

Tips for Keeping Your Diabetes Under Control with Diet & Exercise

Experts tell us that there is no true 'diabetic diet. Watching what you eat every day, balancing out carbohydrates, sugars and fats throughout your meals and making smart choices at the dining table is the best way to keep your diabetes under control. Combine a balanced diet with the benefits of exercise and weight loss, and you're on your way to controlling you diabetes.

Although carbs, fats and sugar are commonly deemed "bad" by diet trends, your body actually needs these types of foods to stay well. Let's take a closer look at carbs, fats and sugar:

- **Carbohydrates** – While carbs have a big impact on blood sugar, you don't have to avoid them completely. Experts encourage the consumption of high-fiber complex carbs, rather than the highly refined carbs found in white bread and rice, soda and packaged foods. Carbs that are high in fiber are known as slow-release carbs because your body digests them more slowly, thus keeping your blood sugar level down and preventing the production of too much insulin. Slow-release carbs also help you feel full longer and provide long-lasting energy.
- **Fats** – Just as with carbs, there are good fats and bad fats. When you're trying to control your diabetes, it's important to avoid unhealthy trans fats (also called partially hydrogenated oils). These are man-made oils that help keep food from spoiling, but our bodies don't know how to process them and end up storing them as fat.

The best type of fats to reach for is unsaturated fats found in nuts, olive oil or avocados. Healthy fats also help to slow down digestion and keep blood sugar from spiking.

- **Sugar** – It's okay to have a sugary treat now and then if you're conscientious about what else you eat. For example, if you plan on having dessert, cut back on carbs somewhere else in the meal to keep your diet balanced. Decrease you sugar intake by avoiding sodas, juice and pre-packaged snacks. Reduce the amount of sugar you use in recipes and find alternatives for treating your sweet tooth.

Exercise is another important tool for keeping your diabetes under control. When exercising or using physical activity to control diabetes, keep these tips in mind:

- Become familiar with how your blood sugar level responds to exercise and adjust your workouts accordingly.
- Schedule your workout at the best time of day to coordinate with your meals and medications. Keep a steady routine.
- Stay hydrated and always be prepared for a drop in blood sugar by keeping a snack handy and wearing a medical ID bracelet.
- Exercise can include any physical activity, even light walking or housework. Thirty minutes of increased heart rate and breathing each day is helpful for controlling your weight and keeping your body healthy.



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The essence of our community is made up not only of mere aesthetics, but an artfully designed lifestyle to bring out the best of what each day has to offer. From dedicated care that respects residents' individuality and dignity to a [lifestyle that nurtures their love of life](#), Tuscan Gardens was built to be more than just a residence, but a place to call home.

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