

# HEALTHY TIPS TO BEAT DIABETES

GUIDELINES	ACTION PLAN
<b>1 Eat less food</b>	<ul style="list-style-type: none"> <li>▶ Eat only one helping of food (<b>no seconds</b>) at breakfast, lunch and supper.</li> <li>▶ Eat smaller amounts of meat (about the size of a deck of cards) for lunch and supper.</li> <li>▶ Cut back on extra fats added to foods.</li> </ul>
<b>2 Don't skip meals</b>	<ul style="list-style-type: none"> <li>▶ Eat a small breakfast, a small lunch and a small supper.</li> <li>▶ It is hard on your body and on diabetes to skip meals.</li> </ul>
<b>3 Avoid adding regular sugar and honey to foods.</b>	<ul style="list-style-type: none"> <li>▶ Use EQUAL or SWEET 'N LOW to sweeten cereal, tea or coffee.</li> </ul>
<b>4 Drink only diet drinks.</b>	<ul style="list-style-type: none"> <li>▶ Drink water, tea, coffee, diet pop, sugar-free KoolAid or Crystal Lite.</li> </ul>
<b>5 Take care NOT to drink too much fruit juice.</b>	<ul style="list-style-type: none"> <li>▶ Fruit juice is sweeter than regular pop.</li> <li>▶ It is better to drink diet drinks and have a piece of fresh fruit instead of fruit juice.</li> </ul>
<b>6 Eat fewer sweets.</b>	<ul style="list-style-type: none"> <li>▶ Watch out for sweet foods like:               <ul style="list-style-type: none"> <li>● cake      ● cookies      ● doughnuts      ● ice cream</li> <li>● pie      ● honey      ● syrups      ● candy</li> </ul> </li> <li>▶ If you do eat any of these foods, have them once or twice a month.</li> <li>▶ Have these foods as dessert, with meals, instead of by themselves.</li> <li>▶ Try sugar-free gelatin, sugar-free pudding, fresh fruits or graham crackers.</li> </ul>
<b>7 Eat fewer fried foods.</b>	<ul style="list-style-type: none"> <li>▶ Bake, broil, boil, steam, barbecue or microwave foods.</li> </ul>
<b>8 Eat more lean meats.</b>	<ul style="list-style-type: none"> <li>▶ Limit these meats with a lot of fat and salt in them:               <ul style="list-style-type: none"> <li>● bologna      ● sausage      ● salami      ● canned meats</li> <li>● hot dogs      ● bacon      ● Spam      ● ham</li> </ul> </li> </ul>
<b>9 Eat more vegetables and whole grains.</b>	<ul style="list-style-type: none"> <li>▶ Try to eat more foods like:               <ul style="list-style-type: none"> <li>● beans      ● vegetables      ● fresh fruits      ● tortillas</li> <li>● oatmeal      ● wheat cereals      ● cabbage      ● potatoes</li> </ul> </li> </ul>
<b>10 Use less salt.</b>	<ul style="list-style-type: none"> <li>▶ Put away the salt shaker and don't use it at the table.</li> <li>▶ Use spices to add flavor to your foods.</li> </ul>
<b>11 Exercise at least 4 times a week.</b>	<ul style="list-style-type: none"> <li>▶ One of the best ways to get exercise is to walk about 30 minutes four times a week.</li> <li>▶ Exercise helps to bring your blood sugar down and is good to help control diabetes.</li> </ul>
<b>12 Take your medicine.</b>	<ul style="list-style-type: none"> <li>▶ If your doctor has told you to take medicine to help control your blood sugar, take it exactly like you were told.</li> </ul>