

Tips for Managing Blood Sugar

Did you know ?

Living well with diabetes is possible!

There are things you can do to help you stay healthy.

1

Choose water instead of sugary drinks.

2

Make healthy food choices.

Use your plate as a guide.

- Fill half of your plate with vegetables.
- Fill the other half of your plate with a grain/starch and a protein.
- Add a side of fruit.

3

Do something active every day.

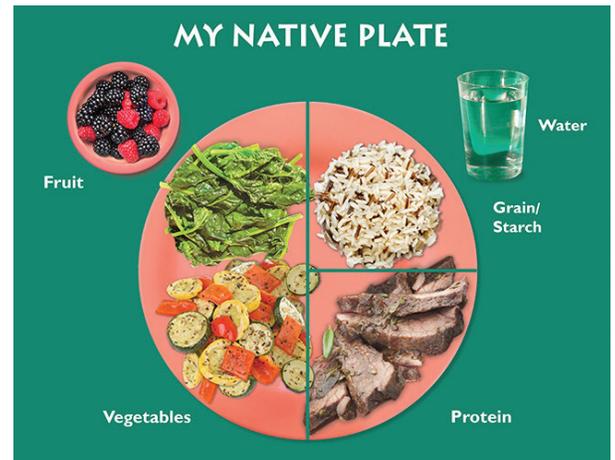
- Choose an activity that you enjoy.
- Wear comfortable clothes and shoes.
- Ask a friend or family member to join you.

4

Find healthy ways to reduce stress.

Stress can raise your blood sugar. Below are some ideas that may help you feel less stressed.

- Talk with others.
- Go for a walk in nature.
- Spend time on a hobby such as beading or gardening.



Ask your medical provider if the following is right for you:



Checking blood sugar



Taking medicines



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
07/2019

Take a picture with your cell phone.
Look at the picture later as a reminder!

