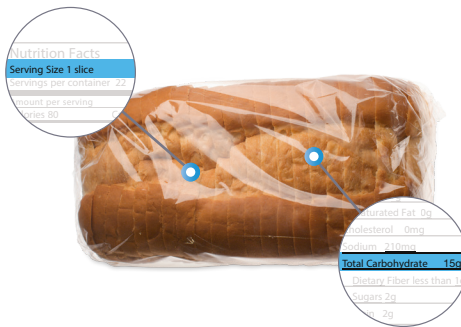


# Living Well with Diabetes

Keeping your blood sugar in a healthy range can help prevent serious diabetes complications and help you feel better! A lifestyle that includes eating well and being physically active can help you reach your blood sugar goals.

Compared with protein and fat, carbohydrates (carbs) in foods raise your blood glucose the most. Counting carbs is one way to create meals and snacks that will help you stay in range. Start by consulting a dietitian or diabetes educator to determine the amount that is right for you.

Nutrition labels on packaged foods are a great help when you're counting up the carbs in meals or snacks. Zero in on the Serving Size and the Total Carbohydrate lines to see the total grams of carbs for 1 serving.<sup>1</sup>



## Get active!<sup>2</sup>

Regular activity is one of the best things you can do to live well with diabetes. When you are active, your cells become more sensitive to insulin so it can work more effectively.

The American Diabetes Association recommends 30 minutes of aerobic exercise at least 5 days a week. Below are some examples of aerobic activities:

- Brisk walking
- Bicycling/Stationary cycling
- Dancing
- Low-impact aerobics
- Swimming or water aerobics
- Playing tennis
- Stair climbing
- Jogging/Running
- Hiking
- Rowing
- Ice-skating or roller-skating
- Cross-country skiing
- Moderate-to-heavy gardening



## Quick Tip<sup>1</sup>

Check your blood sugar before and 1-2 hours after a meal. This will help you see if your food and portion choices are working to keep your blood sugar in range after a meal. Always follow your healthcare professional's recommendations for testing.



<sup>1</sup> All blood sugar goals and guidelines in this pamphlet are defined by the American Diabetes Association. Standards of Medical Care in Diabetes—2020. Diabetes Care 2020;43(Suppl.1)

<sup>2</sup> American Diabetes Association. Sec. 5. Page S54. In Standards of Medical Care in Diabetes 2020. Diabetes Care 2020;43(Suppl.1)