



Living Well with Diabetes

6 Daily Habits for a Healthier Life

“Small steps every day add up. You can manage diabetes and live healthy!”

1 Healthy Eating

- Fill half your plate with veggies
- 1/4 with lean protein
- 1/4 with whole grains
- Cut down on sugary drinks



Water or
0-Calorie
Drink

2 Stay Active

- Aim for 30 minutes daily (2h and half per week)
- Walking, biking, dancing -
-whatever you enjoy!



3 Monitor Blood

Sugar



Check as your doctor
recommends
Keep a daily log

4 Take Medications



- Don't skip doses
- Pills, insulin, or other meds
work only if taken regularly

5 Reduce Risks



- Get regular check ups
- Eye and foot exams
- Monitor blood pressure
and cholesterol

6 Cope & Problem Solve



- Lean on family, friends
or support groups
- Don't go through it alone



Empowering Communities
for Health Equity and Social Justice

Manage diabetes. Live healthy. Take Charge.

