



Diabetes: Patient Tips for Healthy Living

Diabetes causes blood sugar levels to rise higher than normal and can damage your organs. You have a big role in managing your diabetes by monitoring your blood sugar levels, eating a healthy diet, and exercising.



DIET TIPS

- Eat a meal or snack every 3 to 4 hours to help blood sugar levels from going too high or too low.
- Remember, keeping your blood sugar under control will also help control thirst!
- Add fruits and vegetables to your diet.
- To lower the amount of sugar you eat, try sugar-free treats.
- Talk to your dietitian to create a meal plan just for you.



MEDICATION TIPS

- Check your blood sugar as prescribed by your doctor.
- Talk to your doctor about which medications are best for you.
- Take your medicine as prescribed by your doctor.

EXERCISE

You should maintain a healthy weight with exercise and diet. Being active can make you feel better and is good for your health. Before you start any exercise program, talk with your doctor to know what is best for you.