

## The Role of Nutrition and Lifestyle in Preventing Common Health Conditions

Health Condition	Risk Factors	Prevention
Type 1 Diabetes	Family history	No known prevention
	Geography	
	Age	
Type 2 Diabetes	Family history	Maintain a healthy weight
	Age (45+)	Be physically active
	Overweight or obese	Enjoy a healthful diet
	Sedentary lifestyle	Don't smoke
	Race/Ethnicity	
	History of prediabetes	
	Hypertension	
	History of gestational diabetes	
	Woman who has given birth to a child >9 lbs.	
	High cholesterol	
	HDL < 35	
	LDL > 250	
	History of polycystic ovary syndrome	
	Waist circumference >40" for men or > 35" for women	
Heart Disease	Overweight or obese	Don't smoke
	Sedentary lifestyle	Be physically active
	Smoking	Enjoy a healthful diet
	High blood pressure	Maintain a healthy weight
	Diabetes	Get enough sleep
	High cholesterol	Manage stress
	Unhealthy diet	Get recommended screenings
	High level of stress	
	Family history	
	Age	
	History of preeclampsia	
Colon Cancer	Age	Get recommended screening
	African American race	Eat a diet rich in fruits, vegetables and whole grains
	Personal history of colon cancer or polyps	Drink alcohol in moderation, if at all
	Inflammatory intestinal disease	Don't smoke
	Family history	Be physically active
	Radiation therapy for cancer	Maintain a healthy weight
	Low-fiber, high-fat diet	
	Sedentary lifestyle	
	Diabetes	
	Obesity	

<b>Obesity</b>	Smoking	
	Heavy alcohol use	
	Genetics	Regular physical activity
	Medical Conditions	Nutrient dense diet
	Medications	Monitor weight
	Age	Be consistent
	Calorie dense diet	Know food "triggers" and have a plan
	Not enough sleep	
	Sedentary lifestyle	
	Social and economic issues	
<b>Iron Deficiency Anemia</b>	A diet low in iron	Choose iron-rich foods
	Intestinal disorders	Add a source of vitamin C
	Menstruation	Infants
	Age (infants and young children)	At 4 - 6 months add an iron-fortified cereal or pureed meat
	Pregnancy	Don't give cow's milk until one year and limit amount to 24 ounces
<b>Osteoporosis</b>	Gender	Sufficient calcium
	Age	Vitamin D
	Family history	Regular weight bearing exercise
	Body frame size	Manage conditions that cause malabsorption
	Hormones levels	
	Conditions that cause malabsorption	
	Low calcium intake	
	Eating disorders	
	Lack of weight bearing exercise	
	Certain medications	

### **Glycemic Index and Glycemic Load**

Glycemic Index (GI) is a measure of how quickly a food with 50 grams of digestible carbohydrate causes blood sugar to rise

Glycemic load (GL) takes into account the serving size of the food

The GI and GL do not address other aspects of the diet (e.g. sodium, saturated fat, vitamins, etc...)

The GI is based on a single food; adding other foods will change the rate at which a food is digested

The GI may be beneficial in managing blood sugar in people living with diabetes

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