

5-2017

Blood Glucose, Blood Pressure & Exercise Goals for Diabetics - Spanish

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Recommended Citation

Spatz, Michele and Dallas, Ruth, "Blood Glucose, Blood Pressure & Exercise Goals for Diabetics - Spanish" (2017). *Diabetes Patient Education Tools*. 9.

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Blood Glucose, Blood Pressure & Exercise Goals for Diabetics - Spanish

Description

One page handout for diabetics illustrating blood glucose, blood pressure and exercise goals. (Spanish)

Keywords

Diabetes, Patient Education, Blood Glucose, Blood Pressure, Exercise

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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La Meta es Estar Saluable a Pesar de la Diabetes

Mantenga el azúcar a niveles saludables



menos de 130
antes del desayuno



menos de 180
1 hora después de comer



Haga ejercicio por
30 minutos
casi todos los días.



Mantenga la presión
debajo de **140/90**.



Tome sus **medicinas**
cada día.



Coma **3 verduras**
cada día.