

# LOWERING & MANAGING YOUR BLOOD SUGAR

Type 2 diabetes is considered a lifestyle disease, which means it's linked to the way people live and is not contagious. There are lifestyle changes you can make that can make a big difference when managing your blood sugar.

## Healthy Habits!

Making a lifestyle change might not be as easy as it sounds. Managing your blood sugar takes selfdiscipline, but once you truly commit, you'll find the benefits of a healthy lifestyle are worth a few small sacrifices.

- Stop counting calories and focus on eating better quality food.
- Avoid sugary drinks like soft drinks and fruit juices. Drink water, tea, or coffee.
- Avoid refined carbohydrates, including whole grains products. Pasta, rice, and bread will spike your insulin levels.
- Limit added sugars.
- Limit alcohol consumption.
- Keep healthy snacks, like olives, veggies, and nuts, available to curb your hunger.
- Stay away from high carbohydrate snacks like cookies and crackers that spike blood sugar.
- Get regular exercise like walking, light calisthenics, or weight training.
- If you're a smoker, it's time to quit!

## Change is a Process

Change is a process, so you will not see results overnight. Your body will adapt after some time. As new healthy habits begin to take shape, your old patterns will slowly fade away to bring forth an energetic and vibrant new you.

