Tips for Managing Blood Sugar

Did you know?
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Living well with diabetes is possible!
There are things you can do to help you stay healthy.

Choose water instead of sugary drinks.

Make healthy food choices. Use your plate as a guide.
- Fill half of your plate with vegetables.
- Fill the other half of your plate with a grain/starch and a protein.
- Add a side of fruit.

Do something active every day.
- Choose an activity that you enjoy.
- Wear comfortable clothes and shoes.
- Ask a friend or family member to join you.

Find healthy ways to reduce stress.
Stress can raise your blood sugar. Below are some ideas that may help you feel less stressed.
- Talk with others.
- Go for a walk in nature.
- Spend time on a hobby such as beading or gardening.

Ask your medical provider if the following is right for you:

Checking blood sugar

Taking medicines

Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
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