

WEIGHT MANAGEMENT TIPS FOR TYPE 2 DIABETES

The following tips are the beginning to adopting a healthy lifestyle that includes good nutrition and regular exercise for not only yourself but the entire family.

Consistency

- ✓ Aim to consume THREE meals and ONE low carb snack each day
- ✓ MAKE TIME for Breakfast, skipping may increase your risk for overeating later in the day and also cause your blood sugar to drop.

Variety

- ✓ Include ALL food groups: Fruits, Vegetables, Grains, low-fat Dairy Products, and lean Meat, Fish, & Poultry
- ✓ *Color* your plate at meal and snack time including each food group
- ✓ Choose seasonal fruits and vegetables for great taste and better prices

Portion Control

- ✓ Use your plate as your portion guide
- ✓ HALF the plate should be vegetables, 1/4 starches, 1/4 lean protein
- ✓ Seconds at meal time should only include lower calorie foods, such as vegetables or fruit
- ✓ Listen to your body's hunger and fullness signals- try waiting 20 minutes to see if you are still hungry
- ✓ Stick to the carb goals set by your dietitian

Exercise

- ✓ GET INVOLVED in walking or any activity that allows you to work up a sweat
- ✓ Aim for 30-60 minutes of physical activity 5-7 days a week

Additional Tips

- ✓ Consume plenty of water throughout the day
- ✓ Limit sweets and processed foods

