

A HEALTHY DIET IS NOT THE ONLY INTERVENTION FOR LIVING A LONG AND HEALTHY LIFE WITH DIABETES!

Is eating a nutritious diet the only thing you have to do to control your diabetes and live a long and healthy life? No! It is also very important to:

- ☞ Eat your meals and snacks at regular times each day.
- ☞ Quit smoking...better yet, don't start!
 - Quitting smoking can improve your HDL cholesterol level, lower your blood pressure and decrease your risk of a heart attack.
- ☞ If you do drink alcohol, do so only in moderation.
 - If you choose to drink, do so in moderation. This means no more than one drink a day for women, and one to two drinks a day for men.
- ☞ Exercise at least 30 minutes most days of the week (consult with your doctor before starting).
 - Include aerobic exercise and resistance training for the best results.
 - Start slowly and increase the duration and intensity of exercise if you are new to physical activity.
- ☞ Lose weight if you are overweight.

Losing as little as 5 per cent of your excess weight can help reduce your blood sugar and your risk of heart disease and stroke. Say goodbye to crash diets and quick fixes! Successful weight loss means making and maintaining these key lifestyle changes:

- Make a commitment and make a plan.
- Select lower fat foods and cook with less fat.
- Limit your intake of high sugar foods and beverages.
- Control your food portion sizes (use the serving size on the Nutrition Facts on food labels as a guide).
- Exercise regularly.
- Eat regular meals and snacks...avoid starving yourself—it usually leads to overindulging.
- Identify and control your personal eating triggers (trigger foods, moods and situations).
- Drink lots of water and sugar-free beverages all day long.
- Be extra careful about food choices and amount of food eaten in restaurants.

- Keep a lid on stress...it can lead to overeating and overuse of alcohol.
- Avoid or at least limit alcoholic drinks.
- Get adequate sleep and relaxation time everyday.
- Get help and support when you need it.

EACH PERSON WITH DIABETES IS DIFFERENT!

Every person with diabetes should receive individualized medical nutrition therapy so that their meal planning can be customized to meet their needs. Your registered dietitian may suggest very specific goals for your weight, diet, and exercise depending on your health status and the medications you take (or don't take).

WHERE TO START

- Talk to your doctor, registered dietitian, and diabetes educator about which changes are most important for you.
- Seek their support and attend diabetes support group meetings if needed.
- Start slowly. Change your habits one at a time.

Your health is your wealth! Protect it as if it were gold!

<p>These guidelines are not meant to replace the medical care and advice of your physicians and/or other healthcare providers. See your doctor regularly.</p>
