

Managing Your Type 2 Diabetes



Start by making some simple changes. Talk to your doctor about which of these is right for you:

- Drink one less soda each day
- Take the stairs instead of the elevator
- Start walking at least 10 minutes after each meal
- Reduce your food portions
- Join a gym and exercise several times a week
- Talk to your health care professional about adding medication to your treatment



Follow these diet tips:

- Trade a high-fat food for a low-fat choice each week
- Make your meal look bigger by serving it on a small plate
- Package half of your restaurant meal “to go” before you start eating
- Drink a glass of water 10 minutes before each meal
- Don’t eat while you’re watching TV
- Try to avoid eating late at night, and if you do snack, try whole grain crackers, non-fat dairy, or veggies

You hold the key to managing your type 2 diabetes. You can do it!

Know Your Numbers

A1C A measure of your average blood glucose control over the past 3 months. Have your A1C checked at least twice a year. Remember, A1C tests do not replace daily self-testing of your blood glucose

FPG (fasting blood sugar, also called morning blood sugar) A measure of your blood sugar when you haven't eaten or drunk anything except water for at least 8 hours

PPG (after-meal blood sugar) A measure of your blood sugar 2 hours after you've eaten a meal

Goals Set by You and Your Doctor

	American Diabetes Association Goals	Your Goals (as discussed with your doctor)	Your Current Numbers
A1C	less than 7%		
FPG	(fasting blood sugar) 70-130 mg/dL		
PPG	(after-meal blood sugar) below 180 mg/dL		

Diet _____

(Goals may vary. Talk with your doctor)

Exercise _____

(Goals may vary. Talk with your doctor)

Questions for Your Next Doctor's Visit

By talking with your health care professional, you can develop an action plan that helps you better manage your blood sugar. Here are 4 questions to help start your discussion:

1. What type of diet plan should I be following?
2. How often should I test my blood sugar and what should my daily readings be?
3. If I am not at my blood sugar goals, what are some options to help me get there?
4. Should I be seeing a diabetes educator or nutritionist?

For information on a treatment option for adults with type 2 diabetes,
please visit www.optionfordiabetes.com