



Navigating Common Challenges

Selecting items in the grocery store aisles.

- Identify foods you like.
- Research diabetes friendly recipes for inspiration.
- Become comfortable with reading food labels and identifying added sugars.




Menu selections when dining out.

- Review the restaurant menu before you arrive.
- Call the restaurant, if you are unsure what items meet your needs.

Finding time and motivation to exercise.

- Explore times of day that work best for you.
- Find a partner that motivates you .
- Go shopping for new workout wear -- feel good to look good!



Discouraged by not seeing results...

- Small changes in blood sugar control have big results!
- Watch out for the unexpected sugars (dressings, drinks, etc.)

Eating healthy!

- Plan out your meals for the week.
- Start by just adding one fruit or vegetable to your meal.
- Avoid heavily processed foods when possible.



Take medications as directed.

- Contact your Physician with questions/concerns.
- Keep a diary for a short time and share events and symptoms with your medical team.

Check foot and skin health regularly.

- Check feet and lower legs for skin changes.
- Notify your medical team, if you have discoloration or breakdown.

