



# Take a NOURISH Step!

## March into Wellness: Overview of Type 1 and Type 2 Diabetes

### Did you Know?

**Type 1** is a lifelong autoimmune disease that prevents your pancreas from making insulin.

**Type 2** is largely linked to insulin resistance & lifestyle changes can be powerful.

### What is the difference between Type 1 and Type 2 Diabetes?

#### Type 1 Diabetes

- **Diagnosis:** Usually diagnosed in childhood, but this condition can present at any age.
- **How Insulin Is Affected:** In type 1 diabetes, the beta cells of the pancreas do not produce insulin, which leads to unhealthy blood sugar levels.
- **Cause:** An autoimmune condition that often appears early in life.
- **Management:**
  - Balanced eating patterns help normalize blood sugar levels, blood pressure, cholesterol, and body weight.
  - Insulin dosing is often required to manage blood sugar levels.
  - Work with care providers such as your doctor, dietitian, and diabetes educator to manage dietary patterns and insulin.



#### Type 2 Diabetes

- **Diagnosis:** Type 2 diabetes develops gradually. It is diagnosed using the following blood tests.
  - A1C of 6.5% or higher
  - Fasting plasma glucose test of 126 mg/dL or higher on two tests
  - Random blood sugar test of 200 mg/dL or higher
- **How Insulin is Affected:** The body isn't able to use insulin well, and eventually can't make enough of it.
- **Cause:** Genetics play a role, and the risk increases with age, extra weight, and low physical activity.
- **Management:** Requires reducing carbohydrate intake, reducing sugar intake, and eating 3 meals a day with fruits, vegetables, protein, and fiber.

### Importance of Hydration

Dehydration raises glucose concentration in the blood, so be sure to hydrate throughout the day.

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

## Build-Your-Own Sheet Pan Meal

### Ingredients (choose 1-2 from each group)

- **Protein:** Chicken breast or thighs, salmon, turkey/chicken sausage (uncooked, sliced), firm tofu (cubed)
- **Non-starchy vegetables:** broccoli, cauliflower, bell peppers, zucchini, green beans, carrots, Brussel sprouts
- **Add-ons:** fresh or dried herbs, citrus, avocado, shredded cheese
- **Option** to serve with brown rice

### Directions

- Preheat the oven to **400 degrees F**. Line a large baking sheet pan with parchment paper or aluminum foil for easy cleanup.
- Arrange the protein on one side of the sheet pan. Brush generously with olive oil or marinade.
- Toss the vegetables in the remaining olive oil/marinade. Arrange them on the other side of the sheet pan around the protein.
- Bake for 25–30 minutes or until the protein is cooked and the vegetables are tender.
- To serve, divide protein and veggies between plates or bowls. Top with add-on's of choice. Add 1/2 cup cooked brown rice to each serving if your diabetes eating plan allows.



Recipe adapted from  
<https://diabetesfoodhub.org/blog/sheet-pan-dinner-easy-meals-minimal-cleanup>

## Create Your Diabetes Travel Bag

**Step 1:** Find a small bag to carry on the go

**Step 2:** Fill with your diabetes care essentials:

- Insulin supplies
- Diabetes medicine or pill box
- Fast-acting sugar for low blood sugar episodes (glucose tabs, raisins, small pack of candy)
- High protein & high fiber snacks like nuts, bars, or whole-grain crackers
- Glucometer and test strips (if needed) to check blood glucose levels
- An ID card that says you have diabetes and emergency contact numbers

**Step 3:** Bring with you when traveling or during an emergency and refill as needed!



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Keep taking NOURISH Steps and learn more about type 1 & type 2 diabetes at:

American Diabetes Association

<https://www.heart.org/en/health-topics/diabetes/diabetes-tools--resources>

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*If you want more pep, take a NOURISH Step!*

For more information visit: [gwaar.org/nourishstep](http://gwaar.org/nourishstep)

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