



IF YOUR A1C IS TOO HIGH



FOLLOW MEAL PLAN

Use the plate method.

- Fill 1/2 your plate with non-starchy vegetables
- Fill 1/4 your plate with meat or other proteins
- Fill 1/4 your plate with grains/starchy vegetables
- Add a serving of fruit, or 1/2 cup
- Add a serving of milk, or 1 cup

Eat a consistent amount of carbohydrates throughout the day to keep blood sugars better controlled.



INCREASE PHYSICAL ACTIVITY

Physical activity can improve your health & help control blood sugar levels. Aim for 150 minutes of physical activity/week.

- Moves glucose into cells without insulin
- Strengthens muscles
- Decreases stress levels
- Improves emotional health & decreases depression



TEST BLOOD SUGAR

Insulin is the key to let glucose into your cells

- Glucose is fuel for your cells. Blood glucose/sugar rises when glucose is not entering cells.

Follow your doctor's recommendations on when and how often to monitor blood sugar levels.

- Before meals: blood sugar between 80-130mg/dL
- 2 hours after start of a meal: blood sugar less than 180mg/dL



TAKE MEDICATIONS

Follow your doctor's recommendations and prescriptions. Make sure to follow up with your doctor.