

## DIET AND EXERCISE

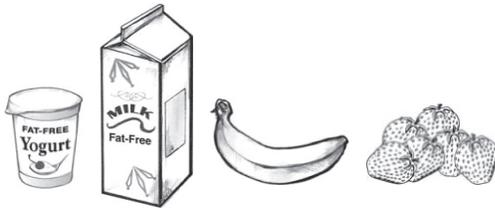
### What you eat

The food you eat contains three main types of nutrients—carbohydrate, protein, and fat. When the carbohydrates in food are digested, they are turned into sugar (glucose). Eating carbohydrate foods can quickly raise blood sugar levels.

Carbohydrates may be simple or complex.

#### Simple

- Fruit and fruit juices
- Milk and other dairy products
- Sweetened foods, such as candy, sodas, and most desserts



#### Complex

- Bread
- Crackers
- Rice
- Potatoes
- Corn
- Pasta
- Cereals
- Beans
- Peas



Fiber is a type of carbohydrate that is not digested and does not raise blood sugar very much. Fiber is found in fruits, vegetables, and many whole grain foods. Foods high in fiber are good for people with diabetes and have many other health benefits.

- Choose carbohydrates with lots of fiber, like beans, oatmeal, brown rice, and whole grain foods.
- Limit simple carbohydrates.
- Eat small portions.

Each meal should include foods that contain carbohydrates, proteins, and fats.

- Your 9 inch plate should be half full of vegetables.
- Limit the protein and carbohydrates to 1/4th of the plate each.
- Sweets and sauces should be used in very small portions.

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# Starting Insulin – a patient guide

## DIET AND EXERCISE

### Exercise

People who use insulin need to exercise regularly. Pick something you like and can do often.

Many things you already do are exercise,

- walking your dog
- working in the yard
- park farther away from stores to increase your walking
- take the stairs instead of the elevator.
- cleaning the house
- washing the car

Do **not** start a strenuous exercise program without checking with your healthcare provider.



### *Aerobic exercise*

makes your heart beat faster

- brisk walking
- swimming
- biking
- basketball
- tennis
- exercise classes

### *Strength training*

makes your muscles stronger

- lifting weights
- elastic exercise bands
- weight machines.



*Stretching includes* yoga and other activities that improve your flexibility.

Physical activity will lower blood sugar. When first starting to exercise, check your blood sugar after you exercise to make sure it is not too low. You may need to adjust your dose of insulin to prevent your blood sugar from falling too low.

### When you exercise

- Wear or carry some type of personal identification (bracelet, necklace, etc.) that says you are diabetic.
- Carry food or glucose tablets in case your blood sugar is drops after exercise.