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Audit #41 | Scenario: healthcare | Model: claude-sonnet-4-5-20250929 | Latency: 38,532ms

VERIFIED ARTICLE

## Living Well with Type 2 Diabetes: Your First Steps

Supported (similarity 0.57) — CDC

If you've just learned you have type 2 diabetes, you're not alone. Millions of people manage this condition every day and live full, healthy lives. The good news is that the choices you make about food, activity, and self-care can make a real difference in how you feel.

Supported (similarity 0.51) — CDC

What to eat — Focus on filling half your plate with vegetables like broccoli, spinach, peppers, and greens. Add a quarter of your plate with lean protein such as chicken, fish, beans, or eggs, and a quarter with whole grains like brown rice or whole wheat bread. Foods high in fiber help keep your blood sugar steady. Try to eat at regular times each day, and watch your portion sizes. Drinking water instead of sugary drinks is one of the easiest changes you can make.

Supported (similarity 0.53) — CDC, CDC

What to limit — Cut back on foods that raise your blood sugar quickly. This includes white bread, white rice, pastries, candy, and regular soda. Limit fried foods and foods high in saturated fat like fatty meats and full-fat dairy. You don't have to give up your favorite foods forever, but eating them less often and in smaller amounts will help you manage your blood sugar. Your doctor or a dietitian can help you create a meal plan that fits your life and tastes.

Supported (similarity 0.55) — CDC

Get moving — Physical activity helps your body use insulin better and lowers your blood sugar. Aim for at least 30 minutes of movement most days of the week. This can be a brisk walk, swimming, dancing, gardening, or any activity that gets your heart pumping. If 30 minutes feels like too much at first, start with 10 minutes and build up slowly. Even small amounts of activity are helpful. Talk to your doctor before starting a new exercise program, especially if you have other health conditions.

Supported (similarity 0.53) — CDC

When to call your care team — Reach out to your doctor or diabetes educator if your blood sugar readings are often too high or too low, if you're having trouble following your treatment plan, or if you notice new symptoms like blurry vision, numbness in your feet, or wounds that heal slowly. Don't wait for your next appointment if something feels wrong. Your care team is there to support you and answer questions as you learn to manage your diabetes.

Supported (similarity 0.54) — CDC

Your next step — Schedule a follow-up visit with your doctor or ask for a referral to a diabetes educator or dietitian. These experts can give you personalized advice and help you set realistic goals. Managing diabetes is a learning process, and you'll get better at it over time. Take it one day at a time, and remember that every healthy choice you make counts.

Supported (similarity 0.62) — CDC

*'Disclaimer auto-injected by AssuredAI*

## SOURCES CITED · 3

CDC **Living With Diabetes**
CDC · https://www.cdc.gov/diabetes/living-with/index.html

CDC **Preventing High Blood Pressure**
CDC · https://www.cdc.gov/high-blood-pressure/prevention/index.html

CDC **Diabetes and Healthy Eating**
CDC · https://www.cdc.gov/diabetes/healthy-eating/index.html

## COMPLIANCE METADATA

**OUTCOME**
answered

**SCENARIO**
healthcare

**PII DETECTED (INPUT)**
No

**PII DETECTED (OUTPUT)**
No

**DISCLAIMER**
Auto-injected

**LATENCY**
38,532ms

**VERIFIED AT**
May 15, 2026 at 4:34 AM

## CRYPTOGRAPHIC FINGERPRINT

```
previous: c0a8b4de3cafa9d813aac51ba9e43e34be0625c50833bc4982fdc5d9a6a60f06
this:     0dcd17ac59afb685878ef90c2ed56bbb1bb22023356ecb5044e6267357f14ab8
```

Re-verify this proof at any time: visit /v/41 and click **Verify chain**. Each entry hashes the previous entry's hash with SHA-256, so altering any historical row breaks every entry that follows.