

Talk to your doctor or nutritionist to help you with the best eating plan.



EXERCISE IS IMPORTANT

Regular physical activity is essential for diabetes management.

Light walking is a great habit to start with. Take a walk by yourself or with a loved one while listening to an audiobook.



NOTE:

Get 150 minutes of exercise weekly

Put fun in fitness

Break a sitting streak

Always speak to your doctor before you start an exercise program.



<https://diabetes.org/healthy-living/recipes-nutrition>. Adapted from American Diabetes Association (ADA) as accessed on 14/02/2023

<https://diabetes.org/healthy-living/fitness>. Adapted from American Diabetes Association (ADA) as accessed on 14/02/2023



This does not replace medical advice. For more information reach out to your registered healthcare provider.

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*The image shown is a model and not a real patient



DIET & EXERCISE

“It’s not a diet, it’s a lifestyle change”



DIET AND EXERCISE

Along with your medications and diet, regular physical activity is an important part of managing diabetes or dealing with prediabetes.



DIET AND NUTRITION

Small changes in what you eat can help you control your blood sugar, lose weight, and feel better.



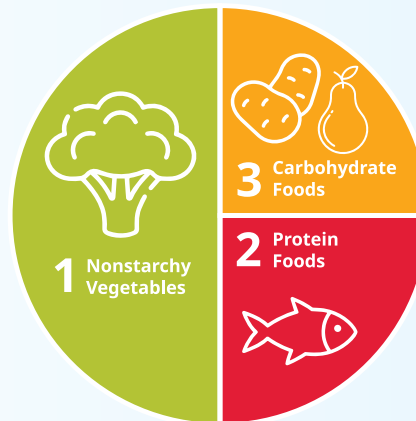
- Always remember to watch your portion sizes when you eat.
- Eating is a habit, and changing habits takes time. Start by changing one or two foods.

Diet for people with diabetes means a balanced and healthy diet, eat in moderation.



HEALTHY EATING NEED NOT BE UNINTERESTING AT ALL.

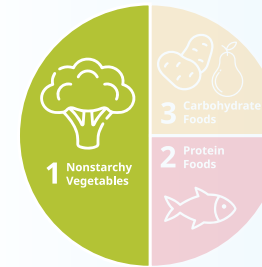
You need to find the right balance between nutrition and diabetes.



4 Water or 0-Calorie Drink

The Diabetes Plate Method is the Simplest method for eating healthy.

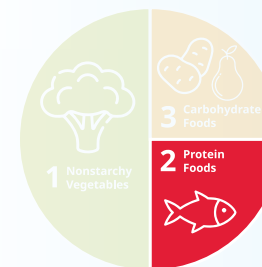
All you need is a plate! Use a smaller salad or dessert plate for your meals.



4 Water or 0-Calorie Drink

Fill half your plate with non-starchy vegetables

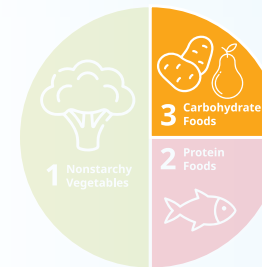
(eg. broccoli, cauliflower, cabbage, carrots, cucumber, eggplant, mushrooms, okra, bell peppers, tomatoes)



4 Water or 0-Calorie Drink

Fill one quarter of your plate with lean protein foods

(eg. Fish, chicken, lean beef, soy products, and cheese are all considered)



4 Water or 0-Calorie Drink

Fill one quarter of your plate with carbohydrate foods

(eg. Grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk.)



4 Water or 0-Calorie Drink

Choose water or a low-calorie drink

Water is the best choice as it contains no calories or carbohydrates and has no effect on blood sugar.