There are two main types of diabetes. Type 1 diabetes which occurs when the pancreas is unable to produce insulin and Type 2 diabetes which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced.

**Managing diabetes**

1. Make and eat healthy food.
2. Be active most days by exercising, climbing stairs and walking.
3. Test your blood sugar often.
4. Take medicines as prescribed, even if you feel good.
5. Learn ways to manage stress through meditation or yoga to slow down and relax the brain and taking a walk to help unwind.
6. Cope with the emotional side of diabetes through telling those closest to you how you feel about having diabetes.
7. Go to checkups to monitor and reduce the risk of developing complications.

**Recommendations**

1. Choose healthier carbohydrates such as whole grains like brown rice, buckwheat and whole oats fruits, vegetables, pulses such as chickpeas, beans and lentils and dairy like unsweetened yoghurt and milk.
2. Eat less salt. Eating lots of [salt](https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/food-groups/salt-and-diabetes-) can increase the risk of [high blood pressure](https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/blood-pressure), which in turn increases risk of heart diseases and stroke and when one has diabetes, they are already more at risk of all of these conditions.
3. Eat less red and processed meats pulses such as beans and lentils, eggs, fish, poultry like chicken and turkey and unsalted nuts
4. Eat more fruits and vegetables.
5. Choose healthier fats such as unsalted nuts, seeds, avocados, oily fish, olive oil, rapeseed oil and sunflower oil.
6. Cut down on added sugar. Swap sugary drinks, energy drinks and fruit juices with water, plain milk or tea and coffee without sugar can be a good start.

**Diabetes risk factors**

1. Diabetes is associated with an increased risk of heart disease, stroke, high blood pressure and narrowing of blood vessels.
2. Nerve damage in limbs. High blood sugar over time can damage nerves thus resulting in tingling, numbness, burning, pain or eventual loss of feeling that usually begins at the tips of the toes or fingers and gradually spreads upward.
3. Kidney disease. Diabetes may lead to chronic kidney disease or end-stage kidney disease that can't be reversed. That may require dialysis or a kidney transplant.
4. Eye damage. Diabetes increases the risk of serious eye diseases, such as cataracts and glaucoma, and may damage the blood vessels of the retina, potentially leading to blindness.
5. Slow healing. Left untreated, cuts and blisters can become serious infections, which may heal poorly. Severe damage might require toe, foot or leg amputation.