

Diabetes & You

Manage Diabetes 365 Days A Year

(NAPSA)—When it comes to diabetes, your weight has a lot to do with your health. That's why working to shed those extra pounds 365 days a year can lead to a healthier you.

Weight loss can help improve blood glucose control, the cornerstone of managing diabetes. For a person with type 2 diabetes, losing weight through diet and exercise is often the first treatment recommended by doctors.

For some people, losing as little as five percent of body weight can help lower blood pressure and cholesterol and reduce the risk of heart disease. For a person who is 200 pounds, that's only 10 pounds.

"Weight loss takes practice, patience and, most of all, commitment. It isn't something you decide to do for a week or a month. It's a major change in attitude toward a healthier lifestyle," says nutrition counselor and diabetes expert, Lorena Drago, Ms, RD, CDN, CDE.

"The good news is there are diet and exercise modifications that anyone, particularly those with diabetes, can easily incorporate into their everyday lifestyles to help with weight loss and controlling blood sugar levels."

Drago recommends the following tips for people with diabetes to lose weight safely and help keep blood sugar levels in check.






Large portions can make for big trouble. Today's portion

sizes have become distorted. People with diabetes especially need to find their way back to "portion normalcy." Use familiar items to help keep portions in check; for instance, a serving the size of the palm of a woman's hand approximately equals 3 ounces of meat, or the size of a baseball is equivalent to a serving of fruit.

Create a plan to guide your eating. Work with a registered dietitian, who can help design a weight loss plan to meet individual needs. A dietitian may recommend products such as Glucerna Weight Loss Shakes, which are specifically designed to help people with diabetes lose weight as part of a reduced-calorie meal plan. They contain slowly digested carbohydrates to help manage blood glucose levels.

Burn those calories! Physical activity is important for everyone, but particularly for those with diabetes. It can be as easy as selecting a favorite tune, putting on comfortable shoes and dancing. Dancing for 20 minutes can burn up to 100 calories.

Manage diabetes 365 days a year. Take the Diabetes Freedom Pledge to commit to manage diabetes year round. Visit www.diabetesfreedom.com or call 1-800-986-8935 to take the pledge and receive valuable tools to help you experience "Diabetes Freedom" through a healthier lifestyle.

BREAKFAST	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
 <p>11 oz. Glucerna Weight Loss Shake -OR- 1 Glucerna Meal Bar & 1 nonfat milk</p>	 <p>11 oz. Glucerna Weight Loss Shake 1 vegetable 1 fruit</p>	 <p>1 starch -AND EITHER- 1 nonfat milk -OR- 1 fruit</p>	 <p>2 starch 3-4 lean meat 2 vegetable 2 fats</p>	 <p>1 Glucerna Snack Bar</p>

