

Steps for Controlling Your Diabetes

There are many steps you can take to help control your blood sugar levels, reduce symptoms, support overall health, and ultimately manage your diabetes.

Here are some key steps for controlling your diabetes and optimizing overall health.

For more information and diabetes resources, visit onebitenutrition.com. For more individualized support, feel free to reach out to wcastle@onebitenutrition.com

1 MAKE A PLAN

Work with a team to create a plan for effective diabetes management. The team may include your physician, a nurse, diabetes educator, and a dietitian.

2 CHECK YOUR BLOOD SUGAR

Test your blood glucose level during the day using a glucose meter to become familiar with your blood sugar levels and to learn how to better manage them.

3 BE AWARE OF WHAT YOU EAT

Become aware of the foods you eat and how they impact your diabetes management. Work together with a dietitian and diabetes educator to create a meal plan* that helps support the management of your diabetes.

*You can find a free 2-week meal plan under the resources tab on our website (onebitenutrition.com) to help you get started with some diabetes friendly recipe ideas.

4 GET PHYSICALLY ACTIVE

Physical activity is a key component in managing blood sugar levels daily, as well as for overall diabetes management and symptom reduction. Engage regularly in activities that you enjoy from taking a walk to joining a class to dancing or participating in sports and hobbies you enjoy.

5 USE MEDICATIONS WISELY

Work with your healthcare team (physician, dietitian, diabetes educators, and others) to better understand how and when to safely use your insulin and diabetes medications.

6 BE AWARE OF YOUR MENTAL HEALTH

Mental health is commonly affected in diabetes, especially when newly diagnosed. Work your with your healthcare team to ensure that you are supported in not only the physical management of the condition but also the mental well-being component.