

TIPS FOR DIABETES

TYPE 1

- Your Body needs insulin multiple times a day

TYPE 2

- Your body doesn't make enough insulin or use it well.

BUILD HEALTHY EATING HABITS

- Prioritize variety include:
 - fruits and vegetables
 - whole grains
 - lean meats (chicken, fish)
 - nuts and legumes
- Space meals throughout the day
- Follow standard portion size or the healthy plate method
- Work with a dietitian to plan your personalized nutrition needs

HEALTHY FOOD PRESCRIPTION

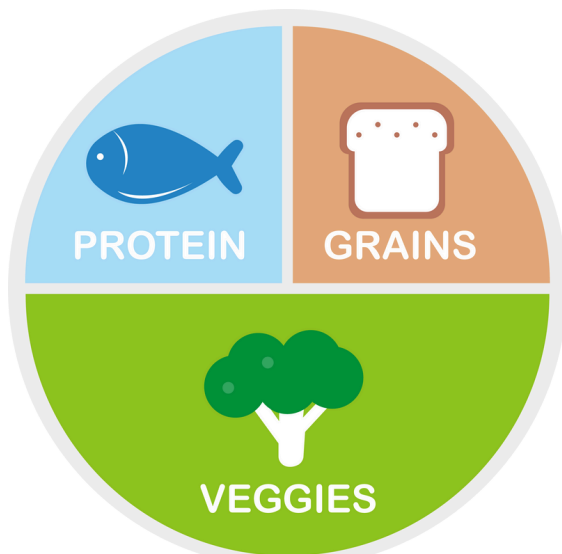
Free fruits & vegetables
ENROLL TODAY!

785-380-8998
livewellgearycounty.org



RESOURCES

- KPCHC Dietitians
- SNAP-ed classes
- diabetesfoodhub.org



BE ACTIVE

- Physical activity helps lower blood glucose in the body.
- Activity can relieve stress and increase energy
- Aim for 150 minutes moderate activity weekly
- Try these activities
 - walking
 - yoga
 - resistance bands
- Start with one day a week and gradually increase. Build a habit!



www.Diabetes.org