

# Diabetes: A Lifestyle Guide



Did you know that **1 in 3 Canadians are affected by diabetes?** Are you looking for ways to reduce your risk or ways to manage your symptoms? Read the tips below on health tips that help.

**Education-** Learning about diabetes is a great step to understanding what it is and ways to prevent it. If you are already diagnosed with it, learning the different types and how it affects your body can be a great way to manage symptoms.

**Eating healthy-** Nutrition plays an important role in regulating your blood sugar. Everything from the portions you are consuming to the foods you are eating affect how your body functions.

- **Portion:** Eating the right amount of food can help regulate your blood sugar and maintain a healthy weight. A good portion size would be having half of your plate filled with vegetables, a fourth of your plate full of protein, and another fourth filled with whole grains.
- **Types of food:** To help with your blood sugar levels, eat foods that are high in fibre, eat plenty of vegetables, and reduce foods that are high in sugar and refined carbs. Drink plenty of water and limit the number of sugary drinks.
- **Timing:** Try to eat three times a day and space meals no more than six hours apart as it will help keep sugar levels balanced throughout the day.

**Exercise-** Regular exercise and movement help prevent diabetes and lower blood sugar levels. It also helps with insulin resistance. Insulin is the hormone that helps our body use sugar, the more we exercise, the better our body will be able to use insulin. Try to get 150 minutes of movement a week. Consider walking, biking or jogging for 20-30 minutes a day to keep yourself active.

**Stress management-** Stress can increase hormones that raises your blood sugar levels. The longer you are stressed, the harder it is to maintain healthy habits, which can lead to a repeating cycle. Some ways you can manage your stress include yoga, meditating, mindfulness exercises, talking to a loved one or professional and having positive self-talk!

Little changes in your lifestyle choices can help manage diabetes or reduce your risk. Small changes can make a big difference. You are already on your way to a healthier future!



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