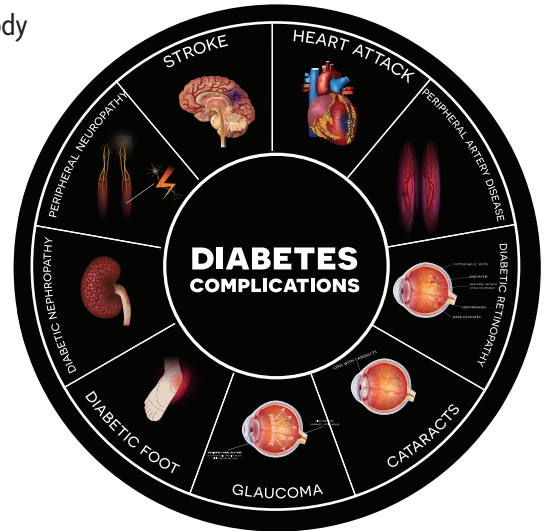


Type 2 Diabetes

Type 2 Diabetes is a metabolic disorder that develops when the cells of the body lose their sensitivity to insulin, a condition known as **insulin resistance**. When insulin is unable to be transported into the cells, glucose builds up in the bloodstream, leading to condition known as **hyperglycemia**, or “sugar in the blood.” Uncontrolled hyperglycemia can lead to chronic inflammation, oxidative stress, endothelial damage, atherosclerosis, renal dysfunction and hypertension, and retinal damage leading to blindness.

A variety of overlapping genetic, metabolic and environmental factors contribute to the incidence and prevalence of type 2 diabetes. However, the strongest influences are associated with **obesity and sedentary lifestyle** which lead to progressive insulin resistance over time. Although it can be diagnosed at any age, T2D generally occurs in adults over the age of 35⁽²⁾.



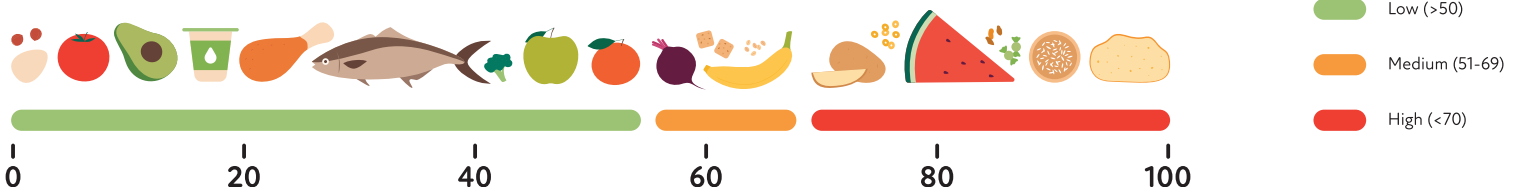
Nutritional Intervention

is a first line defense against cardiometabolic dysfunction. The traditional Western diet is calorie dense, but nutrient poor. It is high in sodium, sugar and unhealthy fat, leading to metabolic changes that cause type 2 diabetes. By incorporating **whole foods** that are rich in micronutrients, low in salt and sugar, and full of healthy fats, the condition can be prevented. In patients who have already been diagnosed, **following a healthy dietary pattern** has been shown in several studies to reverse its negative effects⁽³⁾.

In addition to nutritional intervention, **Physical Activity** in the form of strength and endurance training is a well-established approach to prevent and manage type 2 diabetes. Sustained muscle contraction causes an increase in the number of receptors in cells that allow glucose to be taken up as fuel. This increase in GLUT 4 receptors **improves glucose regulation** by increasing glucose uptake and removing it from the circulation, reducing the negative effects⁽⁴⁾.

Cardiometabolic risk is influenced by a variety of factors including body weight, cholesterol and triglyceride ratios, blood pressure, insulin resistance, oxidative stress, inflammation, and vascular health. The **Mediterranean Diet** is considered a **low-glycemic diet** and is associated with improved cardiometabolic conditions. It is defined by **high consumption of whole, plant-based foods**, the use of olive oil as a primary source of fat, low-to-moderate consumption of seafood, dairy products and poultry, low consumption of red meat, and low-to-moderate consumption of wine with meals.

GLYCEMIC INDEX



Unique to the diet is its component of **communal and social dining** which is common to the Mediterranean region and may have positive impact on longevity. Both the American Diabetes Association and the American Heart Association endorse the diet for improving glycemic control and **reducing cardiometabolic risk factors** in type 2 diabetes. Studies show that higher adherence to the Mediterranean diet is associated with a **20% reduced risk of developing type 2 diabetes**, while the results of randomized controlled trials show that Mediterranean diet **reduces A1C levels by 0.30–0.47%**. It is also associated with a **30% reduced risk for cardiovascular events**. The success of the Mediterranean diet appears to lie in its ability to reduce inflammatory markers and provide antioxidative benefits⁽¹⁾.



Mediterranean Chicken Soup with Veggies & Wild Rice

A hearty one pot soup loaded with protein, healthy fat, fiber, vitamins and minerals.
Diabetic Friendly

Ingredients

- 1 tbs extra-virgin olive oil
- 1 cup yellow onion, chopped
- 1 cup unpeeled carrot, chopped
- 1 cup celery, chopped
- 1 cup cucumber (such as butternut squash), diced
- 3 large cloves garlic, minced
- 1 tbs fresh oregano, chopped
- 1 tsp fresh thyme leaves, chopped
- ¾ tsp Kosher salt
- ¼ tsp ground pepper
- ¼ tsp red pepper flakes
- 7 cups chicken stock (home made or an organic, low sodium variety of your choice)
- 1 lb boneless, skinless chicken thighs, trimmed and cut into 1/2-inch pieces
- ½ cup long grain wild rice, or low carb grain, rinsed
- ½ cup fresh flat-leaf parsley, chopped
- 1 cup bok choy, chopped
- 1 medium tomato, diced
- 1 tbs lemon juice (optional for brightness)

Instructions

- In a large pot, heat olive oil over medium heat.
- Add onion; cook, stirring occasionally, until tender, about 5 minutes.
- Stir in carrot, celery and butternut squash; cook, stirring occasionally until just fork tender, about 5 minutes.
- Stir in garlic, oregano, thyme, red pepper flakes, salt, and pepper.
- Cook, stirring occasionally, until fragrant, about 1 minute.
- Stir in broth, chicken, tomato, bok choy, and rice; bring to a boil over high heat.
- Reduce heat to a simmer.
- Cover and cook, undisturbed, until the rice or grain is just tender and the chicken is cooked through, about 30 to 35 minutes.
- Remove from heat and stir in parsley and lemon juice.
- Serve with low carb bread.

Nutrition Facts

4 servings per container
Serving size 2.25 cups (832g)

Amount Per Serving	
Calories 300	
	% Daily Value*
Total Fat 8g	16%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 95mg	19%
Sodium 330mg	66%
Total Carbohydrate 29g	58%
Dietary Fiber 7g	14%
Total Sugars 9g	18%
Includes 0g Added Sugars	0%
Protein 29g	58%
Vitamin D 0.1mcg	0%
Calcium 180mg	18%
Iron 5.3mg	106%
Potassium 890mg	178%
Vitamin A 2210mcg	442%
Vitamin C 47mg	94%
Vitamin E 1.6mg	32%
Vitamin K 143mcg	286%
Thiamin 0.2mg	40%
Riboflavin 0.3mg	60%
Niacin 8.8mg	176%
Vitamin B6 0.7mg	140%
Folate 80mcg DFE	20%
Vitamin B12 0.4mcg	80%
Pantothenic Acid 1.9mg	38%
Phosphorus 280mg	56%
Magnesium 70mg	14%
Zinc 2.9mg	58%
Selenium 17mcg	34%
Copper 0.2mg	40%
Manganese 0.4mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN BROTH, CHICKEN, ONIONS, TOMATOES, BUTTERNUT SQUASH, CARROTS, CELERY, BOK CHOY, RICE, LEMON JUICE, PARSLEY, OREGANO, OLIVE OIL, GARLIC, CAYENNE PEPPER, THYME, SALT, BLACK PEPPER

WELLSOURCE NUTRITION
3961 E CHANDLER BLVD
PHOENIX AZ 85048

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