

If you have diabetes, you can take steps to control your blood sugar. Start by making small changes to help you reach your goal numbers.

 **Check off the steps you will take to lower your blood sugar.**

1. Watch your weight

- Eat foods that are lower in fat, such as low-fat dairy products, lean meats, fresh fruits, vegetables, whole grains, and beans
- Lose weight slowly if you are overweight. Be sure to talk with your healthcare provider about a weight goal that's right for you

2. Take your medicines

- Take your pills or insulin the right way, as your healthcare provider prescribed
- Keep taking your medications unless your healthcare provider tells you to stop

3. Get moving each day

- Exercise most days of the week. Start out slowly and find an activity that you enjoy. Always check with your healthcare provider before starting any new exercise program

4. Make a meal plan that works

- Work with your doctor or a dietitian to come up with a meal plan that helps keep your blood sugar under control

5. Check your blood sugar

- Ask your healthcare provider how often you need to check your blood sugar with a blood glucose meter
- Write down your blood sugar results
- Follow the treatment plan you and your healthcare provider decide upon
- Ask your healthcare provider what you need to do if your blood sugar goes too low or too high