



# CONTROLLING YOUR DIABETES

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Feel free to ask any questions during the presentation. :)



# EAT HEALTHY

- Limit eating to as much as your body needs – no more, no less
- Food that are good for maintaining low blood sugar are:
  - Vegetables
  - Fruits
  - Whole Grains
  - Nonfat Dairy
  - Lean Meats
- Carbohydrates and fats are NOT good for lowering blood sugar.

# EXERCISE

- The goal should be about 30 minutes of activity such as:
  - Taking a walk
  - Riding a bike
  - Playing a game such as basketball or soccer
- Why? Because staying active will lower blood sugar and lower chances of getting heart disease.

# TRY TO MANAGE STRESS

- Reducing stress can lower blood sugar too!
- Ways to lower stress include:
  - Deep breathing exercises
  - Yoga
  - Hobbies you love that relax you

# SMOKING AND ALCOHOL

- Smoking increases your chances of getting other health problems like heart disease and strokes.
  - Smoking also makes it harder to exercise.
- Excessive drinking can really raise or lower your blood sugar to dangerous levels.
- Quitting smoking and reducing alcohol consumption can really help with diabetes management.

# TALK TO YOUR DOCTOR

- Getting regular check-ups is essential to managing your diabetes and preventing getting other diseases like heart disease.
- Learn as much information about your current condition.
- Keep track of your progress and talk to your doctor about whether your current medications are managing your blood sugar well.
- Ask about whether you need to lose weight, quit smoking, or reduce your drinking to manage your diabetes better.