

Managing Diabetes: Diet and Exercise

Eating a healthy diet and getting regular exercise may help lower your blood sugar and reduce the risk of other health problems related to diabetes. A healthy diet and exercise can also help lower your blood pressure and blood cholesterol levels.

Diet

Set a routine. Eating meals at the same time each day may help manage your blood sugar. Eat the same portion size at each meal. Using a measuring cup can help. Avoid skipping meals as this can lead to over eating.
Ask your doctor for a referral to see a dietitian to help you plan a healthy diet.



Choose healthy foods:

Eat more:	Eat less:
<ul style="list-style-type: none"> • Colorful vegetables (broccoli, green beans, spinach, tomatoes, eggplant) • Whole grains (brown rice, whole-wheat bread, whole grain tortillas, whole grain pasta, oatmeal) • Fruits (apples, pears, blueberries, strawberries, oranges) • Beans, lentils, nuts 	<ul style="list-style-type: none"> • Sugary drinks (soda, sweet tea, juice) • Processed foods (white bread, white rice, French fries, chips, frozen dinners) • Sweets (cookies, candy, cake, ice cream) • High-fat foods (bacon, sausage, butter, full-fat cheese) • Starchy vegetables (potatoes, corn, peas)

Exercise

Ask your doctor what exercises are safe for you.

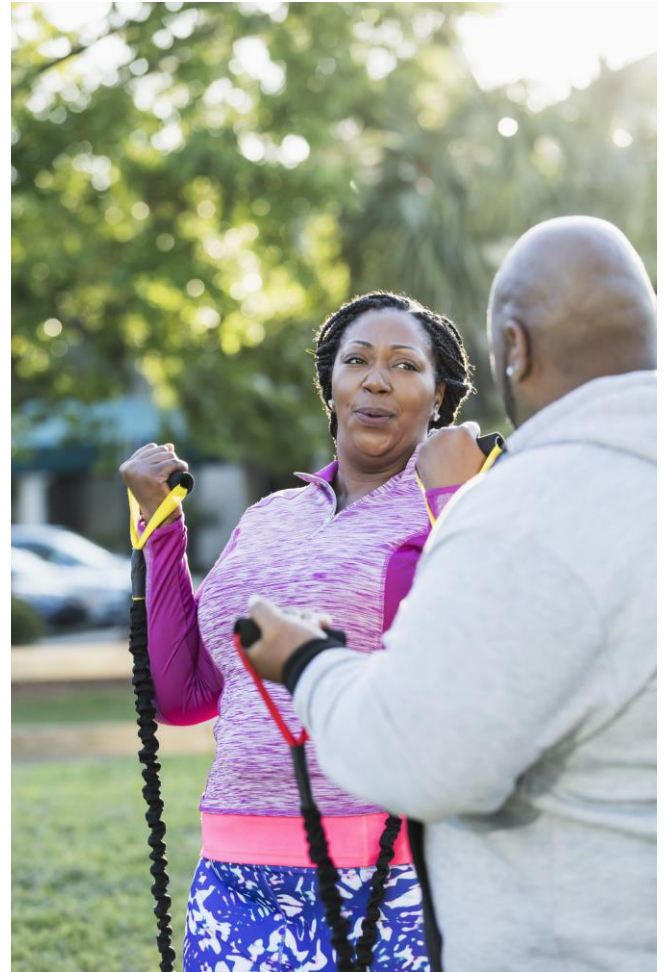
Try to exercise for at least 30 minutes a day, most days of the week.

Start with small steps. If you have not exercised in a while, start with 5 to 10 minutes at a time. Slowly increase the time and the kind of exercise you do. Light walking is a good way to start.

Find an activity you enjoy. Walking, dancing, doing housework, bicycling, or playing sports are activities with moderate intensity.

Drink plenty of water during exercise to avoid getting dehydrated.

Check your blood sugar before and after exercising. This is very important if you take insulin. Keep a healthy snack nearby during exercise in case your blood sugar level drops too low, and you get shaky, dizzy, or weak.



Partnership HealthPlan of California and your primary care provider (PCP) are here to help keep you healthy! Talk to your PCP about how you can keep your diabetes under control. Your PCP's phone number is on the front of your Partnership ID card.