

# Diabetes care essentials:

## Balance every day; food, movement, and checking



Managing diabetes well starts with everyday choices that keep your blood sugar steady and your body healthy. A balanced lifestyle helps prevent complications and supports long-term wellness.



### Living with diabetes

- Take medicines/insulin as prescribed
- Balanced plates: whole grains, lean protein, veggies
- Regular glucose checks
- Foot care, hydration, stress control.



### Not at risk

- Prioritize whole foods, limit sugary drinks
- Be active daily
- Maintain healthy weight & sleep
- Know family history and screen if recommended.



### Prediabetes / Borderline

- Choose high-fiber, low-refined-carb foods
- Increase activity to 150 min/week
- Lose modest weight to cut progression risk
- Monitor fasting glucose as advised.