

Diabetes Basic Guidelines

Living well with diabetes means finding a balance between the food you eat and your activity. This balance will help:

- ♥ Keep your weight in a healthy range
- ♥ Avoid low blood sugars and high blood sugars
- ♥ Keep your blood cholesterol and other blood fats in a normal range
- ♥ Control your blood pressure



Living Well with Diabetes

Here are some tips:

- Eat about the same amount of food at each meal or snack.
- Eat meals at about the same time every day.
- Be active. Get 30 minutes of physical activity most days of the week.
- Do your exercise at about the same time every day.
- Eat high fiber foods, such as vegetables, fruits, whole grains and beans.
- Use the Percent Daily Value on food labels to compare products and choose those lowest in saturated fat, total fat, cholesterol, and sodium.
- If you crave sweets, try fresh fruit, sugar-free gelatin, or sugar-free popsicles.
- Use smaller portions if you are trying to lose weight.
- Follow a healthy eating plan. See a dietitian for a personalized meal plan.
- Take your medicines as directed.