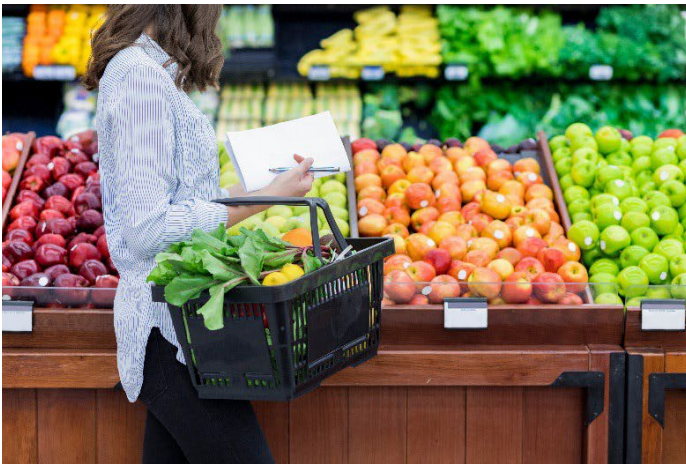# Managing Diabetes: Diet and Exercise

Eating a healthy diet and getting regular exercise can help you be healthy if you have diabetes.

Diet

Set a routine. Eating meals at the same time each day may help manage your blood sugar. Eat the same portion size at each meal. Using a measuring cup can help. Try not to skip meals so you don't over eat at the next meal.

A dietitian can help you plan a healthy diet. Ask your doctor to connect you to one.

Choose Healthy Foods:

Eat more:	Eat less:
- Colorful vegetables (broccoli, green beans, spinach, tomatoes, carrots, eggplants) - Whole grains (brown rice, whole-wheat bread, whole grain tortillas, whole grain pasta, oatmeal) - Fruits (apples, pears, blueberries, strawberries, oranges) - Beans, lentils, nuts	- Sugary drinks (soda, sweet tea, juice) - Processed foods (white bread, white rice, French fries, chips, frozen dinners) - Sweets (cookies, candy, cake, ice cream) - High-fat foods (bacon, sausage, butter, full-fat cheese) - Starchy vegetables (potatoes, corn, peas)

Exercise

Ask your doctor what exercises are safe for you.

Try to exercise for at least 30 minutes a day, most days of the week.

Start with small steps. If you have not exercised in a while, start with 5 to 10 minutes at a time. Slowly increase the time and the kind of exercise you do. Light walking is a good way to start.

Find an activity you enjoy. Walking, dancing, doing housework, bicycling, or playing sports are activities with moderate intensity.

Drink plenty of water during exercise to avoid getting overly thirsty.

Check your blood sugar before and after you exercise. This is very important if you take insulin. Keep a healthy snack nearby during exercise in case your blood sugar level drops too low, and you get shaky, dizzy, or weak.
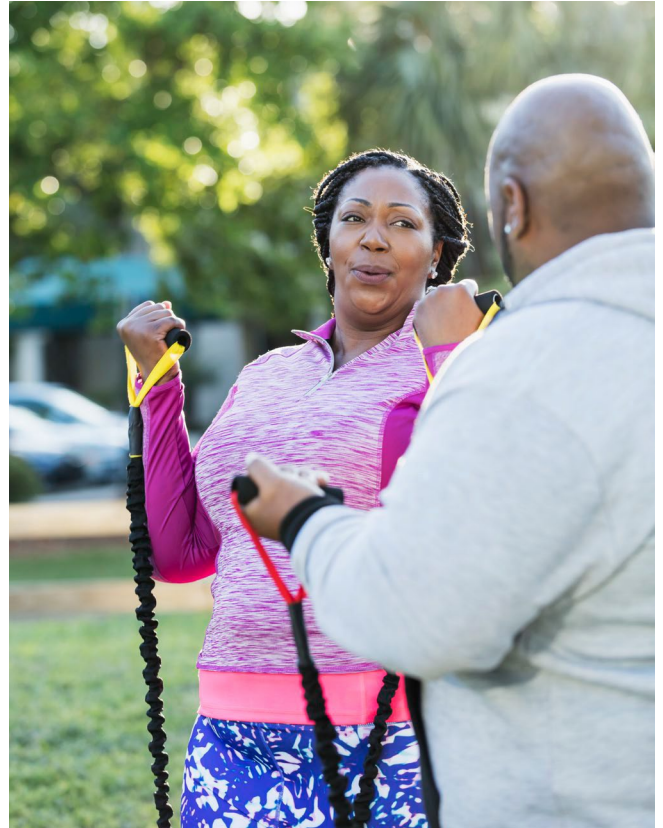
Partnership HealthPlan of California and your primary care provider (PCP) are here to help keep you healthy! Talk to your PCP about how you can keep your diabetes under control. Your PCP's phone number is on the front of your Partnership ID card.