



7 Tips

For Managing Blood Glucose Levels

1. Make an appointment with a Diabetes Professional to get individualized recommendations.



2. Maintain a healthy weight.

3. Follow a healthy diet: high fiber fruits and vegetables, whole grains, lean proteins, dairy products and healthy fats.



4. Check blood sugar regularly and keep a log to identify any patterns, e.g. meal and snack times each day.

5. Move! Get moderate exercise, regularly.



6. Take medications as prescribed.

7. Avoid sugar-laden beverages such as soda and fruit punch. Drink water instead!

