

Diabetes Self Care: Nutrition, Physical Activity, & Sleep

Nutrition

The Diabetes Plate Method

1. Fill half your plate with nonstarchy vegetables.
2. Fill one quarter of your plate with lean protein foods.
3. Fill one quarter of your plate with carbohydrate foods.
4. Choose water or a low-calorie drink.

Source:

<https://www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html>

Physical Activity

- The goal is to get at least 150 minutes per week of moderate-intensity physical activity.
- One way to do this is to try to fit in at least 20 to 25 minutes of activity every day.
- Also, on 2 or more days a week, include activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Source:

<https://www.cdc.gov/diabetes/managing/active.html>

Sleep

If you get less than 7 hours of sleep per night regularly, your diabetes will be harder to manage.

Too little sleep negatively affects every area of your management, including how much you eat, what you choose to eat, how you respond to insulin, and your mental health.

Source:

<https://www.cdc.gov/diabetes/library/features/diabetes-sleep.html?>

Don't forget the importance of staying compliant with testing. For more information:

Email: diabetes@eachmember.org

Call: (479) 431-6762 and mention the E3 program

