

How to Manage Diabetes



WHAT IS DIABETES?

Normally, people need insulin to move blood sugar from their blood vessels into their cells.

However, people with diabetes have challenges creating insulin (Type 1) or have insulin resistance (Type 2) and therefore have challenges with regulating blood sugar.

Remember: Diabetes is a manageable, preventable condition.

Through exercise, eating, and medications, you can live a long and fulfilling life!



KEY TERMS

Insulin - a hormone that regulates blood sugar

Blood sugar - glucose found in the blood; also known as "Blood Glucose"

Insulin resistance - when cells do not properly respond to insulin



MANAGE THROUGH EXERCISE

Start *small* and start safe.

Take a light walk around the block or in your own home. Set small goals and slowly grow your goals.

And don't forget to warm up and cool down when you start and finish exercising!

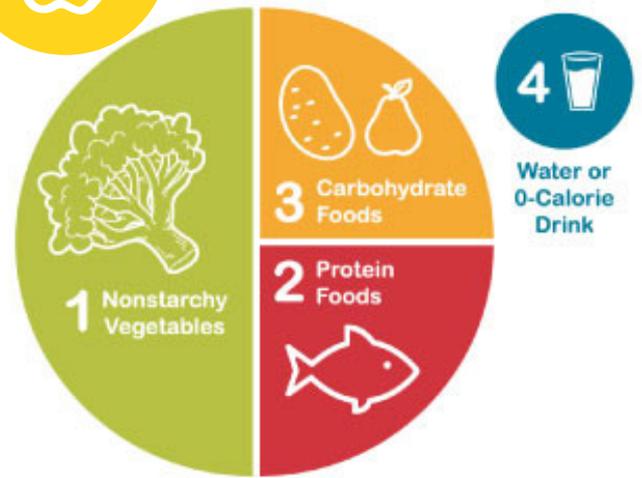
MANAGE THROUGH FOOD



The Diabetes Plate Method

To the right, you'll find the Diabetes plate which is a simple, stress-free guide on how to plan your portions.

- Grab a 9-inch plate.
- Fill half with non-starchy vegetables



The Diabetes Plate Method

Add color to your plate by adding:

- Orange vegetables like carrots and squash
- Red vegetables like tomatoes, peppers and beets
- Green vegetables like spinach, broccoli, and cabbage

- Fill one quarter with protein foods
- And fill the last quarter with carbohydrate foods

Daily meal pattern

Instead of overloading your body with large meals, try having smaller meals with snacks between. Less food to process means less stress on your body!



DON'T FORGET TO HYDRATE!

Less water means your blood becomes concentrated with sugar!

Stay well hydrated with at least 8 cups a day!



MANAGE WITH MEDICATION

Make sure to regularly visit your doctor to best understand how to take your medication and fill your prescriptions.

Seek help from people who specialize in diabetes care and management, like "Certified Diabetes Educators" and Endocrinologists.

Feel free to seek nutrition counseling and education from the OFA Nutritionist - Lucille Tang at (585)-991-5462.