2-2018

Basic Diabetes Class Handout without Goals - English

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Recommended Citation
Spatz, Michele and Dallas, Ruth, "Basic Diabetes Class Handout without Goals - English" (2018). Diabetes Education Tools. 9.
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Description
This diabetic patient handout reviews A1C test results and simply illustrates what the patient can do to stay healthy.

Keywords
Diabetes, Patient Education

Disciplines
Endocrine System Diseases | Nutritional and Metabolic Diseases

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Keep your blood sugar in the **green zone** to protect your health.

Blood sugar levels in the **yellow or red zone** will cause serious health problems in your future.
Keep blood sugar under control

Before breakfast

Take your medicines each day

1 Hour after a meal

Exercise 30 minutes most days

Eat 3 servings of vegetable each day

Eat 3 servings of fruit each day

Keep blood pressure below 140/90