

SCRIPT Mayo Clinic Minute: Who is affected by diabetes and tips to reduce risks

Video	Audio
	"Diabetes is essentially when someone's blood sugar is too high."
	Excess sugar in the blood can lead to serious health problems. Eating a balanced diet may help.
Lori Heath Dietitian Mayo Clinic	"It's balanced in terms of nutrition. It has good fiber in there. It has the right types of healthy fats in there, has protein and complex carbohydrates."
	Complex carbs include whole grains like brown rice and oats, and they should be included in your meal plan.
	"It's not like you can eliminate them, and you shouldn't eliminate them. They're your body's energy source."
	Energy — that's where exercise comes in.
	"When you exercise, your body takes the glucose that's too high in your blood, moves it into the cells where it's used for energy, and helps regulate your blood sugar."
	Type 2 diabetes cannot be cured but it can be managed. And possibly prevented with diet and exercise.
	For the Mayo Clinic News Network, I'm Joel Streed.