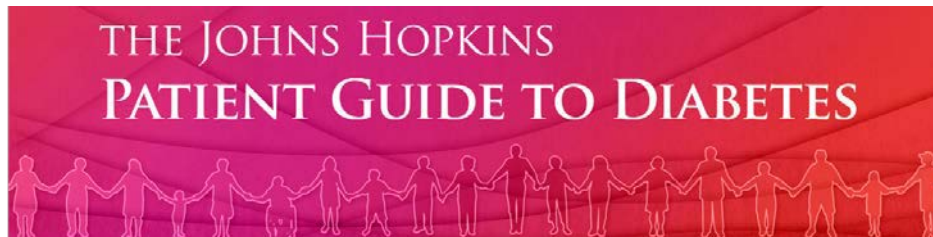


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**Volume 5; Issue 1**

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***Our Vision: To provide a trusted and reliable resource based on the latest evidence that people with diabetes or interested in diabetes can use to live healthier lives.***

**We thank the Frannie Foundation for their generous support of this website.**

**In 2019, this Diabetes Website was accessed *>250,000 times.*  
Thanks to our visitors from around the world!**



## **COVID-19 and Diabetes**

**New information from  
Mohammed Al-Sofiani, MBBS MSC  
and Michael Quartuccio, MD,  
former Website Managing Editors**

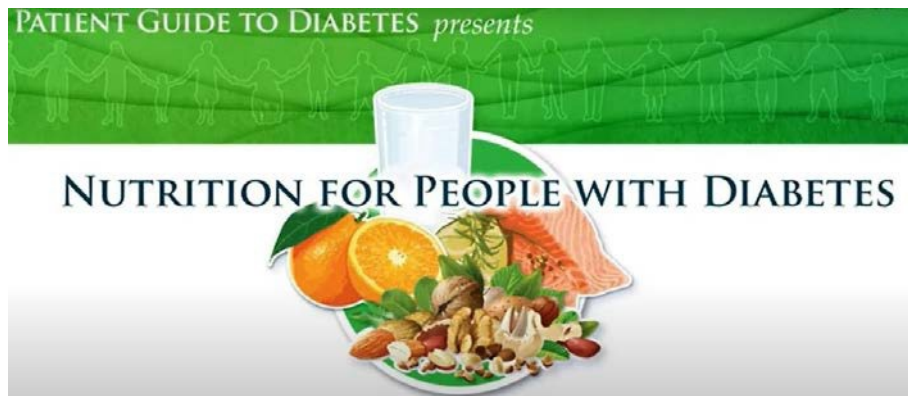
## FAQS about Diabetes & COVID-19

- Are people with diabetes more likely to get the COVID-19 infection than others?
- Are people with diabetes at a higher risk for having severe illness if they get infected with COVID-19?
- How can people with diabetes protect themselves during the COVID-19 pandemic
- Is there any special advice that you give to people with diabetes?

## Living with Diabetes during the COVID-19 Pandemic

Over 10% of the United States population has diabetes. Long-term consequences of poorly managed diabetes include visual impairment, kidney failure, amputations, and a higher risk of heart disease or stroke. However, in the short term, poorly managed diabetes may impact the body's response to a viral illness. Though the mechanism is not completely understood, high blood glucose levels (hyperglycemia) may result in a dysfunctional immune response to infection. Read more [here](#).

Read more questions and answers [here](#).



### **Don't Miss**

**4 new videos on Nutrition for People with Diabetes,  
featuring Christine McKinney, RD LDN CDE.**

**See our Video Section or  
go directly to each segment:**

## **Nutrition for People with Diabetes:**

**Part 1: Overview**

**Part 2: Essentials**

**Part 3: Nutrition Labels**

**Part 4: The ADA Diet and Other Healthy Hints**



## **Working from Home?**

**Read these Healthy Eating Tips  
from Nutritionist Christine McKinney:**

### **7 Tips for Healthy Eating While Working from Home**

We are all spending more time at home due to our current situation of the COVID-19 global pandemic. For many people, this means balancing a lot, including caring for family members, working from home, and more cooking at home. While we are social distancing, there is no eating out and limited take-out food. People with diabetes need to eat well to manage glucose and stay healthy. If you are working from home, try some of these ideas to stick with your healthy eating goals.

Read more [here](#)



## More Nutrition Tips

### South Asian Diets

It is a known fact that type 2 diabetes and other chronic metabolic disorders can be prevented and managed with a healthy diet and lifestyle changes. People with pre-diabetes have an opportunity to improve their health through balanced healthy meals before progressing to full blown diabetes. In today's society, we are overwhelmed by fad diets and information overload which makes these diets difficult to sustain, when in reality eating a balanced diet that is tasty should not be complicated.

South Asians have a high risk for heart disease, diabetes and obesity due to genetic factors and also consumption of a diet high in carbohydrates. Many South Asian Americans eat locally found processed foods in addition to the carbs found in their traditional foods, increasing their risk of chronic diseases. A large proportion of the Indian population is vegetarian and while vegetarian diets can be healthy, they can also be high in carbohydrates and low in protein. These diets traditionally consist of white rice, flat breads, and deep fried carbohydrate loaded snacks made from bleached flour, rice flour or lentil flour and stuffed with potato and peas.

### How to Read the New Food Label

If you read food labels, you have noticed that Nutrition Facts label got an update. This is the first major change since 1994. Larger food manufactures have already rolled out the updated Nutrition Facts label. All food products should have the new label by January 2021.

It's essential for people with diabetes to read labels and understand what's in the food you eat. The Nutrition Facts label gives you information to compare products and decide what's right for you. When reading the Nutrition Facts label, start at the top with information about servings.

### 5 Ways to Eat More Vegetables

A benefit for people with diabetes is that most vegetables are low in carbohydrates. Starchy vegetables such as potatoes, corn, and peas can still be healthy choices, but they contain more carbohydrates than other vegetables. People with diabetes should aim for 50% of your plate or bowl as nonstarchy vegetables. Eating more vegetables increases fiber intake which helps with glycemic control, digestion, weight management, and feeds the good bacteria in your gut. So, you know what you need to do and now it's time to plan. Follow these steps to get started eating more vegetables.

THE JOHNS HOPKINS  
PATIENT GUIDE TO DIABETES



**Use a Diabetes App on your  
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**E-mail your comments to:**

**hopkinsdiabetesinfo@jhmi.edu**

**Please do not include any personal information.**

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While this newsletter is published periodically, the website is being updated with fresh content constantly. Check back often.

**In Health,**  
**The Johns Hopkins**  
**Patient Guide to Diabetes Team**  
[hopkinsdiabetesinfo.org](http://hopkinsdiabetesinfo.org)



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[www.thefranniefoundation.org](http://www.thefranniefoundation.org)

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