

### 3 Key Life Style Habits in Your Diabetes Control

#### ONE: [Optimizing your diet](#):

- Foods to avoid
- [Low carbohydrates diet](#)
- Weekly menu examples with recipes: [Male](#), [Female](#)

#### TWO: [Being active](#)

#### THREE: [Optimizing your weight](#)

#### ONE : Optimizing your diet:

Your diet plays a pivotal role in your diabetes control and evolution. The glucose circulating in your blood mostly comes from the digestion of the carbohydrates you eat. Nevertheless, it is not recommended to eliminate all carbohydrates from your diet. When you have been diagnosed with type 2 diabetes in addition to applying the [general food guidelines](#), you overall need to prioritize food that have **less simple carbohydrates and that are less caloric**. Here are few steps to get you started:

- Avoid food with added sugar. Sugar is added to food in the form of fructose (example: high fructose corn syrup). Many food might not taste “sweet” but still have added sugar. Added sugar is often used in the food industry to enhance food flavors.(2) It is essential to read the ingredients in the food label to identify these foods. Typical foods with added sugar include:
  - Sweetened beverages and alcohol
  - Food that tastes sweet. If you are start by decreasing it, we recommend that you eat any sweets right after a main meal rather than isolated as a snack.
  - Restaurant and pre-made meals:
    - Limit eating out to a restaurant or pre-made meals to at most four times per week (1).
- **A dietician specialized in diabetes is key to optimizing your diet.**(1) They are equipped to assist you in developing a specific diet that meets your needs. You can access a database of Canadian dietitians through [Dietitians of Canada](#). Ontario dietitians through [Unlock Food](#)

- **Is a dietician essential? YES.** If you have seen a general dietician in the past or you feel that your diet is already well balanced or even fear that dietary recommendations will take away food that you like, contacting a dietician specialized in diabetes can transform your experience and your life. Investing time to find a dietician you feel comfortable with is essential. A dietician can be your best ally in establishing a strategy that integrates your diabetes to your lifestyle (1).
- If you already apply these tips regularly and suffer from obesity and would like to know about Lower Carbohydrates Diet, click on the link below.

[Lower Carbohydrates Diets](#)

## **TWO: Being active**

When we work out, our muscles use the blood glucose and therefore it decreases the glycemia. Therefore, regular physical activity is an important element of your diabetes treatment. We recommend exercising 3 times throughout the week.

### **Warning**

**If you develop any chest pain or new shortness of breath while exercising, please get an urgent assessment at your local Emergency Department or through your health care professional.**

## **THREE: Optimizing your weight:**

Weight control is a complex phenomenon. It is managed through diet and physical activity. You can achieve it by :

- First stabilizing your weight (ie.: your weight is no longer increasing): starting to optimize your diet and exercises.
- Second, further improved your diet and exercises in a way that can be maintained long term;

## References

1. Pelletier V., Maha S., Diabète et Nutrition : les deux font la paire... Pour les patients bien dans leur assiette!, Médecin du Québec, April 2019, Vol 54, No 4, P.27-31
2. Marette A, Pilon G. La vérité sur le sucre. Montréal: VLB Éditeur; 2016. 159 p