Learning to Live with Diabetes

Living with diabetes means being under a doctor’s care. Your doctor may suggest to make a few changes in the way you live. This is important in order to: *Keep blood sugar under control and prevent any future problems that can occur with diabetes.*

There is no cure yet for diabetes, but it can be controlled. Good control requires a healthy diet, in some cases medication and exercise, and if needed, insulin.

**For a Healthy Diet:**

- See a registered dietitian to plan a diet that works for you. A dietitian can help you include the foods you like in your diet.
- Eat a variety of foods in the amounts recommended by your health care provider.
- Eat plenty of vegetables every day.
- Follow a regular meal schedule and avoid skipping meals.
- Eat foods rich in fiber such as beans, lentils, oatmeal, whole wheat bread, and corn tortillas.
- Cut down on salt and sodium. Use more herbs, spices or lemon juice for flavor.
- Avoid drinking alcoholic beverages or drink very little.

**Cut down on the fats you eat:**

- Boil, steam, bake or broil meats instead of frying them.
- Trim fats from meat before and after cooking.
- Avoid or use little margarine or butter.
- If you use mayonnaise, salad dressing, cream, and cheese buy low-fat or nonfat.

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