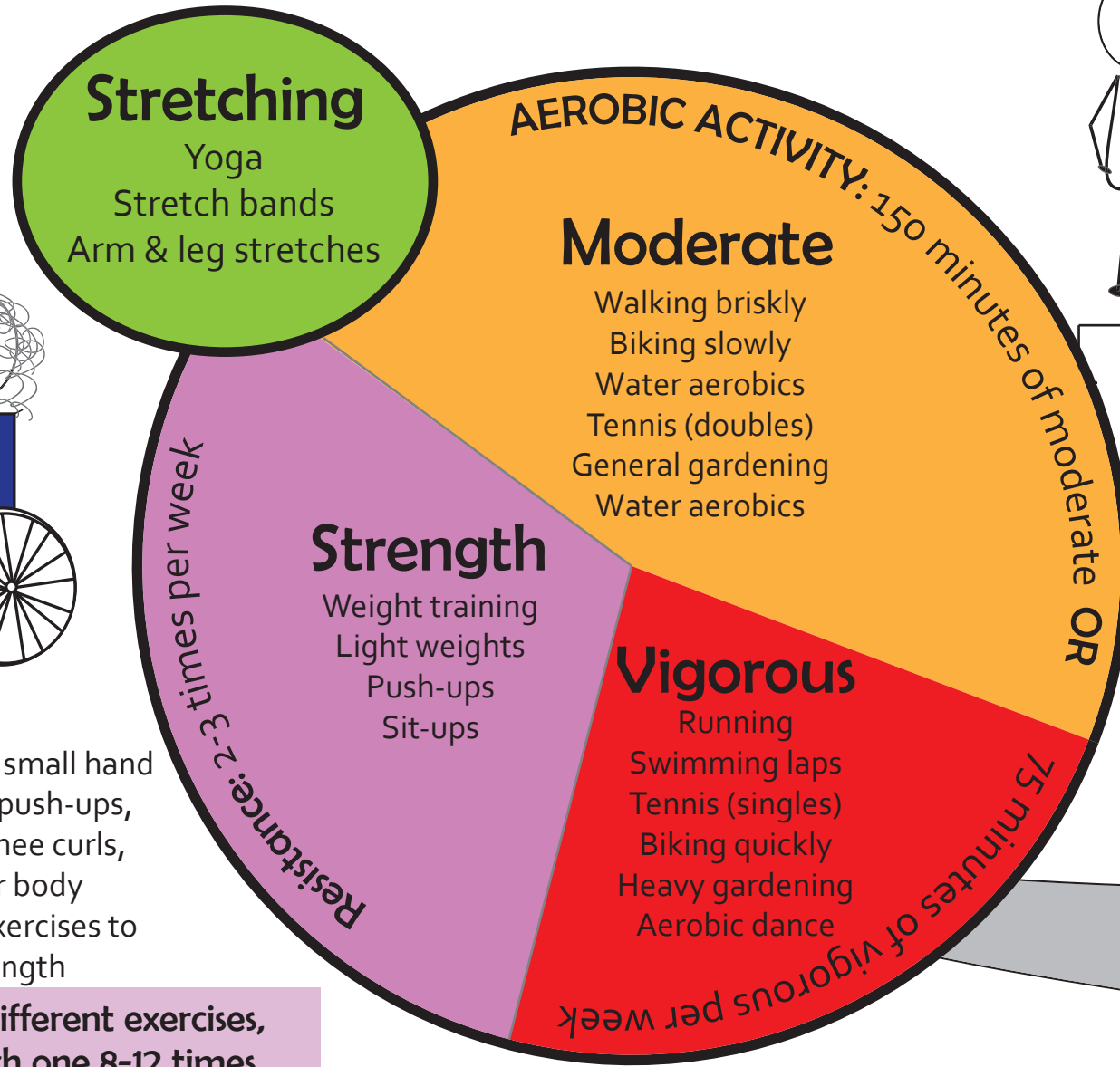




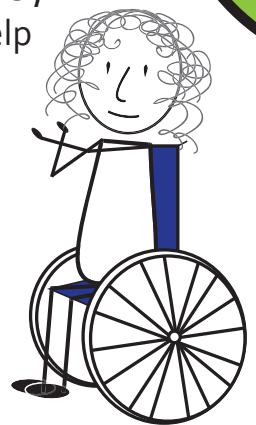
Being Active with Diabetes

An active lifestyle is easy and affordable



Aim for 10 minutes of different stretches

Try using a chair, towel, or stretch band to help you stretch



Try using small hand weights, push-ups, squats, knee curls, and other body weight exercises to build strength

Aim for 8-10 different exercises, repeating each one 8-12 times



Aim for 30 minutes or 10 minutes 3 times per day, 5 days per week

Try taking the stairs or parking farther away and walking to fit in extra physical activity

Aim for vigorous activity once you are comfortable with moderate activities

Try jogging at the park with a friend or playing a sport with your kids



Safety Tip: Talk to your doctor before starting any new physical activity

Being Active with Diabetes

An active lifestyle is easy & affordable

According to the Centers for Disease Control and Prevention, physical activity provides health benefits for everyone. It can help your body become stronger, increase endurance and flexibility, assist with weight control, help you sleep better, decrease pain, improve mental health, and improve balance and coordination.

Precautions

- Talk to your doctor before starting any new physical activity
- Check blood sugar before and after being active to ensure it isn't too high
- Wear sturdy shoes and check feet often
- Drink water before, during, and after exercise
- Have carbohydrate snacks (dried fruit, juice, etc.) available during and after exercise
- Carry an ID or phone

Getting Started

- Find activities you enjoy
- Be active with a friend
- Set a goal
- Follow FIT principles
 - Frequency
 - Start with 1-2 days/week
 - Build up to 5-7 days/week
 - Intensity
 - Start with simple activities (stretching, walking, etc.)
 - Build up to a moderate level
 - Start with a short amount of time
 - Build up to 150 minutes/week
 - Type
 - Vary the type of activity
 - Fit in strengthening, flexibility, and endurance activities

Fitting It In

- Break activities into 10 minute segments
- Get up and move throughout the day
- Everyday activities count
 - Walk to the mailbox
 - Take the stairs
 - Park a little further away
- Start new habits
 - Take a walk every evening
 - Stretch while watching TV
 - Plan an active family activity each week

Affordability

- Contact the gym/medical insurance to find out about free gym memberships
- Walk or jog at the park or mall
- Work in the yard
- Play games with your kids, like soccer or tag
- Use your body (instead of stretch bands or weights)
 - Wall push-ups
 - Toe and chair stands
 - Knee curls
 - See how at <https://go4life.nia.nih.gov>

Benefits

- Lowers A1C and blood pressure
- Assists with weight control
- Improves mood
- Lowers stress and anxiety
- Boosts energy
- Improves heart, cardiovascular system, and muscle strength
- Increases flexibility and improves balance

Resources: <https://go4life.nia.nih.gov>; <https://health.gov/paguidelines/guidelines/chapter4.aspx>

Acknowledgment: This handout was developed through the collaborative efforts of the National Extension Dining with Diabetes Working Group. Special thanks to: Cheryl D. Bush, MS, RDN, LDN, Extension Agent, University of Delaware; Breanne R. Carlson, Extension Educator, Michigan State University Extension; Pam Daniels, MA, Diabetes Educator, Michigan State University Extension; Lisa Graves, MS, RD, Assistant Program Leader, Purdue Extension; Cathy Newkirk, MS, Extension Educator, Michigan State University Extension; Daniel Remley, MSPH, PhD, Associate Professor, Food, Nutrition, and Wellness, Ohio State University; Patsy Watkins, FCS Extension Agent University of Tennessee; Kimberly Wilson, Family & Community Health Field Specialist III, SDSU Extension; Mary Liz Wright, MS, Nutrition & Wellness Educator, University of Illinois Extension; Margaret A. Jenkins, MEd, NBCT, Assistant Professor, Ohio State University; and Kali McCrackin Goodenough, Marketing Coordinator, Cent\$ible Nutrition Program, University of Wyoming Extension (Illustrator/Designer)



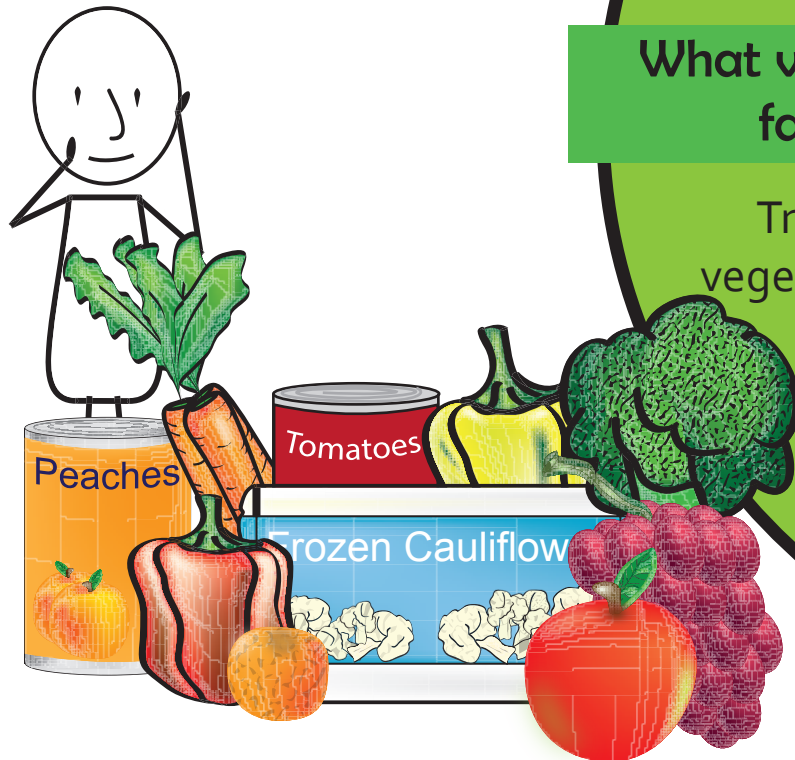
Eating Healthier with Diabetes

Healthy choices can be affordable choices

Fruits

How can I enjoy fruit and control my blood sugar?

Try fresh fruits, canned fruits in their own juice, and plain frozen fruit for a treat



Vegetables

What vegetables can my family afford?

Try fresh in-season vegetables, plain frozen, and canned

Grains

What is a serving?

Try smaller portions. One package could be many servings



Proteins

Meat can be expensive. What other protein can I eat?

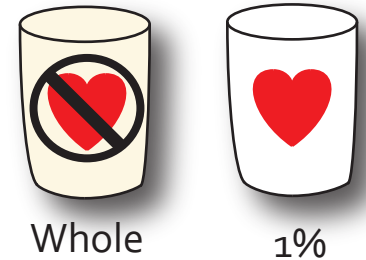
Try nuts, beans, canned fish, and eggs



Dairy

What kind of dairy is a healthy choice?

Try skim and 1% milk and non-fat yogurt



Eating Healthier with Diabetes

Healthy choices can be affordable choices

To stay healthy with diabetes, focus on what's on your plate. Fill half of your plate with non-starchy vegetables. The other half should be filled with grains and protein. Fruits and milk should be on the side. Fruits, milk, and grains will raise your blood sugar so pay attention to serving sizes. If you eat more of one, eat less of another. For example, if you eat 2 servings of grains (2 slices of bread), skip the fruit or milk. Eating this way can actually be really cheap! Let's explore how and why...

Blood Sugar Key:

- won't raise blood sugar

+ will raise blood sugar a little

++ will raise blood sugar a lot

Fruits

Blood Sugar: ++

Good to Know: Will raise blood sugar, especially dried fruit and fruit juice. Serving size is important!

Check your Plate: 1 small piece of fruit

Benefits: Helps you feel full, full of vitamins and fiber

Some Examples: 1 small apple, apricot, banana, orange, peach; or 1 small bowl of berries, grapes, melon, pineapple

Suggestion: Try a serving of fruit for dessert

Vegetables

Blood Sugar: -

Good to Know: Does not include corn, peas, potatoes, pumpkin, or winter squash

Check your Plate: ½ of your plate

Benefits: Won't raise blood sugar, helps you feel full, full of vitamins and fiber

Some Examples: 1 cup cooked or raw beets, broccoli, carrots, cauliflower, cucumbers, green beans, radishes; 2 cups kale, spinach, leafy greens

Suggestion: Try adding spices, herbs, and oils to add great flavor, especially to roasted vegetables

Grains

Blood Sugar: ++

Good to Know: Will raise blood sugar- read labels to find out serving sizes

Check your Plate: ¼ of your plate

Benefits: Provide energy, fiber, and vitamins

Some Examples: 1 slice bread, ½ bun or English muffin, ½ cup of bulgur, corn, pasta, peas, popcorn, potatoes, pumpkin, winter squash, rice

Suggestion: Aim for whole-grain products (first ingredient is whole-grain)

Proteins

Blood Sugar: +

Good to Know: Will raise blood sugar a small amount

Check your Plate: ¼ of your plate

Benefits: Helps you feel full, gives you energy

Some Examples: Beef, beans, canned tuna, eggs, fish, nuts, peanut butter, poultry, tofu, cheese

Suggestion: Try lean cuts of meat-they are healthier and often less expensive

Dairy

Blood Sugar: ++

Good to Know: Will raise blood sugar- avoid high sugar products like chocolate milk and flavored yogurt

Check your Plate: 1 cup milk/yogurt, ½ cup pudding/ice cream

Benefits: Good for your bones, gives you energy

Some Examples: Milk (skim or 1%), low-fat plain yogurt, sugar-free pudding

Suggestion: Try plain yogurt with some fruit for a healthy dessert or snack. Skip starches if you do.



K-STATE
Research and Extension

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