

Managing Diabetes

Managing diabetes is about food, medication and physical activity. For many people with diabetes, balancing meals and snacks coupled with regular physical activity make it easy to enjoy a healthy lifestyle.

New research shows that people who suffer from diabetes can still enjoy just about any food on the menu if they exercise care and caution. Keys to managing blood sugar levels include:

- Learn about your body and your needs
- Maintain a healthy weight
- Get regular aerobic activity
- Keep a meal schedule that is consistent
- Understand your medication needs and use medication appropriately.

In addition to these tips, remember that heart disease is a major complication of diabetes. Make sure to monitor your blood pressure, cholesterol and triglyceride levels. For more help, ask your doctor about the latest treatments for diabetes and contact a dietetics professional today.