

Managing Diabetes

Lose weight if you are overweight. Type 2 diabetes that happens when you get overweight can go away when you lose the weight. Even a little weight loss can lead to better blood sugar control.

Participate in regular physical activity. Regular physical activity improves fitness and quality of life. It also decreases your risk of heart disease and helps with weight loss. With type 2 diabetes, regular physical activity helps improve blood glucose control.

Limit the amount of saturated fat, trans fat, and cholesterol that you consume. All three raise blood cholesterol levels. Foods to avoid include fatty meats, fried foods, high-fat dairy products, baked goods, and most margarines.

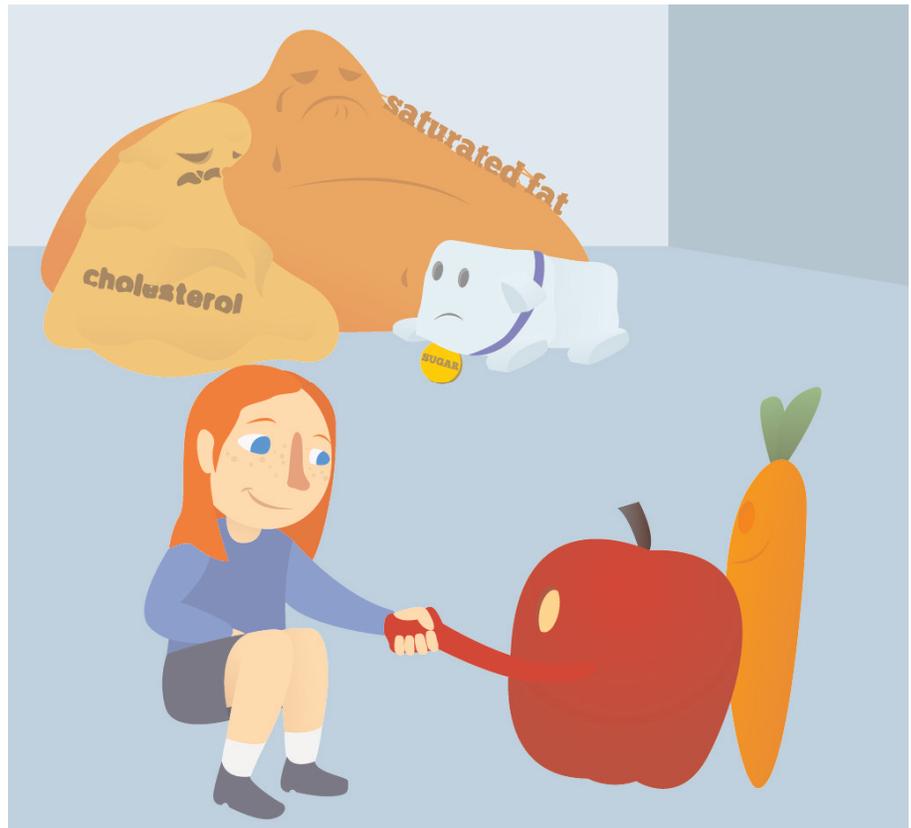
Eat more fiber. Fiber comes from plants and may help lower blood glucose and fat levels in the blood. Foods that are high in fiber include beans and peas, whole grain bread, fruits, and veggies.

Eat more whole grains, fruits, and vegetables. Eat these instead of refined foods. Not only do they contain fiber, but they also have many other nutrients that are good for your health.

Eat regular, well-balanced meals and small snacks. This will improve your blood sugar levels and help you avoid overeating.

Understand that **“sugar-free” doesn’t mean calorie-free.** “Sugar-free” foods still contain calories from other ingredients like flour and butter, etc.

Know the carbohydrate content of the foods you eat. You can find carbohydrates in milk, fruit,



pasta, bread, rice, beans, and starchy vegetables like potatoes, corn, or peas.

Use alcohol in moderation. If your blood glucose levels are in control and you consume alcohol with foods that contain carbs, one drink a day is okay. However, it is important to watch your blood glucose to know how you react to alcohol, especially since alcohol can prompt hypoglycemia.

Know where to go for reliable information. The following organizations offer lots of resources.

- Academy of Nutrition and Dietetics: www.eatright.org
- American Diabetes Association: www.diabetes.org
- National Institute of Diabetes & Digestive & Kidney Diseases: www.niddk.nih.gov

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