

# HEALTHY EATING & MOVEMENT

## TOP TIPS FOR HEALTHY DIABETES MANAGEMENT

### WHY IS REGULAR PHYSICAL ACTIVITY SO IMPORTANT?

Exercise helps your cells become more sensitive to insulin so that the insulin works more effectively. In fact, the American Diabetes Association (ADA) recommends 150 minutes of moderate to vigorous exercise per week. And there's good news: You can break it up into smaller chunks to fit your routine and schedule.

### HOW DO I START?

Light walking is a great place to start, then work your way up to a brisk pace over time. Keep it fun by bringing a friend or listening to a podcast. Practical activities count, too, like gardening, washing the car, or mowing the lawn. Low-impact activities include yoga, swimming— or even a little dancing!



### HEALTHY EATING IS AN IMPORTANT PART OF DIABETES MANAGEMENT. BUT WHERE DO YOU START?

Making dietary changes can be challenging for just about anyone, so it helps to start small. Check out these simple swaps, and try one or two of them this week. Then, once you're used to it, try a couple more!

**White bread, pasta, or rice**



**Whole-grain bread, whole-wheat pasta, brown rice**

**Deep-fried meats and fish**



**Broiled, grilled, steamed, roasted, or baked meats and fish**

**Chips, snack mix, pretzels**



**Hummus and fresh veggies, low-fat cheese and whole wheat crackers**

**Cookies and candy**



**Plain yogurt with fresh fruit and nuts**

**Cola or other soda pop**



**Flavored sparkling water**

**Sugary coffee drinks**



**Homemade fruit smoothie**





# HEALTHY EATING & MOVEMENT...

## AM I OVERDOING IT ON PORTION SIZE, AFFECTING MY BLOOD GLUCOSE?

To build balanced, diabetes-friendly meals, it's helpful to know the size of the portions you're getting. But if you don't have a kitchen scale or measuring cup handy, how do you judge? These simple comparisons can help. (Be sure to double-check recommended serving sizes—they may vary from item to item.)

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	1/2 cup (55 g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8 g	<b>10%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrate</b> 37 g	<b>13%</b>
Dietary Fiber 4 g	<b>14%</b>
Total Sugars 12 g	
Includes 10 g Added Sugars	<b>20%</b>
<b>Protein</b> 3 g	
Vitamin D 2 mg	10%
Calcium 260 mg	20%
Iron 8 mg	45%
Potassium 235 mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## ARE YOU GETTING ENOUGH—OR TOO MUCH?

Serving sizes, carbs, fiber... understanding these and other important nutrients and additives is a big part of eating healthy. The best place to find that information is on a nutrition label, but how do you make sense of it? Here are a few tips.

**Serving size:** All the information on a label will be based on 1 serving, so be sure you know how much that is! Remember: Packages/cans often contain more than 1 serving.

Source: NovoCare Education + Resources (Diabetes)

**% Daily Value:** The FDA makes recommendations for how much of each nutrient to eat in a day. The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet of 2000 calories a day. 5% or less = low in that nutrient, 20% or higher = high in that nutrient

**Total fat:** A low-fat food contains 3 grams of fat or less per serving. Look for items that have little saturated fat and no trans fat.

**Total carbs:** • **Dietary fiber:** Your body doesn't digest fiber, so it doesn't affect your blood glucose. It also helps you feel full after eating and may lower your cholesterol level. • **Total sugars:** Sugars raise your blood glucose quickly, so it's best to avoid foods that are high in sugar or have added sugar.

## TIPS FOR EVERYDAY PORTION CONTROL

Portion sizes have gotten bigger over the past few decades. To stick to recommended portion sizes, it can help to:

- Weigh or measure whenever possible
- Use smaller plates and dishes
- Avoid "supersize" portions

2 tablespoons of peanut butter or salad dressing is comparable to a ping-pong ball



1/4 cup of dried fruit or nuts is about the size of a golf ball



1/2 cup of cooked rice, oatmeal, or pasta is about as big as a tennis ball



1 cup of milk, plain yogurt, or cut raw fruits or vegetables is comparable to a baseball



3 ounces of meat or poultry roughly compares to a deck of cards



3 ounces of fish roughly compares to a checkbook

