



## Diabetes Tips

### Foot Care

Look after your feet if you have diabetes.

- 1** Check your bare feet daily. Look for cuts, spots, blisters swelling, and ingrown toenails. Talk to your health provider if you see or feel anything odd.
- 2** Put your feet up when you sit down. Wiggle your toes and move your ankles. Try to do this for 5 minutes 2-3 times a day. Do not cross your legs for long.



### Diet

Eat healthy to help keep blood sugar low. Avoid high fat and sugar.



- 1** Look for foods with fiber. Potatoes, beans, peas, oatmeal, and whole grains are good choices. Look for the word “whole” in the ingredients.



- 2** Watch your portions. Half of your plate should be vegetables like salad, broccoli, or tomatoes. Split the other half between lean meats, like fish and chicken, and carbohydrates, like whole grain brown rice, potatoes, or corn.



## Diabetes Tips

### Safety

Be safe when you exercise.



1

Bring your ID with you. Consider bringing a list of your medications just in case. Carry a small snack you can eat if your sugar gets too low.



2

Check your blood sugar before you start, after, and even during exercise. If it is too low or if you feel dizzy, eat your snack to raise your blood sugar.



### Exercise

1

Aim for 30 minutes of exercise a day. Try to sweat and get your heart to pump faster when you are active. Drink plenty of water when exercising.



2

Start slowly. Walk daily. You can park the car farther from the store. Take stairs instead of the elevator. You can soon build up to jogging and biking.



Always talk to your health provider before you start any exercise program.