

# LIVING WITH DIABETES



**Eating Healthy**



**Medication Management**



**Staying Active**



# Eating Healthy

## Nutrition Matters

- **Eat more whole grains, fruits, vegetables and lean protein.**
- **Eliminate trans fats and added sugar.**
- **Monitor your blood glucose regularly.**

- **Eat smaller portions, spread throughout the day.**
- **Limit alcohol consumption.**
- **Be mindful of your carbohydrates**

We all need food for energy. But it's not always easy choosing healthy options. If you have type 2 diabetes, your food choices are especially important. Your body needs insulin to turn food into energy. With type 2 diabetes, that can be a challenge with certain foods.

### What You Eat Matters

It's important for your blood glucose to stay in a healthy range. Most doctors agree that your blood glucose range should be 80–130 mg/dl before a meal and less than 180 mg/dl one to two hours after a meal.

### 1 Talk To Your Doctor.



A dietician consultant is a great source of information about healthy eating for individuals diagnosed with diabetes. Speak to your doctor about a referral.

### 2 Plan Your Meals.

#### Some Helpful Tips on Staying Focused on Your Health

Making food choices when you're already hungry can lead to unhealthy choices. Try to plan ahead to make a healthy meal.

### 3 Monitor Your Blood Glucose.



Our bodies are unique and that means everyone responds in a unique way to different foods – even healthy

foods. Monitoring your glucose as suggested by your doctor can help you learn how your body responds to different foods.

# Medication Management

## *Take Control*

### **Type 1 Diabetes**

People with type 1 diabetes need to take insulin in order to control their blood glucose. Your body is no longer able to make insulin to help keep your blood glucose in a healthy range. Taking insulin is an important step in taking control of your type 1 diabetes.

### **Type 2 Diabetes**

Type 2 diabetes develops when the body becomes resistant to insulin. Your doctor will review your blood work and discuss your eating habits and blood glucose levels to develop an appropriate treatment plan. This usually includes medication that will help your body use insulin more effectively.

***Medication management works best when it is used with meal planning and exercise.***

**Whether you use insulin or take oral medication, sticking to the plan is important.**

- Follow your medication schedule by using reminders
- Report new symptoms to your doctor
- Keep a journal of your blood glucose to help identify foods that help you manage your blood glucose





# GET MOVING

## And Stay Active

Exercise is good for everyone and especially helpful for those with diabetes. Talk to your doctor about starting an exercise program that's right for you. Activities that you enjoy can be a part of your daily routine such as walking, biking and swimming.

### How does exercise help control diabetes?

- Lowers blood pressure
- Reduces harmful cholesterol
- Reduces anxiety
- Strengthens muscles & bones
- Can increase body's sensitivity to insulin

# What's Your Plan?

## *Let's Bring It All Together Now*

Managing diabetes is achievable by sticking to a plan that includes healthy eating, following a prescribed medication and/or insulin regimen and physical activity.

These tools are at your disposal to not only help control your blood glucose levels, but to also help you to reach your health goals.

### Create a schedule you can follow:



Measure your blood glucose according to a schedule discussed with your doctor



Take your medication/insulin at the same time each day



Eat small healthy meals throughout the day, at the same time each day



Be active at about the same time every day

## Diabetes Doesn't Have To Stop You From Enjoying Your Life Each Day

### Seek Support:

Reach out to others who have diabetes or join a support group to help you maintain a healthy lifestyle.

This newsletter is provided as part of your health care benefits. It does not contain all the information that you may need to know about this topic, and it cannot be used to diagnose your condition or illness or serve as a substitute for medical treatment. Be sure to discuss any questions you may have with your doctor.