



# Healthy Tips in Managing Your Diabetes

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## How is diabetes managed?

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Diabetes cannot be cured. But it can be treated and controlled. The goals of managing diabetes are to:

- Keep your blood glucose levels as near to normal as possible. You can do this by balancing food intake with medication and activity.
- Maintain normal blood cholesterol level.
- Maintain a healthy diet.
- Keep to a healthy weight.
- Control your blood pressure. Your blood pressure should not go over 130/80.
- Slow or possibly prevent diabetes-related health problems.

## You hold the key to managing your diabetes

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- Plan what you eat and following a balanced meal plan.
- Exercise regularly. Complete at least 150 minutes a week of a moderate activity like walking.
- Take medicine, if prescribed, and closely follow the guidelines on how and when to take it.
- Monitor your blood glucose and blood pressure levels at home.
- Keep your appointments with your health care providers and have lab tests as ordered by your doctor.
- Don't smoke or use tobacco products. Smoking interferes with healthy blood flow.

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## Dietary tips

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- Eat a wide variety of foods. Having a colorful plate is the best way to be sure you are eating plenty of fruits, vegetables, meats and other forms of protein. These include nuts, dairy products such as milk, and grains and cereals.
- Maintain a healthy weight.
- Watch your portions. Eat only the amount of food in your meal plan. Excess calories result in excess amounts of stored energy from food. That means excess fat and excess weight.
- Do not skip meals.
- Eat meals and snacks at regular times every day. If you are taking a diabetes medicine, eat your meals and take your medicine at the same times each day.

## The ABCs of diabetes

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The goals of nutrition for people with diabetes are to attain the ABCs of diabetes.

**A** stands for the A1c or hemoglobin A1c (HbA1c) test. This measures average blood glucose over the previous three months.

**B** is for blood pressure.

**C** is for cholesterol.

People with diabetes should be as close as possible to normal levels for blood glucose control (A1c), blood pressure and cholesterol. For people without diabetes, the normal range for the HbA1c test is between 4 and 6 percent. Because studies show that out-of-control diabetes results in complications, the goal for people with diabetes is an HbA1c less than 7 percent. The higher the HbA1c, the higher the risks of developing complications related to diabetes.

*This is to help you learn about your medical condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.*

Source: American Diabetes Association