



## IMPORTANCE OF DIABETIC MANAGEMENT

In many of our diets, we often consume foods that may register in our bodies as sugar. As we consume foods, our bodies naturally begin to process this sugar or glucose as a major source of energy. While in some people this may result in a higher or lower blood glucose level. When your blood glucose is higher, known as diabetes. Diabetic management is very important to maintain a healthy and fulfilling life.

A major part of diabetic management is eating well. When considering diabetes or pre-diabetes, eating well is essential to optimal health. Contrary to popular belief, you do not have to give up all of your favorite foods to eat well. Moderation is important. Focus on balancing the proteins, fats, and carbs you eat to manage your diabetes and feel your best.

Lifestyle choices can often help you manage your blood sugar levels. Eating a healthy diet with plenty of fruit and vegetables, maintaining a healthy weight and getting regular exercise can help. Other tips for controlling blood sugar include:

- Keeping a log of your blood sugar readings from your monitor.
- Eating at regular times and not skipping meals.
- Choosing foods lower in calories, saturated fat, trans fat, sugar, and salt.
- Tracking your food, drink, and exercise (for weight management and blood sugar control).
- Drinking water instead of juice and soda.
- Limiting alcohol—too much can cause low blood sugar.
- For a sweet treat, choosing fruit instead of a candy bar.
- Using food portion control (for example, filling your plate with one-fourth meat or other protein, one-fourth starchy foods, and one-half non-starchy vegetables).

Proper diabetic management is important in preventing the possibility of experiencing several health complications. Making a food plan, exercise regimen, and managing medications help you to live a healthy life.

Keep a record of your blood sugar numbers to see what makes your levels go up or down. Your doctor, dietitian, and health care team will help guide you in how to live healthier to prevent serious health problems. Talk to your health care team for more information about diabetes and blood sugar.

Source: <https://www.cdc.gov/diabetes/managing/education.html>

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