

## DIET AND INCREASED ACTIVITY

### What you eat changes your blood sugar.

The food we eat is made of three things-carbohydrates, protein, and fat. The carbohydrates (“starch”) change to sugar when eaten. Simple starches raise your blood sugar quickly. Complex starches, higher in fiber, raise your blood sugar more slowly.

#### Simple

- Fruit and fruit juices
- Milk and cheese
- Dessert foods like candy or cookies

#### Complex

- Whole Grain Bread
- Whole Grain Noodles
- Whole Grain Crackers
- Cereal
- Beans
- Peas
- Corn



Fruit, vegetables and whole grain foods with fiber digest slowly and are the best carbohydrate to eat. Foods high in fiber are good for people with diabetes. Milk, cheese, and yogurt are both carbohydrates and protein.

Your meal plate should have lots of vegetable and a small amount of protein (meat, eggs, chicken, fish) and a small amount of starch.

- Eat food with lots of fiber, like vegetables, beans, oatmeal, brown rice, and whole grain foods.
- Do not eat a lot of sweets, such as cake and cookies.
- Eat small portions.

Place label here.

# Starting Insulin – a patient guide

## DIET AND INCREASED ACTIVITY

### Increasing Activity

Pick something you like and can do often. Some things you already do are exercise. Activity includes:

- Walking your dog
- Walking your children to school
- Working in your yard
- Doing housework
- Washing your car
- Parking far away and walking
- Taking the stairs instead of the elevator

**Aerobic activity** makes your heart beat faster. This includes walking fast, swimming, biking, basketball, tennis, or exercise classes.



**Strength training** makes your muscles stronger. This includes weight lifting or using elastic bands or weight machines.

**Stretching** includes yoga and other activities that improve your flexibility.

Physical activity will lower blood sugar. Check blood sugar before and after physical activity.

### When you increase your activity:

- Use identification that says you have diabetes, such as a bracelet.
- Carry food or glucose pills to take in case the activity you are doing makes your blood sugar go too low.

**Check with your healthcare provider before starting any new activities.**