



### YOU CAN DO IT

Choose one of these easy ideas or write down one or two things you will do for the next few weeks. Remember, little changes in your eating can make a big difference in your blood sugar.

#### Eat Right!

- I will switch from juice or soda to diet soda.
- I will eat breakfast every morning.
- I won't eat seconds at dinner.
- I will order the small size instead of the super size at fast food restaurants.
- I will pack a lunch sometimes instead of eating out.
- I will keep healthy snacks on hand, like cottage cheese, carrot sticks, hard boiled eggs, unbuttered popcorn or sugar-free popsicles.
- \_\_\_\_\_
- \_\_\_\_\_

#### Be Active!

- I will park farther away in a parking lot.
- I will take a short walk every day.
- I will dance for 20 minutes at home.
- I will get up and do small chores during TV commercials.
- I will take the stairs instead of the elevator.
- I will stretch for ten minutes when I wake up each day.
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- \_\_\_\_\_



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# DID YOU KNOW?

Nutritional information from Second Harvest Food Bank of Northwest NC



## Eat Right All Day

### WAKE UP TO A GOOD BREAKFAST

- Eating breakfast will fill you up, give you a boost of energy and kick-start your metabolism.
- It will keep your blood sugar from getting too low in the morning and too high later in the day.
- Eating protein in the morning will keep you from getting hungry later. Try the following:
  - Eggs or egg substitute
  - Yogurt (Greek yogurt is high in protein)
  - Low-fat cottage cheese
  - Peanut butter (on whole-grain toast)
- Limit bacon and/or sausage—when you do, try turkey bacon or sausage.



## LET'S DO LUNCH

- Pack your lunch – individuals that make their lunch at home say that it is much easier to stick to the right portion sizes.
- When eating out, box up half of the meal. It's like you get two meals for the price of one!

*"I stopped buying the combo meal. I order the small size now with a diet drink."*

## DINNER IS SERVED

- Remember – vegetables should make up half your plate.

*"If I'm still hungry, I eat more vegetables."*

*"If I go to a buffet, I only fill my plate once. If I want more, I go for salad with little dressing."*

## SNACK ATTACK!

Keep these foods handy in case you feel hungry between meals:

- Veggie sticks
- Graham crackers
- One hard-boiled egg
- Snack size bag of popcorn

*"If I want something sweet, I eat a sugar-free popsicle or chew sugar-free gum."*

## SHAKE OFF THE SALT

### Helpful Tips:

- Most people with diabetes also have high blood pressure. If you have high blood pressure, it is important to eat less salt (sodium) because salt can make your blood pressure higher.
- Look for labels that say:
  - Low sodium
  - Reduced sodium
  - Sodium free
  - No salt added
  - Low salt

- Salt is found mostly in canned food, cold cuts, hot dogs, frozen dinners, pizza, noodle and rice mixes, soy sauce, baked goods (muffins), pretzels, chips, pickles and fast food.

## BE ACTIVE

Being more active is one of the best things you can do to control your blood sugar. It can help you lose weight, have more energy and feel more upbeat.

If you are not currently exercising, start small with 10 minutes a day. It can be as simple as walking 5 minutes from your door and turning around and walking back.

Some of the things you do every day are exercise. These include housework and yard work, such as vacuuming, mowing and gardening. Other ways to be active include using the stairs, mall walking, parking farther away than you need to, going to the gym, trying barbells, using bands, yoga, dancing and walking.

## HELPFUL TIPS IF YOU HAVE TROUBLE WALKING:

- Stretch or lift weights while sitting in a chair. Consult with your doctor to ask about physical therapy or to get some advice on how to start. Look for videos or books at your library.
- Stretch bands and wrist or ankle cuffs with weights can help build muscle strength.
- Community pools often have special water exercise classes.

## EXERCISE WILL GET EASIER!

- Begin by doing an activity for 10 minutes, two times a week.
- After a couple weeks, add 2-5 minutes a day.
- When you feel comfortable doing more, add another day.
- Work up to 30 minutes of exercise at least 3-4 times a week.

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. This information should never replace your doctor's advice or care.