There are three keys to preventing diabetes:
1. Maintain a stable, healthy weight
2. Practice healthy eating
3. Be physically active every day

Diabetes is a disease in which there is too much sugar in the blood. This increase in blood sugar occurs when the hormone insulin is not produced or is not used by our body correctly. Insulin is the key that unlocks our cells so sugar can get in. Insulin helps control the amount of sugar in our blood.

The most common form of diabetes is called Type 2 diabetes. Type 2 diabetes is often connected with being overweight and not being physically active.

A Closer Look:
This week with Program ENERGY, we used our scientific skills to test the amount of sugar in three different glucose solutions. We learned all about diabetes and, most importantly, we learned that diabetes CAN be prevented. If you ask us what the three keys are to preventing diabetes, I bet that we can tell you all of them!

What is Diabetes?
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Why Should I be Concerned?
Diabetes: This disease is becoming a major health problem in the United States as over 18 million Americans have diabetes and one in three children will develop diabetes in their lifetime. For more information, visit www.diabetes.org.

Diabetes Complications: Some complications of diabetes include heart disease, high blood pressure, stroke, bad circulation, kidney disease and blindness.

But there is good news...

Diabetes Can Be Prevented!
There are three keys to preventing diabetes:
1. Maintain a stable, healthy weight
2. Practice healthy eating
3. Be physically active every day

True or False?
Eating too much sugar can cause diabetes.
False: Type 2 Diabetes is not caused by eating too much sugar, but instead is linked to family history, being overweight or obese, and not being physically active.

Family Kitchen
Recipe of the Week
Apricot Glazed Chicken

INGREDIENTS: 6 skinless, boneless chicken breasts 1 (10.75 ounce) can chicken broth 3/4 cup apricot preserves 1 Tbsp light soy sauce 1 Tbsp cornstarch 1 Tbsp water

Spray a large skillet with nonstick cooking spray. Brown chicken in heated skillet. Add chicken broth, jam and soy sauce. Simmer for 20 minutes or until chicken is done. Remove chicken from skillet and add cornstarch and water to sauce to thicken. Return chicken to skillet and turn to coat both sides. Enjoy! Makes 6 servings.

Recipe from http://allrecipes.com

Follow-up with your Child:
Discuss with your child, the 3 ways that diabetes can be prevented, and as a family, take control of your health!