



BlueResource<sup>SM</sup> – Controlling Your Condition – Living with Diabetes

# Healthy Choices Make a Big Difference with Diabetes

Diabetes happens when your body has trouble breaking down sugar. Too much of it in the bloodstream starves cells of the energy they need. It also narrows arteries so your organs get less blood. Though it can't be cured, there is good news: Healthy lifestyle choices can lower the effects of diabetes.

**Practice control.** Make good decisions with nutrition and fitness to keep blood sugar in check.

**Tip the scales in your favor.** Maintain a healthy weight because it can help control diabetes.

**Move more.** Exercise and stay active to help keep your blood sugar within a normal range.

**Eat healthy.** Choose whole foods (not over-processed ones), non-starchy veggies and foods low in added sugars.

**Know your numbers.** Check your blood sugar, blood pressure and cholesterol levels often to stay within healthy ranges.



**Make a plan to manage your diabetes.**

Sources: *The Path to Understanding Diabetes Starts Here.* American Diabetes Association. 2020.  
*National Diabetes Statistics Report.* Centers for Disease Control and Prevention. 2020.