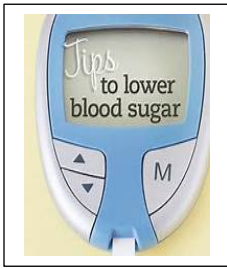




## **Blood Glucose Tip**



Good blood sugar control is vital to staying healthy. Accomplishing this goal requires eating healthier, being physically active, managing stress, and taking blood glucose-lowering and related medications if prescribed. Here are attainable steps you can do to help reach your goals.

**Choose Healthy Carbohydrates:** fruits, vegetables, whole grains, legumes, and low-fat dairy foods. These foods are excellent sources of vitamins, minerals, and dietary fiber.



**Reduce Sugars and Sweets:** Cut down on all kinds of sugary drinks (sodas, fruit drinks, sports drinks, etc.), flavored hot and iced coffees and teas, pastries, candy, desserts. Drink more water.

**Trim and Skim Fat Grams:** Use less salad dressing, mayonnaise, sour cream, cream cheese, and cheese. These foods have a high fat content.



**Move A Little More Each Day:** Exercise helps to normalize blood sugar levels. Work with your help care team to determine the right amount of activity for you.

Don't be hard on yourself. Trust the process. Eat healthy, work hard, make good choices, and be patient with yourself. This is all hard work in our fast food-focused world. Need some assistance? Ask your healthcare provider if a referral to a registered dietician or diabetes educator would be helpful.