Patient version

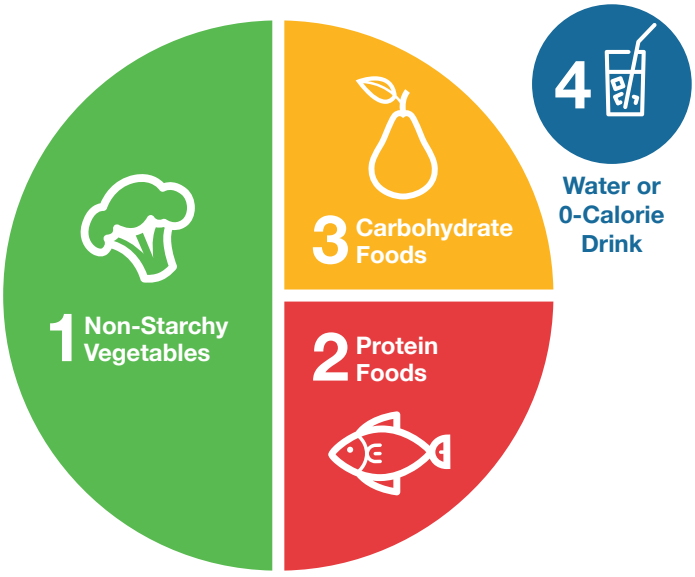
American Diabetes Association®

Guidelines InSIGHT
Your visual guide to the guidelines

Learn more about Incretins and Weight Management for Type 2 Diabetes

Managing Diabetes Day-to-Day

FOLLOW AN EATING PLAN



- Eat food slowly so you'll enjoy it more and know when you're full.
- Focus on eating more whole grains, vegetables, fruits, and nuts.
- Check nutrition labels and choose nutrient-dense, minimally processed food that will fit into a healthy eating plan.

BE PHYSICALLY ACTIVE

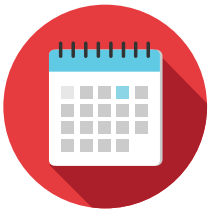
- Get 150 minutes/week of moderate-intensity physical activity (where you can comfortably talk but not sing while exercising).
- Incorporate small active moments in your daily routine, such as taking the stairs instead of the elevator or going for walks.
  - Try walking for 30 minutes or take three 10-minute walks a day.
  - Try to stand up and move around every 30 minutes.
- Have fun while you're active, try inviting friends or family to join you.
- Try using a fitness tracker or an app to monitor your physical activity.

Monitor your blood glucose (blood sugar) levels as outlined in your diabetes care plan.

Take your medication as directed, even if you're feeling fine, and consult your health care team before making changes.

Address your stress. Take time for yourself, smile and laugh, and look for support.

Be aware of signs of depression, your diabetes care team can refer you for support if you need it.



Get regular check-ups.

This infographic is based on recommendations from the ADA's *Standards of Care in Diabetes—2023*

Learn more at **diabetes.org** | 1-800-DIABETES (1-800-342-2383)

Supported in part by Incretins and Weight Management for Type 2 Diabetes. American Diabetes Association® (ADA)