

DIABETES CARE GUIDE (SPEEDY STUDY GUIDE)

FOLLOW YOUR HEALTHY EATING PLAN

Ask your doctor to give you the name of someone trained to help you create a healthy eating plan, such as a dietitian. This plan, often called medical nutrition therapy, will include regular monitoring by your dietitian and education about how to adjust your eating habits as the need occurs. Medical nutrition therapy is usually covered by insurance or Medicare as long as your doctor refers you. Your dietitian can help you plan meals that include foods that you and your family like and that are good for you.

Your healthy eating plan will include

- breads, cereals, rice, and whole grains
- fruits and vegetables
- meat and meat substitutes
- dairy products
- healthy fats

Your plan will also help you learn how to eat the right amount, or portions, of food. Making good food choices will

- help you reach and stay at a healthy weight
- keep your blood glucose, blood pressure, and cholesterol levels under control
- prevent heart and blood vessel disease

BE PHYSICALLY ACTIVE

Physical activity helps you stay healthy. Physical activity is especially good if you have diabetes because it

- helps you reach or stay at a healthy weight
- helps insulin work better to lower your blood glucose levels
- is good for your heart and lungs
- gives you more energy

Even small amounts of physical activity help manage diabetes, such as when you are physically active at work or home. People with diabetes should aim for 30 to 60 minutes of activity most days of the week. Children and adolescents with type 2 diabetes who are 10 to 17 years old should aim for 60 minutes of activity every day. Not all physical activity has to take place at the same time.

Increase daily activity by decreasing time spent watching TV or at the computer. Children and adolescents should limit screen time not related to school to less than 2 hours a day. Limiting screen time can help you meet your physical activity goal.

People with diabetes should

- always talk with a doctor before starting a new physical activity program.
- do aerobic activities, such as brisk walking, which use the body's large muscles to make the heart beat faster. The large muscles are those of the upper and lower arms and legs and those that control head, shoulder, and hip movements.
- do activities to strengthen muscles and bone, such as sit-ups or lifting weights. Aim for two times a week.
- stretch to increase flexibility, lower stress, and help prevent muscle soreness after physical activity.



Diabetes Care Speedy Study Guide

Thomas Griffiths



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