

Diabetes

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| Goals for Blood Glucose/Sugar | Before meal: 80-130 | 1-2 hr after meal: ↓180 | A1C goal: ↓7% |
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1

Carbohydrates

- You still need carbs!
- Focus on moderate portions with each meal and snack
- Choose whole grains when you can- whole wheat bread/pasta, brown rice, oatmeal, sweet potatoes

2

Use the Plate Method

3

Get Moving!

- Aim for 30 minutes of activity most days of the week and include some resistance/muscle building exercises
- Try walking, biking, swimming, chair yoga/exercises, videos, dancing
- Make it social- invite friends!

4

Diabetes can seem confusing!

Ask your doctor about the COPC diabetes education classes!

- ➡ Take all medications as prescribed and ask your doctor before taking any over the counter medicines
- ➡ Meet with a diabetes educator or dietitian for individual help
- ➡ Check your blood glucose if you feel shaky, sweaty, light headed, dizzy, confused or anxious for no reason. This may be a sign of low blood glucose.