

DIET AND INCREASED ACTIVITY

What you eat changes your blood sugar

The food you eat contains three main types of nutrients—carbohydrate, protein, and fat. When carbs are eaten, they turn into sugar which quickly raises blood sugar levels.

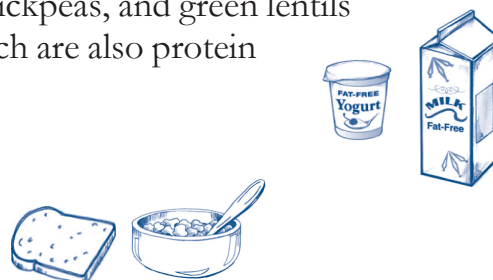
When choosing a carbohydrate...

Eat the most of these:

- Whole vegetables like lettuce, cucumbers, broccoli, tomatoes, and green beans
- Fruits like apples, blueberries, strawberries, and cantaloupe
- Whole grains like brown rice, whole wheat bread, whole grain pasta, and oatmeal
- Starchy vegetables like corn, green beans, sweet potatoes, pumpkin and plantain
- Beans and lentils like black beans, kidney beans, chickpeas, and green lentils
- Low fat foods, low fat milk, yogurt and cheese which are also protein

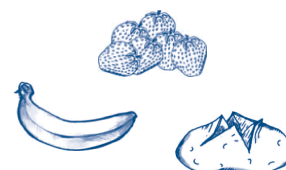
Eat less of these:

- Sugary drinks like soda, sweet tea, and juice drinks
- White bread, white rice, and sugary cereal
- Cake, cookies, candy, and chips



Eat fiber from plant-based foods:

- Beans and legumes like black beans, kidney beans, pinto, and lentil
- Fruits and vegetables.
- Nuts
- Whole grains such as whole wheat pasta, whole grain cereals, bran, oats



Each meal should include foods that contain carbohydrates, proteins, and fats.

- Your 9-inch plate should be half full of vegetables.
- Limit the protein and carbohydrates to 1/4th of the plate each.
- Sweets and sauces should be used in small portions.

[Diabetes.org/nutrition](https://www.diabetes.org/nutrition)

Place label here.

Starting Insulin – a patient guide

DIET AND INCREASED ACTIVITY

Increasing Activity

Pick something you like and can do often. Some things you already do are exercise. Activity includes:

- Walking your dog
- Walking your children to school
- Working in your yard
- Doing housework
- Washing your car
- Parking far away and walking
- Taking the stairs instead of the elevator

Aerobic activity makes your heart beat faster. This includes walking fast, swimming, biking, basketball, tennis, or exercise classes.



Strength training makes your muscles stronger. This includes weight lifting or using elastic bands or weight machines.

Stretching includes yoga and other activities that improve your flexibility.

Physical activity will lower blood sugar. Check blood sugar before and after physical activity.

When you increase your activity:

- Use identification that says you have diabetes, such as a bracelet.
- Carry food or glucose pills to take in case the activity you are doing makes your blood sugar go too low.

Check with your healthcare provider before starting any new activities.