

How to Prevent Type 2 Diabetes

The rise of diabetes in children and adults is related to unhealthy lifestyle, including excess of simple carbohydrate intake and lack of physical activity. If diabetes is not managed properly, they may experience the following symptoms:



Increased Thirst



Increased Urination



Weight Loss



Fatigue



Blurred Vision



Slow-healing wounds

Recommended daily sugar intake by the American Heart Association

Children aged 4 to 6 years	< 19 grams or 5 tsp
Children aged 7 to 10 years	< 24 grams or 6 tsp
Children aged 11 years or above	< 30 grams or 7 tsp
Adult men	< 36 grams or 9 tsp
Adult women	< 25 grams or 6 tsp
Note: Typical American Sugar Consumption: 19.5 tsp/82g per day 1 tsp = 4g of sugar	

Complex Carbs



Simple Carbs



1 can of soft drink

Nutrition Facts	
Serving Size 1 Can	
Servings Per Container 12	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Sugars 39g	
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Ways to Prevent Type 2 Diabetes

Decrease screen time and increase physical activities

- ❖ Limit screen time to no more than 2 hours a day
- ❖ 1 hour of exercise a day for most days of the week to help decrease risk of developing chronic diseases

Maintain A Healthy Eating Habit

- ❖ Avoid excess sugar-sweetened beverages, as it has a 26% greater risk of developing type 2 diabetes
- ❖ Choose whole food, fresh fruits and home-made fruit juices for fiber and antioxidants that promote good health
- ❖ Eat complex carbohydrates vs simple carbohydrates to maintain stable blood sugar and avoid overeating

Speak with your doctor about a plan that's right for you to prevent or manage diabetes.



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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如何預防二型糖尿病

不健康的生活方式包括過量的簡單碳水化合物攝入和缺乏運動，逐漸導致兒童和成年人患上糖尿病呈上升趨勢。如果糖尿病沒有得到適當的管理，患者可能會有以下症狀：



時常感到口渴



排尿更頻密



體重下降



感到疲勞



視力模糊



傷口癒合緩慢

美國心臟協會建議每天糖的攝入量

4歲至6歲的兒童	< 19 克或 5 茶匙
7歲至10歲的兒童	< 24 克或 6 茶匙
11歲或以上的兒童	< 30 克或 7 茶匙
成年男性	< 36 克或 9 茶匙
成年女性	< 25 克或 6 茶匙

注：典型的美國人糖的攝入量：每天 19.5 茶匙 / 82克
1 茶匙 = 4克糖

複合碳水化合物



簡單碳水化合物



一罐汽水

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Amount Per Serving	
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預防二型糖尿病的方法

減少螢幕時間和增加多運動

- ❖ 限制每天的螢幕時間不超過兩小時
- ❖ 建議每天進行一小時的運動，幫助減少患上慢性病的風險

保持健康的飲食習慣

- ❖ 避免攝入過量含糖飲料，因為會增加 26%患上二型糖尿病的風險
- ❖ 選擇天然食材、新鮮水果和自製果汁，它們的纖維和抗氧化劑含量高，有助促進健康
- ❖ 選擇複合碳水化合物代替簡單碳水化合物，可以保持血糖穩定和避免進食過量

與您的醫生討論適合您預防或管理糖尿病的計劃!



要了解我們的醫生集團，請致電會員服務部：(415) 590-7418



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