

DIABETES & WEIGHT LOSS

A Few Pounds Make a Difference



LEARN HOW TO LOSE WEIGHT.

- To lose weight and help control your blood sugar, you will need to:
- Eat less food.
- Fill up on healthy foods.
- Limit high-calorie foods and carbohydrates.
- Exercise and be active to burn more calories.

ENJOY YOUR FOOD, BUT EAT LESS.

- Serve meals on a smaller, salad-sized plate.
- Use a measuring cup or diet scale to learn the serving size of different foods.
- When eating out, avoid large portions. Choose vegetable side dishes.

FILL UP ON NON-STARCHY VEGETABLES.

- Green beans, celery, zucchini, carrots, salad greens, bell peppers, cucumbers and tomatoes are good choices.

REPLACE HIGH-CALORIE FOODS WITH BETTER CHOICES.

- Changing even a few foods can help you lose weight.
 - Instead of whole milk, use fat-free milk.
 - Replace butter or lard with a spray oil.
 - Instead of high-fat meats, choose lean meats, skinless poultry, fish or tofu.
 - Choose a salad instead of french fries.

BURN CALORIES WITH MORE EXERCISE.

- Aim for a total of 30 to 60 minutes of exercise a day. You can do it all at once or 10 to 15 minutes at a time.
- Walking is a great choice. But all types of activity will help.
- Bike, dance or swim. Pick something you enjoy and stick with it!

TALK WITH YOUR HEALTH CARE PROVIDER.

- Ask how much weight you should try to lose.
- Ask how losing weight might change your medications.

TIP: Try the diabetes plate method.

- Fill half your plate with non-starchy vegetables.
- Fill a quarter of the plate with a protein food like lean meat, chicken or tofu.
- Use the remaining quarter of your plate for



higher-carb or starchy foods like brown rice, whole-grain bread or pasta.

- If you would like to, add a glass of fat-free milk or a small piece of fruit.

LOSING A FEW POUNDS CAN HELP LOWER YOUR BLOOD SUGAR AND HELP YOU FEEL BETTER!

To learn more about weight loss and diabetes, please talk with your doctor or dietitian. Or visit diabetes.org for more information.

