

IF YOU HAVE DIABETES – TAKE ACTION

Here are some action steps to help you manage your diabetes. Ask your provider or diabetes educator to help you.

Check your blood sugar at home the way your provider or diabetes educator showed you to do it.

- ✓ If you have a problem, tell your provider or diabetes educator.

Follow your diabetes food plan.

- ✓ Eat less fat and less salt.
 - Use herbs and spices to add flavor to your food.
 - Eat lean meats, poultry and fish. Cut off any fat or skin.
 - Choose low-fat cheeses and dairy products.
- ✓ Eat more fiber.
 - Choose whole grains, fruits, vegetables and beans.
- ✓ Avoid foods and drinks high in sugar/sweeteners.



Be physically active every day.

- ✓ Make activity part of your daily routine.

Stay at a healthy weight.

- ✓ If you need help, ask your provider about the *MOVE!* Weight Management Program for Veterans.



Take your medicines as prescribed.

- ✓ If you're not sure how much to take or when to take your medicines, ask your provider or diabetes educator.

Tell your provider about over-the-counter medicines.

- ✓ Tell provider or pharmacist about any non-prescription medicines, vitamins or herbal supplements you take.

Check your feet every day.

- ✓ Look for cuts, blisters, red spots and swelling. Call your health care team or telephone advice nurse about any sores that won't heal. If you can't see your feet, have someone else check them.

Keep your appointments!

- ✓ Keep your appointments with your provider and the lab.

Taking care of your diabetes is like taking care of your car...practice routine maintenance.

