

Week 1 - Top 15 Things to Know	Ok
The CDC holds that in 2015, 30.3 million Americans (9.4%) had diabetes (1). That's 1.2 million more than 2012.	
In 2016, \$51.5 billion (19.3 billion more than 2014) worth of diabetes drugs were sold (2).	
My uncle has diabetes and had his foot cut off.	
Diabetes affects the body's ability to process sugar.	
Diabetes may increase risk of stroke, heart disease, high blood pressure, organ failure and damages blood vessels.	
Understanding sugar and carbohydrates may help ameliorate diabetes.	
Carbohydrates are a chief source of energy (3)	
The Acceptable Macronutrient Distribution Range for carbohydrates is 45–60 percent of total caloric intake (3).	
All carbohydrates are made of sugar, starch, and/or fiber.	
Sugars are absorbed in the blood quicker than starch and fiber.	
The quicker a carbohydrate is absorbed in the blood, the higher the blood sugar.	
Chronic high blood sugar causes diabetes.	
The recommended amount of sugar is less than 25 grams of sugar daily for women and less than 38 g for men (4).	
If eating 3 meals / day every meal should be less than 10 grams of sugar on average.	
Having a habit of making quick, cheap, delicious starchy, fibrous carbs is more effective than counting calories.	