later in life.

- *Risk factors:**
  - Heart disease, high blood pressure, being overweight or obese before pregnancy, previous history of GD during pregnancy, family history of type 2 diabetes, polyendocrine metabolic ovarian syndrome (PMOS) or prediabetes
- *Signs and symptoms:**
  - Frequent urination, excessive thirst, tiredness, nausea

*FOR TYPE 2 DIABETES DEFINITION AND RISK FACTORS SOURCE: Centers for Disease Control and Prevention. Type 2 diabetes. May 15, 2024. Accessed July 28, 2026.
*FOR PREDIABETES SOURCE: Centers for Disease Control and Prevention. Prediabetes – Your chance to prevent type 2 diabetes. December 26, 2024. Accessed July 28, 2026.
*FOR TYPE 2 DIABETES SIGNS AND SYMPTOMS SOURCE: Centers for Disease Control and Prevention. Symptoms of diabetes. May 15, 2024. Accessed July 28, 2026.
*FOR TYPE 1 DIABETES DEFINITION AND RISK FACTORS SOURCE: Centers for Disease Control and Prevention. Type 1 diabetes. May 15, 2024. Accessed July 28, 2026.
*FOR TYPE 1 DIABETES SIGNS AND SYMPTOMS SOURCE: Cleveland Clinic. Type 1 diabetes. October 29, 2025. Accessed July 28, 2026.
*FOR GESTATIONAL DIABETES DEFINITION, RISK FACTORS AND SIGNS AND SYMPTOMS SOURCE: Cleveland Clinic. Gestational diabetes. August 8, 2024. Accessed July 28, 2026.

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Diabetes testing and complications

Testing for diabetes* is simple. It's done with a blood test at your doctor's office or lab facility. The results are available quickly. If you have any risk factors, you should get tested even if you don't have symptoms. Those with prediabetes or type 2 diabetes often don't have symptoms.

- Types of tests
  - **Autoantibody test** is for type 1 diabetes to detect the presence of diabetes-related autoantibodies.
  - **A1C or HbA1c test** measures average blood sugar from the past two to three months.
    - *Normal:* <5.7% | *Prediabetes:* 5.7% - 6.4% | *Diabetes:* 6.5% or above
  - **Fasting blood sugar test** measures blood sugar after fasting (not eating).
    - *Normal:* 99mg/dL or below | *Prediabetes:* 100 – 125 mg/dL | *Diabetes:* 126 mg/dL or above
  - **Glucose tolerance test** measures blood sugar before and after you drink a liquid that contains sugar. Blood sugar levels are checked at one, two and three hours after you drink the liquid. This is for nonpregnant individuals.
    - **Reference values at two hours –** *Normal:* 140 mg/DL or below | *Prediabetes:* 140 – 199 mg/dL | *Diabetes:* 200 mg/dL or above
  - **Random blood sugar test** measures blood sugar at the time of testing. You don't need to be fasting for this test.
    - *Normal and Prediabetes:* N/A | *Diabetes:* 200 mg/dL or above

Diabetes complications:* Over time, high blood sugar and poorly managed diabetes may cause serious complications. These could include:

- Cardiovascular disease, stroke, chronic kidney disease, vision loss, diabetes related eye disease, nerve damage (diabetic neuropathy), foot complications including ulcers or amputation, skin complications, dental complications, hearing loss or diabetic ketoacidosis (DKA).



If you recall, type 2 diabetes can be **prevented**, **delayed** or **put in remission**. Let's take a look at some ways you can achieve this.

- If you've been diagnosed with prediabetes or at high risk for developing type 2 diabetes consider joining the National Diabetes Prevention Program (National DPP).* This is a year program designed to help with healthy eating, increasing physical activity, maintain long-term lifestyle changes and reduce stress.

- Lifestyle changes:*
  - Eat smaller portions more often during the day.
  - Follow a healthy eating plan that includes whole grains, fruits and vegetables. Limit processed foods, fat and sugar.
  - Get regular exercise, at least 30 minutes most days of the week.
  - Lose weight. Losing 5% to 7% of your body weight may lower your risk.
  - Maintaining a healthy weight.
  - Don't smoke. If you do, try to quit.

The guide on this page, from the Centers for Disease Control and Prevention, is a great resource to help you get started and track your changes!

*FOR DIABETES TESTING SOURCE: Centers for Disease Control and Prevention. Diabetes testing. May 15, 2024. Accessed July 28, 2026.
*FOR DIABETES COMPLICATIONS SOURCE: American Diabetes Association. Diabetes complications. Accessed July 28, 2026.
*FOR NATIONAL DIABETES PREVENTION PROGRAM SOURCE: American Diabetes Association. Prevent or delay diabetes. Accessed July 28, 2026.
*FOR LIFESTYLE CHANGES SOURCE: Medline Plus. How to prevent diabetes. December 3, 2025. Accessed July 28, 2026.
*FOR TYPE 2 DIABETES PREVENTION GUIDE SOURCE: Centers for Disease Control and Prevention. About "On your way to preventing type 2 diabetes." May 15, 2024. Accessed July 28, 2026.

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High protein turkey chili recipe*

Ingredients (8 servings)

- 2 lbs. ground turkey
- 1 medium yellow onion, chopped
- Oil
- 24 – 32 oz tomato sauce
- 1 15 oz can diced tomatoes
- 1 15 oz can cannellini beans
- 1 15 oz can chickpeas
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp salt
- 2 tbsp chili powder
- 2 tbsp paprika
- 1 ½ tbsp cumin
- 1 ½ tbsp oregano
- 1 cup water

Instructions

1. Heat a large skillet over medium heat. Brown your ground turkey until cooked through. Drain the grease and set aside.
2. In a large soup pot, add a small amount of oil and the chopped onion. Sauté the onion over medium high heat for 10 minutes with the lid on, stirring occasionally
3. Once the onion has begun to brown, add all of your remaining ingredients (Do not drain liquid from cans before adding to the pot) Stir everything together to combine.
4. Bring your chili to a boil, reduce the heat, and simmer for 30 minutes with the lid off. Enjoy!



Nutrition*

Nutrition for 1 serving, approximately 1.5 cups

- Calories: 318 | Carbohydrates: 29g | Protein: 28g | Fat: 11g | Saturated Fat: 3g | Sodium: 634mg | Fiber: 7g | Sugar: 9g

Recipe facts*

- The protein-to-carb ratio in this chili helps prevent blood sugar spikes.
- The high fiber content also slows digestion, meaning glucose is released into your bloodstream more gradually.
- Pair with a small side salad or some non-starchy vegetables if you want to make the meal even more filling without adding many carbohydrates.

*FOR RECIPE, NUTRITION AND RECIPE FACTS SOURCE: Milk and honey nutrition. December 31, 2020. The best blood sugar-friendly high protein turkey chili. Accessed July 16, 2026.

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