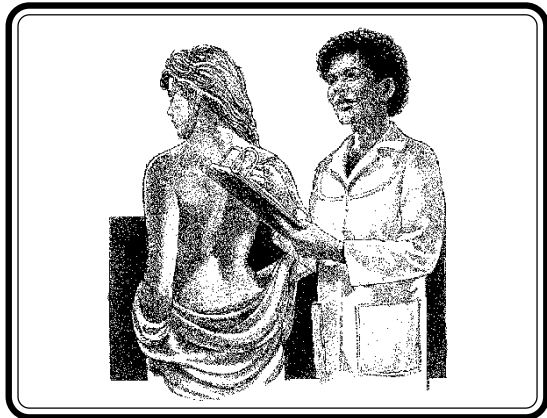


# Your Health: Taking Control

Oklahoma Cooperative Extension Service • Oklahoma State University



## CONTROLLING DIABETES

### How is Diabetes Managed?

Diabetes management is a balance of three things:

- Diabetic Diet
- Exercise
- Medication (if needed)

A diabetes management plan is designed to fit each person. You need to see your physician and a registered dietitian for your own diabetes management plan. Good diabetes management will help you to feel better and may help to reduce or prevent long term diabetes problems.

**Diet** - A diabetic meal plan is a well balanced diet, with modifications in dietary carbohydrate and fat intake. Some diabetic diets may also modify calories.

Following your prescribed diabetic diet can help lower blood glucose, blood fats and reduce weight if needed. A diabetic diet balances the foods you eat with your exercise and medication, so that your blood glucose and blood fats stay close to normal.

It is important to keep blood glucose close to normal to prevent diabetes complications.

Being overweight is a major cause of non-insulin-dependent diabetes. Many times people can control non-insulin-dependent diabetes with weight loss and a diabetic diet, without medication. Your body uses insulin better when you are at your desirable weight. In addition, losing weight can help lower blood fats. Your physician or registered dietitian will decide the amount of calories that is right for you.

**Exercise** - Exercise can help lower blood glucose and blood fats, and is helpful for weight loss. Check with your physician or registered dietitian before beginning an exercise program. People with insulin-dependent diabetes may need a snack to prevent low blood sugar when exercising. Exercise may not be recommended if you have trouble controlling your blood sugar or during periods of illness.



**Medication** - Medications including insulin or oral hypoglycemic agents help control blood glucose. Diabetes management is a balance of diet, exercise and medication. Medications do not replace diet or exercise.

**Suggested Readings:**

Oklahoma State University Extension Fact Sheets:

T-3161, *Diet and Diabetes*

T-3138, *Dietary Fiber*

T-3142, *Dietary Salt*

T-3153, *Facts About Fat*

T-3154, *Facts About Cholesterol*

T-3157, *Sugar and Other Sweeteners*

T-3165, *Food Guide Pyramid: Guide to Daily Food Choices*

**Reference List:**

American Diabetes Association and American Dietetic Association. *The First Step In Diabetes Meal Planning*. 1995.

American Diabetes Association and American Dietetic Association. *Exchange List*. 1995.

American Diabetes Association. "Nutritional Recommendations and Principles for Individuals With Diabetes Mellitus." *Diabetes Care*, 13:18, 1990.



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***For more information, contact your OSU  
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