Top Ten Tips to Start Managing your Diabetes

1) Eat 3 meals per day.

2) Avoid drinks with sugar: no regular soda, fruit juice, sweet tea, sports drinks or flavored drink mix.

3) Avoid alcoholic beverages (beer, wine, liquor) until you can speak with your Certified Diabetes Educator or at the discretion of your physician or health care provider.

4) Cut your portions in half but eat more non-starchy vegetables.

5) Limit desserts to no more than ½ cup portion per day.

6) Walk or move your body more. Start low and go slow if you are a beginner!

7) Quit smoking!

8) Start checking your blood sugar once per day and write it down.

9) Limit your on-line diabetes research to reputable sites such as the American Diabetes Association’s website: www.diabetes.org.

10) Make sure you see a Certified Diabetes Educator to personalize your plan.

Diabetes is a complex disease. A Certified Diabetes Educator, in partnership with your physician or health care provider, will give you all the information you need to manage it. Your doctor or health care provider will place a referral order for a representative from the Diabetes and Nutrition Center to contact you to schedule an appointment.