



# Top Ten Tips

## *to Start Managing your Diabetes*

- 1) Eat 3 meals per day.
- 2) Avoid drinks with sugar: no regular soda, fruit juice, sweet tea, sports drinks or flavored drink mix.
- 3) Avoid alcoholic beverages (beer, wine, liquor) until you can speak with your *Certified Diabetes Educator* or at the discretion of your physician or health care provider.
- 4) Cut your portions in half but eat more non-starchy vegetables.
- 5) Limit desserts to no more than ½ cup portion per day.
- 6) Walk or move your body more. Start low and go slow if you are a beginner!
- 7) Quit smoking!
- 8) Start checking your blood sugar once per day and write it down.
- 9) Limit your on-line diabetes research to reputable sites such as the American Diabetes Association's website: [www.diabetes.org](http://www.diabetes.org).
- 10) Make sure you see a *Certified Diabetes Educator* to personalize your plan.

**Diabetes is a complex disease.** A *Certified Diabetes Educator*, in partnership with your physician or health care provider, will give you all the information you need to manage it. Your doctor or health care provider will place a referral order for a representative from the Diabetes and Nutrition Center to contact you to schedule an appointment.