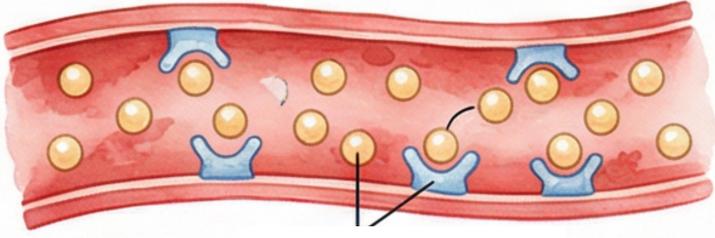


# Managing Your Type 2 Diabetes: A Guide to Healthy Living

## What is Type 2 Diabetes?



Type 2 diabetes is when your body doesn't use insulin properly or doesn't make enough insulin, leading to high levels of sugar (glucose) in the blood.

## Target Blood Sugar Levels

Before meals: **80-130 mg/dL**

After meals: **<180 mg/dL**

HbA1c: **<7%**

## Foods to Eat More



Leaf vegetables, kale, spinach



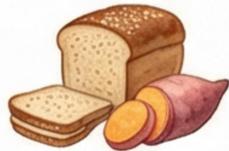
Mixed berries



Grapes



Oatmeal



Whole wheat bread



Lentils & black beans



Nuts and chia seeds



Fish



Water

## Foods to Limit



Fast-food



Sugar drinks



Cookies

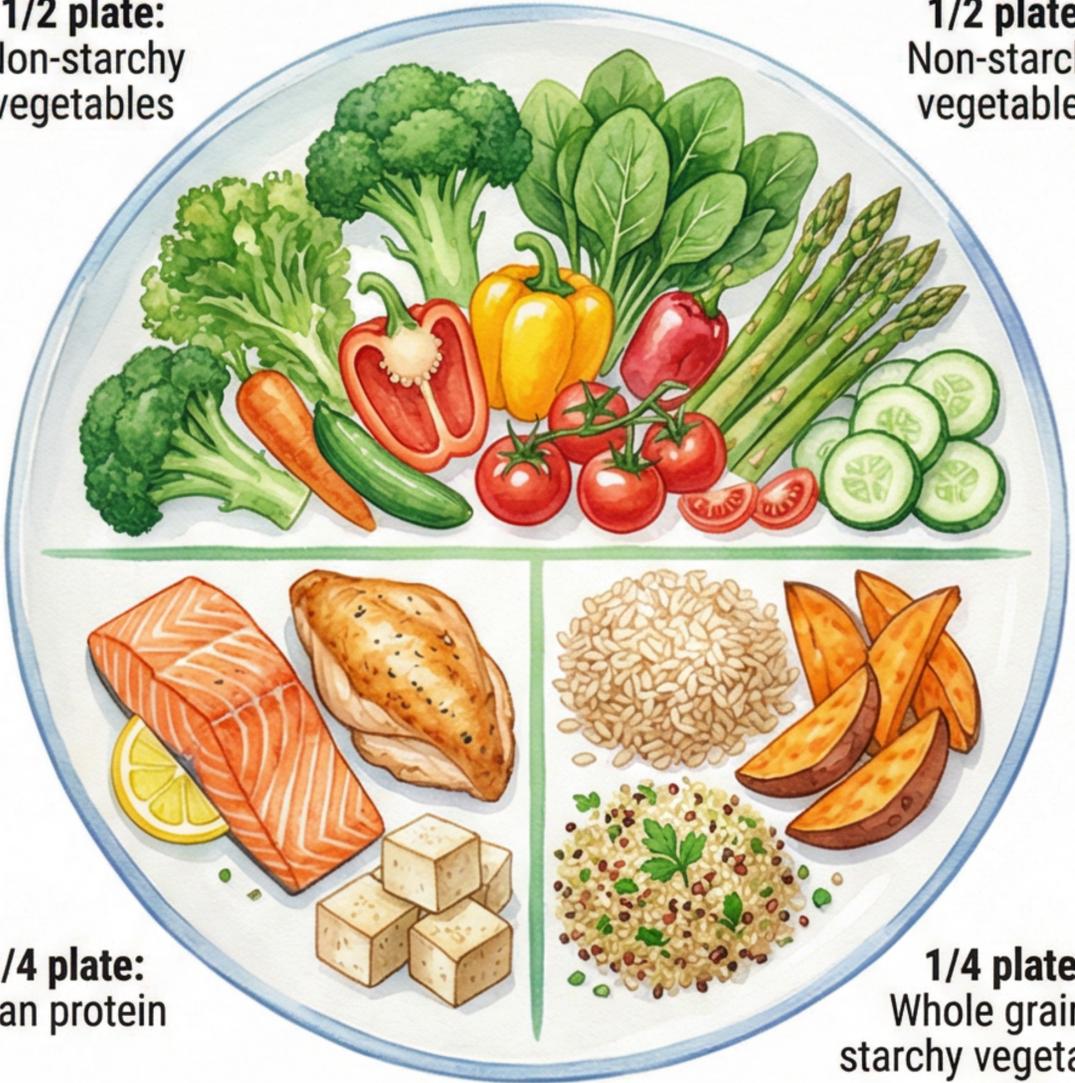


Refined Carbohydrates

Limit processed foods, sugary drinks, refined carbohydrates, and unhealthy fats

## The Plate Method

1/2 plate:  
Non-starchy  
vegetables



1/2 plate:  
Non-starchy  
vegetables

1/4 plate:  
Lean protein

1/4 plate:  
Whole grains/  
starchy vegetables

Fill half your plate with non-starchy vegetables, one-quarter with lean protein, one-quarter with whole grains

## Stay Active



150 minutes per week moderate activity

## Weight Management



**5-10% weight loss**  
improves blood sugar control

## Healthy Habits



Sleep  
(7-9 hours)



Stress  
management



Take  
medications



Limit  
alcohol



Quit  
smoking

Work with your healthcare team • Check HbA1c every 3-6 months