MANAGING DIABETES

Type 2 Diabetes (T2D) is a condition that occurs when a person's blood sugar levels are consistently higher than what is considered normal.

Fasting blood sugar is normally less than 100 mg/dL, but people with diabetes have fasting blood sugar levels of 126 mg/dL or higher.

Nutrition & Type 2 Diabetes

When choosing foods to eat, try to choose vegetables, fruits, whole grains, fat-free or low-fat dairy, fish, poultry, nuts & seeds, and vegetable oils. You should try to limit fatty meats, full fat dairy, sugar sweetened beverages, sweets, and sodium.

NUTRITION TIP

Try to incorporate foods that are high in fiber such as vegetables, beans, and whole grains! Fiber helps control blood sugar!

Exercise & Type 2 Diabetes

Exercise is an important component in managing your blood sugar. It can help in the following ways:

- Lowers blood sugar levels.
- Lowers blood pressure.
- Burns extra calories which can help with weight loss if needed.

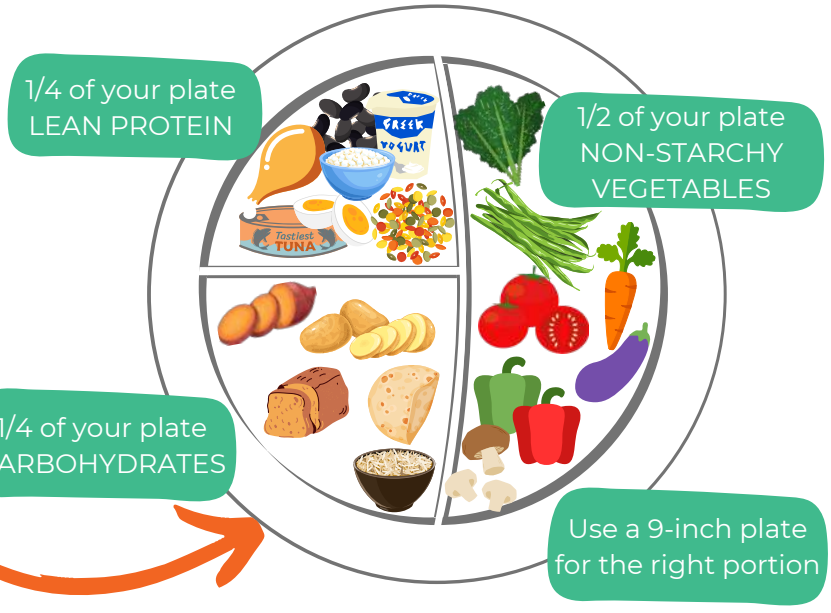
EXERCISE TIP

It's recommended to participate in at least 150 minutes of moderate intensity exercise (fast walking, swimming, biking) each week.

Plate Method for Diabetes

The plate method is an easy place to start when it comes to managing your T2D.

This approach helps you plan appropriate portions without the stress of counting or measuring.



References: Mayo Clinic. (2018). Diabetes and exercise: When to monitor your blood sugar. Mayo Clinic. https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-and-exercise/art-20045697 | National Institute of Diabetes and Digestive and Kidney Diseases. (2019). Diabetes Diet, Eating, & Physical Activity | NIDDK. National Institute of Diabetes and Digestive and Kidney Diseases. https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity | Mayo Clinic. (2021). Diabetes diet: Create your healthy-eating plan. Mayo Clinic. https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295

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