

## Helpful Hints for Managing Diabetes

### Striking A Balance Of Nutrition And Exercise

(NAPSA)—When people learn they have diabetes, they often assume that they need only be concerned with watching their intake of sugars. While keeping track of total carbohydrate (including sugars) is a very important part of diabetes management, there are other factors that are just as important to consider: maintaining a healthy body, reducing fat and saturated fat intake, increasing fiber consumption, and getting regular physical activity.

According to Registered Dietitian Mary Donkersloot, author of *The Simply Gourmet Diabetes Cookbook*, “Living with diabetes should be a balanced mix of eating the right foods in the appropriate amounts, and sustaining an active lifestyle. Unlike some other chronic diseases, diabetes is one that you can help control by the simple choices you make about food and activity every day.”

For people with type 1 or type 2 diabetes, being overweight is a concern. Preventing and reversing weight gain during adulthood can actually improve blood sugar control and may reduce the risk of complications associated with diabetes such as cardiovascular disease. Eating healthful meals and snacks that provide fiber and are low in fat can help manage weight. It is also helpful to get plenty of fluids, like water or sugar free soft drinks. Another way to watch both your weight and your total carbohydrate intake is to plan a menu at the start of each week, which features plenty of high fiber foods like vegetables, fruits and whole grains. Don't forget to stock up on sugar free gelatin and sugar free low calorie soft drink mixes so you can indulge in your favorite sweet treats anytime.

Perhaps the most fun way to manage diabetes is to stay physically active. Regular activity is key for people with diabetes, as it



can help manage blood glucose levels. For people with type 2 diabetes, exercise can improve the way their body uses insulin.

“Your plan for physical activity should be fun so that you will stick to it and look forward to doing it regularly,” says Donkersloot. “Also, make sure that you can fit it into your daily routine.” To rejuvenate your body after a workout, try eating a snack mix that is high in fiber, made with cereal such as POST® Shredded Wheat or Raisin Bran.

Individuals with diabetes should strive to eat the same amount of food at the same time each day. Use Nutrition Facts panels on product labels to check the serving size, calories, fat and carbohydrate content of the foods you choose for meals and snacks. Stock your fridge and pantry with foods that are portion-controlled, as well as portable, so that you can consistently manage what you eat while away from home. JELL-O® Brand Sugar Free Gelatin is a great low calorie treat.

If you have diabetes, you can learn how to live with your condition in a way that fits the lifestyle you enjoy. Talk with your dietitian or certified diabetes educator to build a meal plan that is tailored to your type of diabetes, medication, activity level and lifestyle.

For delicious recipes that you can healthfully enjoy, send a check for \$4.95 for shipping and handling to: The Kraft Diabetic Choices Cookbook, P.O. Box 8093, Dept. K3, Wisconsin Rapids, WI 54495-8093.