



Can diet and exercise help lower my blood sugar?

Yes it can and more...

- Following a well-balanced diet and exercising can help you to manage your Type 2 diabetes. A healthy diet can decrease the risk of diabetes problems happening. Eating a healthy diet and exercising can lower blood sugar, lower cholesterol, and blood pressure in diabetics
- This pamphlet will help you establish healthy defaults to assist you in successfully managing your blood sugar.

Healthy Defaults Food

- Remove high sugar and high GI foods from the house and replace them with healthier foods.
- Pack meals when “on the go” to avoid eating unhealthy, convenience foods
- Make a list of healthy “go to” foods to eat during stressful times.
- Meal plan for the week and stick to the plan.

Exercise

- At the start of the week, pick which days you plan to workout and leave errands and social activities for non-exercise days.
- Pack gym clothes to change into after work instead of coming home after work to change.
- Choose an exercise partner who you can count on to hold you accountable.

References

- 1.Saudek,Rubin,Shump, 1997
- 2.Tester,Finney-Brown, 2015
- 3.Andrews, Cooper, Montgomery, 2011
- 4.Mann, 1984
5. American Diabetes Association, 2018
- 6.Diabetes Prevention Program Research Group, 2002



MANAGING BLOOD SUGAR

**HEALTHY DEFAULTS TO
HELP MANAGE BLOOD
SUGAR**



What foods can help balance my blood sugar?

Choose foods with a low glycemic index (GI). The glycemic index measures how a food that contains carbohydrates raises blood sugar. Foods with a GI <55 are considered low.

How can I stay on track?

Relying on something called **healthy defaults** will help you set yourself up for success.

What is a healthy default?

A healthy default takes the work out of something so you don't have to rely on willpower to get through difficult times.

It's important to come up with healthy food and exercise defaults to help you manage your blood sugars.

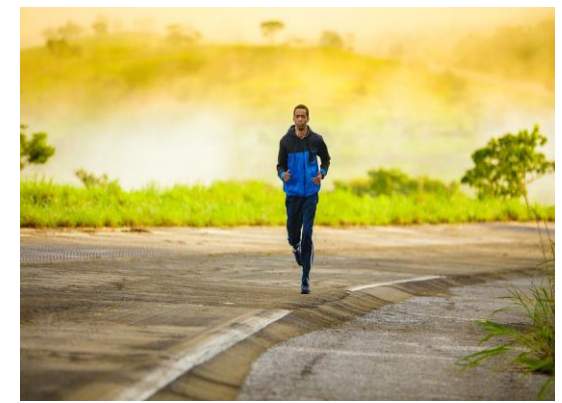
Tips for staying active

Set a goal

- What activity will you do and for how long?
- How often/when will you do this?
- Is your goal realistic? Don't try to change too much at once.

Put it in writing

- Writing down goals can help.
- Put them in a place you can see them; on a refrigerator, or a mirror.



You want to choose foods with a low glycemic index

Some low GI foods include:

Beans-kidney, pinto, or black beans

Dark Leafy vegetables- spinach, collards, and kale

Citrus fruits-grapefruit, oranges,

Berries- blueberries, blackberries

Fish high in omega 3's salmon, sardines

Nuts- walnuts, almonds, flax seed

100% stone ground whole wheat

Oatmeal-rolled or steel cut

Non starchy vegetables carrots