



LIVING WITH *Diabetes*

MAKE HEALTHY FOOD CHOICES

Choose non-starchy vegetables, lean meats, whole grains and low-fat dairy.



Non-Starchy Vegetables

Salad, green beans, broccoli, cauliflower and tomatoes



Protein

Chicken, turkey, fish, lean cuts of beef, eggs and low-fat cheese



Whole Grains/Starches

Noodles, rice, corn and potatoes

MANAGE MEDICATIONS



Take all of your prescriptions as prescribed by your doctor



Use one pharmacy to fill all your prescriptions



Keep an updated list of your medicines



Set an alarm to remind you when to take medicine

GET MOVING

Try to do 30 minutes of aerobic activity five times a week while incorporating strength training twice a week and stretching as often as you can.



Aerobic Activity

Strengthens the heart and improves A1C, blood pressure and cholesterol



Stretching

Increases flexibility and prevents stiffness



Strength Training

Improves bone density and muscular health

For more information visit evolution.net/healthtips

