

*Wegmans*  
pharmacy

# living with type 2 diabetes



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# what is type 2 diabetes?

**Type 2 diabetes is a disorder where your body is unable to use insulin properly. This can cause elevated blood sugar and other health complications.**

More than 38 million people in the United States are living with diabetes. Of those Americans, 1 in 5 doesn't know they have diabetes. There are two main types of diabetes—Type 1 and Type 2. Type 2 diabetes is the most common type of diabetes. Diabetes is serious and requires close monitoring and maintenance. Although there is no cure, you can still have a healthy and happy life living with diabetes—and you play a vital role in managing your disease.

**A healthy lifestyle is a key to managing your diabetes.** Lifestyle changes can be very difficult to make at first, but with support and a desire to make them, they can become a new way of life for you. Advice on managing your diabetes can come from many different directions; our goal is to offer support and help you decide what is right for you. We are not here to substitute for your physician, but we'd like to be another part of your diabetes team. The rest is up to you!

Disclaimer: Wegmans Pharmacy and Nutrition teams have based this booklet on the American Diabetes Association (ADA) Standards of Diabetes Care 2024 and American Association of Clinical Endocrinologists (AACE)/American College of Endocrinology (ACE) Comprehensive Type 2 Diabetes Management Algorithm 2023.



Chicken  
Parmesan  
with Broccoli &  
Zucchini Noodles

# what causes high blood sugar?

When we eat, our bodies break down and digest our food so that we can use it for energy. Some of the food is broken down into a simple sugar called glucose. Our muscles and organs need that glucose for energy, but they can't always get to it on their own. They need the help of insulin. Insulin is a hormone produced in the pancreas that helps glucose get inside of our cells in order for our body to use it. Without insulin, the glucose can't get to the places it needs to go and winds up staying in our blood. If you have Type 2 diabetes, your body doesn't use insulin properly. Either there is not enough insulin made, or the body becomes resistant to the insulin that is there. Both result in glucose staying in the blood causing "high blood sugar."

## complications

Serious health problems can occur if diabetes is left untreated and glucose levels stay high. High blood pressure and high cholesterol, in addition to high blood sugar, further increase your risk of developing complications.

**Heart Disease:** The most common cause of death in people with diabetes is heart disease. Diabetes increases the risk for developing heart disease that can lead to heart attack and stroke. If you have diabetes, controlling your risk is very important. This includes controlling blood sugar levels, monitoring blood pressure, and maintaining healthy weight and cholesterol levels.

**Eye problems (diabetic retinopathy):** Diabetes can cause glaucoma, cataracts, and other eye problems leading to reduced vision and even blindness.

**Kidney failure:** Kidney disease is caused by damage to small blood vessels of the kidney from high blood sugar levels. This can decrease blood flow and the kidney's ability to filter blood.

**Nerve damage (neuropathy):** Diabetes can damage the nerves in your body leading to problems with digestion and erectile dysfunction. Peripheral neuropathy is nerve damage to extremities leading to pain, tingling, and loss of feeling. Loss of feeling from nerve damage and from decreased blood flow to the feet can even result in amputation.

### Did you know?

With the correct treatment and recommended lifestyle changes, many people with diabetes are able to delay the onset of complications or prevent them altogether.

# managing your health



### Did you know?

Wegmans Pharmacy is here to help manage your diabetes.

Sometimes managing diabetes can be overwhelming, and it's hard to know where to start. Reach out to your healthcare providers for help in monitoring your disease. There are a number of programs and support options available.

To start, here are 10 important ways to stay on top of your Type 2 diabetes:

1. **Hemoglobin A1C Test:** Measured every 3 months until blood sugar is controlled, then every 6 months.
2. **Blood Pressure:** Taken at every office visit or daily if you are on blood pressure medication
3. **Cholesterol:** Measured at least yearly to check your risk for heart and blood vessel disease.
4. **"Dilated" Eye Exam:** Can show early signs of eye damage from diabetes. Have this test done every year.
5. **Urine Test (microalbuminuria):** A test that is usually done once a year by your doctor to monitor your kidney health.
6. **Foot Exam:** Tests the feeling in your feet and looks for any signs of infection. A complete foot exam should be done every year by a doctor, but you should check your feet every day.
7. **Exam of Gums & Teeth:** High levels of sugar can cause dental problems such as gingivitis and periodontitis. Be sure to brush and floss daily and see your dentist every 6 months.
8. **Weight:** Maintaining a healthy weight helps to reduce your risk for heart disease and makes blood sugar regulation easier. Try to weigh yourself regularly.
9. **Flu & Other Vaccines:** It is important to get a flu shot at the beginning of every flu season. Diabetes can weaken your immune system, causing you to become sick more easily. Talk to your doctor or pharmacist about other recommended vaccines like COVID-19, RSV, pneumonia, shingles, and hepatitis B.
10. **Sleep Hygiene:** Sleep hygiene plays an important role in glucose control. Sleep quality has been associated with blood glucose management, and at least 7 hours of sleep per night is advised.



### Scan to learn

about the connection between food and sleep

# five lifestyle changes

- 1. Eat a healthy diet:** There is no set diet for people with diabetes, but there are some tips that may help you on the path to healthy food choices. See the “Building a Meal for Type 2 Diabetes” section on pages 10 and 11.
- 2. Get moving!:** Exercise, or physical activity, is one of the most important ways to lower your blood sugar and manage diabetes. Physical activity affects your body in many ways; it not only lowers your blood glucose and helps you manage weight, but also can lower blood pressure, cholesterol, and the risk for heart disease and stroke.
- 3. Maintain a healthy weight:** Maintaining a healthy weight not only helps to lower blood sugar, but also may help to lower blood pressure and cholesterol just as exercise does.
- 4. Limit alcohol intake:** For people with diabetes, there are risks associated with drinking alcohol, such as hypoglycemia (low blood sugar) or it may interact with some medications.
- 5. Set a quit date:** If you are a smoker with diabetes, you are at a high risk for having a heart attack or stroke. Quitting smoking has major benefits to your health and is the number one preventable cause of death.



**Scan to learn**  
about lifestyle changes

### Did you know?

You can lower your risk for having Type 2 diabetes by more than half with moderate exercise and staying at a healthy weight.



# how do I know if my sugar is under control?

Once diagnosed with Type 2 diabetes, your doctor will discuss target ranges for your blood sugar. Your doctor may also talk to you about checking your own blood sugar at home and keeping a log of readings so that it can be used to determine how your diabetes is progressing.



Glucose Measurements	Optimal Level For Type 2 Diabetes
Fasting	80-130mg/dL
After a meal	Less than 180mg/dL
A1C	7.0% or less

This chart lists standard blood glucose ranges for Type 2 diabetes. Talk with your doctor about your A1C and blood sugar goals.

# hypoglycemia & hyperglycemia

## Hypoglycemia (Low Blood Sugar)

**Hypoglycemia** happens when blood sugar is too low. It is described as a blood sugar level less than 70mg/dL. Below are a few factors that lower blood sugar:

- Too little food/missing meals
- Too much medicine/insulin
- More physical activity than usual
- Alcohol

**Below are some signs your blood sugar may be too low:**

- Shakiness
- Sweating/clammy
- Becoming angry or irritable
- Hunger
- Anxiety/nervousness
- Confusion
- Dizziness
- Pale skin
- Headache

Hypoglycemia/low blood sugar can become a life-threatening matter and should be treated immediately.



## Steps to treat hypoglycemia

- 1** Eat/drink 15 grams of quick carbohydrates. Here are some examples:
  - 4 glucose tablets
  - ½ cup of orange or apple juice
  - 3-4 hard candies
  - Slice of bread
- 2** After 15 minutes, if blood sugar is still less than 70mg/dL, consume another 15 grams of carbohydrates.
- 3** Once blood glucose is back to normal, eat a meal or snack to prevent another episode of hypoglycemia.
- 4** If blood sugar does not improve after the third treatment, call 911.

## Hyperglycemia (High Blood Sugar)

**Hyperglycemia** happens when blood sugar is too high. Below are a few factors that can raise blood sugar:

- Eating more than planned
- Forgetting to take diabetes medications
- Being sick, having an injury, or stress
- Some medications (check with your doctor or pharmacist)

**Below are some signs blood sugar may be too high:**

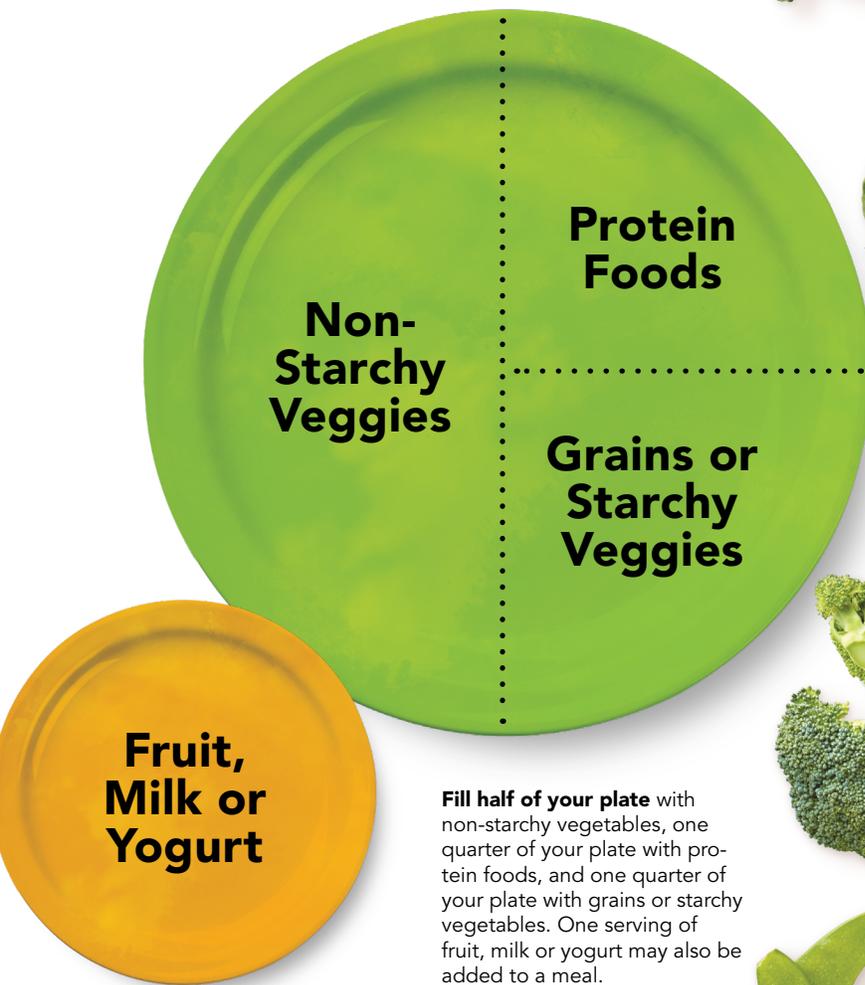
- Thirst/hunger
- Frequent urination
- Tiredness
- Blurred vision

Hyperglycemia left untreated, especially when you have an infection like a cold or the flu, can lead to serious health problems. Talk to your doctor or pharmacist about how to treat and prevent hyperglycemia.

# building a meal for type 2 diabetes

Determining **what**, **how much**, and **when** you eat foods, especially foods that contain carbohydrates, is important for managing Type 2 diabetes. Yet, there's no single diet that's right for every individual with diabetes.

The graphic below can help! Use this as a visual guide to get started with what to put on your plate. Work with your healthcare team to learn how much and when to eat foods that will support your specific needs.



**Fill half of your plate** with non-starchy vegetables, one quarter of your plate with protein foods, and one quarter of your plate with grains or starchy vegetables. One serving of fruit, milk or yogurt may also be added to a meal.



Scan for more meal inspiration and recipes

## A few examples for each food category

**Non-Starchy Veggies:** asparagus, beets, broccoli, brussels sprouts, carrots, cauliflower, celery, cucumber, eggplant, jicama, leafy greens, onions, mushrooms, radishes, and tomatoes

**Protein Foods:** seafood, poultry, meat, eggs, cheese, nuts, seeds, beans and lentils\*

**Grains\*\* or Starchy Veggies:** bread, cereal, corn, pasta, peas, potatoes, oats, rice, quinoa, corn, winter squash

**Fruit:** apples, berries, cherries, grapes, peaches, and oranges

**Milk:** reduced-fat, low-fat, and fat-free milk

**Yogurt:** Greek or plain low-fat or fat-free yogurt

\*Beans and lentils are sometimes counted as starchy vegetables. Refer to the FAQ "Are beans and lentils starchy veggies or protein foods?" for more information.

\*\*Choose whole grains more often than refined grains.

# meal inspiration

## breakfast

Non-starchy Veggies,  
Protein, Whole Grains



Avocado Toast paired with  
Flavor Bomb Tomatoes

## lunch

Non-starchy Veggies,  
Protein, Grains



Greek Turkey Burger with  
Fresh Cut Zucchini Sticks



## dinner

Non-starchy & Starchy Veggies,  
Protein, Whole Grains, Fruit



Kung Pao Beef Stir Fry served  
with Brown Rice & Clementines

# FAQs

## Q: What types of foods and beverages contain carbohydrates?

A: Fruits, vegetables, grains and grain products, milk and most milk products, beans, legumes, nuts, and seeds contain carbohydrates. Some contain more than others (e.g., starchy veggies contain more carbohydrates than non-starchy veggies) and some provide carbohydrates but very little nutrition (e.g., desserts and sweetened beverages).

## Q: If carbohydrates raise blood sugar, should I avoid eating them?

A: No! Carbohydrates provide fuel for the brain and body. Individuals with diabetes just need to be mindful of the amount and timing of carbohydrates to avoid spikes in blood sugar.

To avoid blood sugar spikes:

- Pair carbohydrate foods with protein and/or healthy fats (examples: apple with peanut butter, toast with avocado, grapes with cheese, pasta with chicken)
- Limit your intake of added sugars (e.g., sugary soda, pastries) and refined grains
- Swap favorite foods for similar ones with more fiber or lower total carbohydrates. For example, whole grain bread (more fiber) instead of white bread.

## Q: Can fiber help to lower blood sugar?

A: Yes. Fiber helps with digestive regularity and may help slow the absorption of carbohydrates, which may promote a slow and steady rise in blood sugar. Fiber can also support healthy bacteria in the gut which some research suggests may also influence blood sugar levels.

## Q: Are beans and lentils starchy veggies or protein foods?

A: Both are high in carbohydrates and provide protein. If beans and lentils are part of your main course, count them as a protein food. When they're a side for an animal-based entree (poultry, fish, beef), consider them a starchy veggie.

## Q: Is it ok to snack?

A: Yes. Your healthcare team can help you determine when and how much to eat for a snack. To avoid blood sugar spikes, pair a carbohydrate food with a protein food, like whole grain crackers with cheese.



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more useful info

# how wegmans can help

## Gain support from our people!

Our in-store employees are happy to share product ideas and cooking tips. Visit [wegmans.com/feelyourbest](https://www.wegmans.com/feelyourbest) to access online resources, including webinars and short videos created by Wegmans nutritionists.

Your Wegmans pharmacists are always available to answer your questions and offer ongoing support for leading a healthier, better life. Talk to your pharmacist about any medication questions or to have them keep track of your diabetes risk factors. Visit [wegmans.com/living-with-diabetes](https://www.wegmans.com/living-with-diabetes) to access online resources, including meal inspiration and diabetes FAQs.

More help is available at [wegmans.com](https://www.wegmans.com).

- Read the nutrition facts information and ingredient statements for packaged products.
- Read the nutrition facts information for in-store prepared Restaurant Foods.
- Search for products and chef-developed recipes with the ability to filter by Wellness Keys such as:



- Watch how-to cooking videos by Wegmans chefs.

# additional resources

**American Diabetes Association**  
[diabetes.org](https://diabetes.org)

**American Association of Clinical Endocrinologists**  
[aace.com](https://aace.com)

**Joslin Diabetes Center**  
[joslin.org](https://joslin.org)

**Wegmans**  
Feel Your Best: Lower Your Blood Pressure  
brochure is available at any of our pharmacies



**Scan to learn**  
how to feel your best

## Have questions or comments?

Call Wegmans Customer Care Center

**1-800-WEGMANS (934-6267)**

Mon-Fri: 8am-7pm; Sat & Sun: 8am-5pm

[wegmans.com/contactus](https://www.wegmans.com/contactus) or "Ways We Can Help" section of the Wegmans App

