
WEIGHT LOSS REMINDERS

For people with diabetes, weight management is an important part of improving or better managing blood sugars. Losing just 7% of your body weight or sometimes only 5-10 lbs can really help improve blood sugar control. Making small, healthy changes to your daily routine are wonderful ideas, but always check with your doctor if you are planning to make any big changes to your diet or exercise routines.



WEIGHT LOSS TIPS

BE ACTIVE— Garden, dance, bike, play with your kids, walk or go to the gym! Almost any physical activity will help you burn calories. Try to be active 30 minutes or more every day.

SET REALISTIC GOALS— Set simple goals you can achieve today, tomorrow and maybe next week. Keep it simple.

DRINK WATER— 5 to 8 glasses of water daily. Water has NO calories. Consider drinking it before meals to help you eat less.

DON'T SKIP MEALS— People who skip meals often lose LESS weight than people who eat 3 meals a day.

EAT SLOWLY— It takes your stomach about 20 minutes to start feeling full. Slowing down and enjoying your meal should help you to not overeat and may help you pass on that second serving.

EAT OR PREPARE FOOD AT HOME— It is easier to control what you eat if you prepare your own food. Not only is it usually healthier, but it decreases temptations to add extras and helps with portion control.

EAT FRUITS AND NON-STARCHY VEGETABLES— Aim for 5-9 servings a day. They are healthy, have fewer calories than snack foods and help make you feel full.

KEEP A FOOD DIARY— Writing down what you eat, how much you eat and how often you eat surprises many people. A diary can help you eat less.

MEASURE YOUR FOOD— Food portions (how much you eat) are often larger than you think! Take the time to get familiar with portion sizes. If you eat out, share a meal or take half home.

LIMIT SNACKING— Skip snacking on chips, candy and cookies throughout the day. Instead, reach for fruits and vegetables.

TAKE YOUR TIME— Fast weight loss diets don't work to keep the weight off. Instead, keep striving to make small changes that you can maintain and build upon.

As you begin to see results, remember to pay attention to your blood sugars to avoid any low blood sugar events (hypoglycemia).

