



BlueResourceSM – Controlling Your Condition – Living with Diabetes

Healthy Choices Make a Big Difference with Diabetes

Diabetes happens when your body has trouble breaking down sugar. Too much in the bloodstream starves cells of the energy they need and narrows arteries so your organs get less blood. While it can't be cured, there's good news: Healthy lifestyle choices can lessen the effects of diabetes.

Practice control. Make good nutrition and fitness decisions to keep blood sugar in check.

Tip the scales in your favor. Maintain a healthy weight to help control diabetes.

Move more. Stay active to keep your blood sugar within a normal range.

Eat healthy. Choose whole foods (not over-processed), non-starchy veggies and foods low in added sugars.

Know your numbers. Check your blood sugar, blood pressure and cholesterol levels often to stay within healthy ranges.



Make a plan to manage your diabetes.

Sources:

The Path to Understanding Diabetes Starts Here. American Diabetes Association. 2020.
National Diabetes Statistics Report. Centers for Disease Control and Prevention. 2020.

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