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



Est regular mosts



Lose 10-20 pounds if you are overweight.



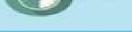
BE ACTIVE



Exercise 5 days a week



Be active 30 minutes a day





MONITOR



Check your blood segar 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.



PROBLEM SOLVE



Recognize your high and low blood sugers, 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.



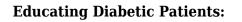
Set realistic goals and work toward them



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