Managing Diabetes Day-to-Day

FOLLOW AN EATING PLAN

1. Non-Starchy Vegetables
2. Protein Foods
3. Carbohydrate Foods
4. Water or 0-Calorie Drink

BE PHYSICALLY ACTIVE

• Get 150 minutes/week of moderate-intensity physical activity (where you can comfortably talk but not sing while exercising).
• Incorporate small active moments in your daily routine, such as taking the stairs instead of the elevator or going for walks.
  • Try walking for 30 minutes or take three 10-minute walks a day.
  • Try to stand up and move around every 30 minutes.
• Have fun while you’re active, try inviting friends or family to join you.
• Try using a fitness tracker or an app to monitor your physical activity.

- Eat food slowly so you’ll enjoy it more and know when you’re full.
- Focus on eating more whole grains, vegetables, fruits, and nuts.
- Check nutrition labels and choose nutrient-dense, minimally processed food that will fit into a healthy eating plan.

- Monitor your blood glucose (blood sugar) levels as outlined in your diabetes care plan.
- Take your medication as directed, even if you’re feeling fine, and consult your health care team before making changes.
- Address your stress. Take time for yourself, smile and laugh, and look for support.
- Be aware of signs of depression, your diabetes care team can refer you for support if you need it.
- Get regular check-ups.

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)
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