

7 STEPS FOR BETTER LIVING WITH DIABETES

1

EAT HEALTHY



Eat lots of vegetables and fruit
Reduce or eliminate sugary foods and drinks
Watch or reduce carbs



Watch portion sizes



Eat regular meals



Lose 10–20 pounds if you are overweight

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 pills and insulins,
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



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