



RULES FOR DIABETES

ACTIVITIES

- Take your meds every day as ordered
- If told to, keep logs of glucose and blood pressure and bring them with you to the clinic
- Increase your physical activity
 - Start small even a 5-minute walk
 - Slowly become more active

BEVERAGES

- Water is the best beverage
- **Don't drink anything that has calories!**
 - Do not drink fruit juice – eat fruit instead
 - Okay to put half & half in your coffee, but avoid “creamers”
 - Use artificial sweeteners or no-calorie diet drinks if you want sweet beverages
- Milk is a food, not a beverage

FOOD

- **Avoid starchy carbs, the “white foods”**
 - Reduce your portion size of pasta, white potatoes, rice and bread
 - Reduce the amount of “sweets” and sweet baked goods you eat
- **Avoid battered fried foods**
- Eat lots of fruits and vegetables
- Eat healthy lower fat meats
 - Chicken
 - Fish
 - Lean beef & pork
 - Eggs
 - Cheese (Choose lower-fat varieties)
- Eat healthier fats
 - Olive oil
 - Butter or low fat margarine instead of regular margarine
 - Avocados
 - Nuts of any kind
 - Seeds
 - Olives
- Eat low-fat dairy products (yogurt, milk, etc. also include protein and other good nutrients)
- **Those “bad” foods you feel that you can't do without?**
 - Eat them less frequently
 - Eat smaller portions of them

DON'T SMOKE!