

7 STEPS FOR BETTER LIVING WITH DIABETES

1 EAT HEALTHY



Reduce or eliminate sugary foods and drinks/ highly processed foods



Focus meals on proteins and non-starchy vegetables



Be intentional with meals, avoid eating out of boredom or habit



Watch portion sizes

2 BE ACTIVE



Exercise 5 days a week



Be active 30 minutes a day

3 MONITOR



Check your blood sugar levels; know your A1C



Check your blood pressure, cholesterol, eyes, feet and teeth

4 TAKE MEDICATION



Know your medications. Understand how they work and take the right doses at the right times

5 PROBLEM SOLVE



Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them

6 REDUCE RISK



Quit smoking



Do regular health exams (eye, foot & dental)



See your doctor regularly for check-ups and tests

7 COPE WELL



Get support from your family, friends and diabetes care team



Set realistic goals and work toward them