

**The ADA (American Diabetes Association) has some suggestions for the start of your weight loss program:**

- ❑ Cut 500 calories from what you eat each day.
- ❑ Have a balanced diet with a mixture of nutrients.
- ❑ Limit the fats in your diet. They should be less than 30% of the calories you eat each day. Less than 10% of calories should come from “bad” fats (called “saturated fats”).
- ❑ Eat starches and sugars that take longer to digest (called “complex carbohydrates”). About 50% of calories you eat should come from these. Examples are: fresh vegetables; grains; lentils, beans, and other legumes.
- ❑ Another change to make in your diet is the pattern of your meals. For example, you should eat smaller and more frequent meals. Small meals with a lot of protein or certain snacks (“complex carbohydrate” snacks) are good too.

**Diabetes and Your Heart**

Keep your:

- blood sugar
- blood pressure
- cholesterol

as close to normal as possible to protect your heart.

Having diabetes is hard on your heart. You might worry more about other complications, like:

- ❖ eye disease
- ❖ kidney disease
- ❖ nerve disease.

People with diabetes often have all three of the major risk factors for heart disease:

- high blood sugar (glucose)
- high blood pressure
- high blood fats (cholesterol and triglyceride levels).

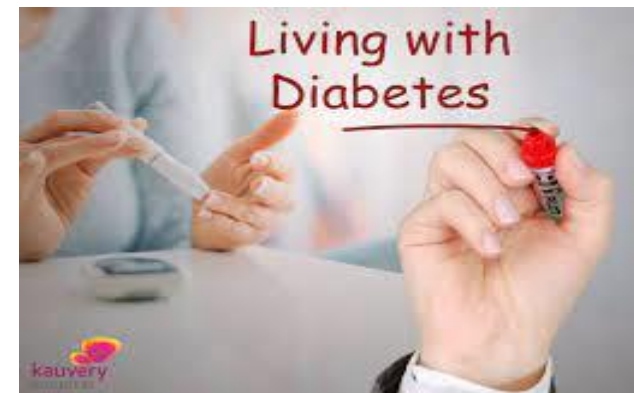


**Resource**

- Diabetes Self Management Patient Education Materials
- [https://www.hopkinsmedicine.org/gim/core\\_resources/Patient%20Handouts/](https://www.hopkinsmedicine.org/gim/core_resources/Patient%20Handouts/)



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**Managing Type 2 Diabetes through Diet**

Bring your weight and blood sugar levels close to normal ranges. This will help you prevent long term problems from diabetes.



## Exercise

You may know that it is important to exercise. It helps you control your diabetes. It helps you control blood glucose levels. It helps you lose weight and stay healthy. You really don't need to use fancy gear at a health club to get healthy. There are lots of simple ways to do that.

## Cardiovascular Exercise

They help to Raise your heart rate **for example:** Walking, biking, swimming, light yard work

## Strength Training

They Increase bone and muscle mass for example Lifting, pulling, or pushing heavy objects

## Stretching Activities

They lead to Increases flexibility. For example Yoga, working with an exercise ball.

## Stop Smoking

People with diabetes who smoke have:

- more damage to nerves and blood vessels
- more serious foot problems like slow-healing wounds
- more kidney damage
- more colds
- more tooth and gum problems
- more problems moving their joints

## How to quit

There is not one right way to quit smoking.

- If you smoke because you are addicted, nicotine patches or gum may help. Ask your health care provider about them.
- Tell family and friends that you are quitting and ask for their support.
- Avoid being tempted, and hang in there when you commit to quit.
- If you smoke because it gives you more energy, look for other ways to increase your get up and go.



- Use higher calorie versions of foods you eat if weight gain is desired.
- Avoid “lite” products (skim milk, low-fat yogurt and cottage cheese, etc.).
- Don't fill up on fluids. Drink fluids between meals rather than with meals.
- Get plenty of rest, find ways to be more active, eat well and avoid being bored.
- If smoking relaxes you, getting more rest, moving more and cutting stress can help you quit. So can doing things that relax you, like listening to soothing music.
- If you simply enjoy smoking, try focusing on the upside of quitting. Pay attention to how food tastes when you don't smoke.
- If you smoke to control your weight, talk to your health care provider or a dietitian about how not to gain weight when you quit.