

MANAGING DIABETES

*with
lifestyle changes*



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Know Your Blood Sugar Value

Diabetes cannot yet be cured...
but it can be managed

One part of managing your diabetes
is knowing your numbers

Diabetes Guide



After 2 hrs of meal **200 mg/dL** or above
Fasting **126mg/dL** or above
HbA1c: **6.5% or above**

After 2hrs of meal **140-199 mg/dL** or above
fasting **100-125 mg/dL** or above
HbA1c: **5.7%-6.5%** or above

After 2 hrs of meal **139 mg/dL** or below
fasting **99 mg/dL** or below
HbA1c: **5.7%** or below

Typical Diabetes Care Plan Includes:

- ▶ Diet Plan
- ▶ Physical Activity Plan
- ▶ Stress Avoidance Plan
- ▶ Proper Sleep Habit
- ▶ Cut on Addictions
- ▶ Setting Personal Blood Sugar Goals
- ▶ Medication Compliance Plan
- ▶ Schedule for Regular Health Checkup

Sample Diet Plan for Diabetics

Sometimes it's hard to know where to start when you're trying to plan healthy meals.

Food Item	Amount	Protein (g)	Calories (kcal)
EARLY MORNING			
Fenugreek seeds with 1 cup of water (Methi Seeds)	-	-	-
Tea (without sugar)	1 cup	4	35
Marie Biscuits	2	1	56
Breakfast			
Stuffed methi / palak / lauki paratha /	2 small	7	200
Curd	50 gm (cup)	3	30
OR			
Egg white / Paneer Bhuriji	1 medium bowl	6	130
Plain roti (no oil)	2 small	3	150
OR			
Vegetable poha/upama/oats/daliya	1 soup bowl	4.5	230
MID MORNING			
Apple / guava / orange /	1	-	40
LUNCH			
Salad (10mins before lunch)	1 medium bowl!	1	30
Capsicum + gobhi veg / any green veg	1 medium bowl!	1	85
Dal	1 soup bowl	6	130
Phulka (no ghee)	2	6	175
EVENING			
Milk / green tea / herbal tea / lemon water	1 cup	2	35
Roasted chana + Muri or Walnut / Almond	1 cup	5	85
DINNER			
Salad (10 mins before dinner)			
Phulka (no ghee)	2	4.5	150
Lauki veg (Any Green Veg)	1 cup	2	85
Curd	1 cup	3	30
LATE NIGHT			
Skim Milk (no sugar)	1 glass	4	120
Total	-	49.5	1286



How often should you eat?

Don't eat most of your food at one time.

Doing so can cause your blood glucose to rise too high or fall too low.

Divide food intake in several small meal through out the day



Be active

Getting active

Being physically active every day can help you manage your blood glucose, blood pressure, and cholesterol. That's because an active lifestyle can improve your body's ability to use insulin.

Daily activity can help to reduce the risk of complications of diabetes and it's a great way to relieve stress & Improve sleep

How much Activity do you need?

If daily activity is new to you, start slow and steady. Try to do a total of at least 150 min per week of aerobic exercise such as brisk walking, spread over 3 or more days a week.

If you are just starting, start with 5 minutes per day and gradually add more and more.

Get Walking!

Get out and walk.

Walking makes your heart beat faster.

The more you walk, the easier it get.

Make it routine of each day.

Build up your strength

Exercise such as lifting weights, cycling working with resistance bands, and swimming and when done at least 2 times a week may also help improve hearts health and manage your weight.



Taking medication for diabetes

Like healthy eating and physical activity, taking medication as recommended by your doctor can help you manage your blood glucose, blood pressure and cholesterol. Glucose lowering medication improve your ability to keep your blood glucose in the target range.



Oral medication
Pills



Inhaled medications
Medications that are inhaled



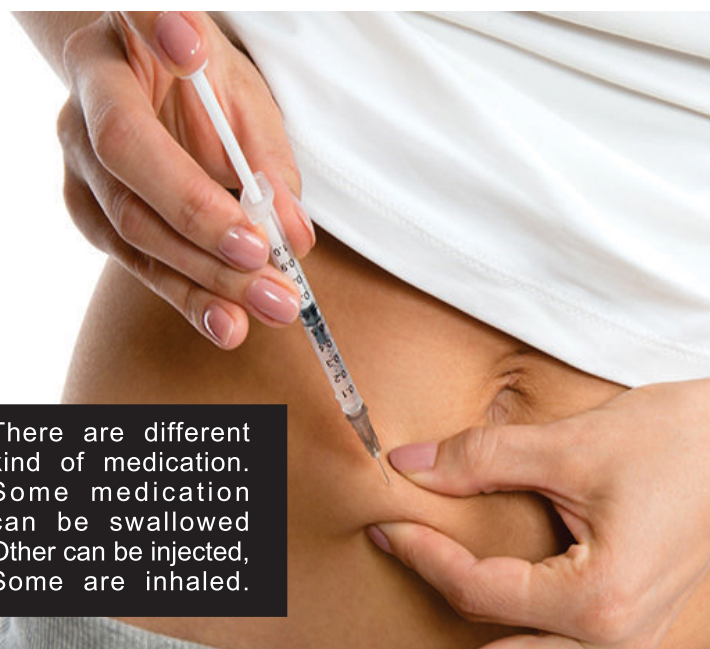
Injections
Shots given using syringe or pen-like device



Insulin pumps
Devices that can deliver steady amount of insulin 24 hours a day

Tips for taking medication:

- Don't change dosage or stop taking any of your medicines, even if you are feeling better. Always talk to your doctor first.
- Refill your prescription before they run out.
- Call your doctor right away if you notice any side effects.
- Ask family or friend for help or keep mobile alarm if you are having trouble remembering to take your medicines on time.



There are different kind of medication. Some medication can be swallowed Other can be injected, Some are inhaled.

Maintaining your overall health



Dealing with stress

To combat stress, try meditation or yoga or a natural stress reliever. Take time to do things you enjoy such as hobbies, talking to a close friends etc.

Enjoying your life

Don't forget fun making every week with at least one activity you like to do most important



Taking Time to relax

Yoga and meditation :
To relax the mind and body.

Deep breathing to release physical
tension and visualization to recharge
your mental batteries.



Foot care:

People with diabetes need
to take special care of their
feet. You should have a
comprehensive foot exam by
your doctor every year.

Keep your feet healthy by

- Wash your feet
- Dry feet well
- Keep skin soft
- Inspect feet every day



Eye care:

Diabetes can affect your
eyes. But there is a lot you
can do to keep your eyes
healthy

- Keep your blood sugar as close to
the target levels as possible
- Quit smoking
- Visit eye care professional at
least once a year for a
examination even if your vision
seems fine.





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