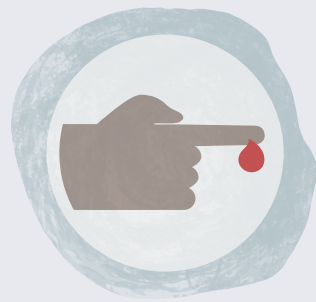


10 Healthy Habits For Diabetes Management



1

Maintain a weight appropriate for height and build, with a favorable muscle to fat ratio.

2

Consume high fiber vegetables and fruits, whole grains, lean proteins, dairy products, and healthy fats.

3

Eat mixed meals and snacks! Combine minimally processed high carbohydrate foods with fat and/or protein sources to slow digestion and metabolism of carbohydrates for steadier blood glucose levels.

4

Be consistent with diet from meal-to-meal and day-to-day.

5

Check blood glucose levels regularly and keep a log. Identify any particular patterns or triggers for abnormal levels.

6

Exercise! Be sure to check blood sugar before and after, if prone to hypoglycemia.

7

Take medication as prescribed and at the same time each day.

8

Hydrate with water, sparkling water, and decaffeinated coffee or tea. Skip sugar-laden beverages, such as soda and fruit punch.

9

Give and take. No need to forego a small slice of birthday cake. Compensate by eliminating the potatoes at dinner prior to the celebration.

10

Attend regular check-ups with your physician.

BONUS:

See a Diabetes Specialist and follow individualized recommendations.