

What Should I Do Each Day to Stay Healthy with Diabetes?

You can avoid serious health complications if you follow these steps to keep your diabetes under control.

Eat a wide variety of healthy foods - vegetables, whole grains, fruits, non-fat dairy products, beans, lean meats, and fish. In addition, be sure to watch your portion sizes.



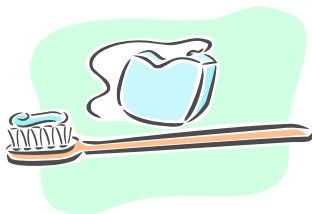
Get 30 minutes of moderate physical activity each day. Physical activity is anything that gets you "moving." This includes walking, dancing, working in the yard, etc.

Take your medications as directed.

Check your blood glucose multiple times every day and write down the numbers in a record book.



Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.



Brush and floss your teeth every day.

Don't smoke.