



Managing Your Type

Alongside working with your healthcare team, diabetes is manageable when you apply healthy lifestyle habits that can help you live healthier and minimize complications.

Eat a Balanced Diet

There is not one single diet or eating pattern that will work for all people. Whatever you choose, include more non-starchy vegetables and whole grains while eating less added sugar and saturated fats.

The USDA MyPlate is a visual guide for making meals balanced!

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) / par 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 115 mg	5 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 11 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %

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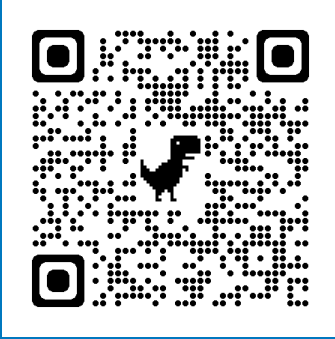
Read the Label

You can use the information on the Nutrition Facts label to compare foods and make better choices. These food labels are especially helpful for carb counting.



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Scan to connect to the
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resources and complete
a Daily Habit for 50
points.

Exercise Regularly

Regular exercise helps your muscles use blood glucose for energy and helps your body become more sensitive to insulin.

Any exercise is better than none!

Try hiking, dancing, walking, swimming, or any activity you enjoy.



Track your Patterns

Keep a diary of your food.
Track your physical activity.
Track your weight.
Track your blood glucose patterns.

Apps and wearable fitness trackers can aid in day-to-day logging.

Sources:
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