

DIABETES

LIVING WELL WITH DIABETES

Manage diabetes more effectively with small lifestyle changes to slow down the progression of diabetes complications.

Take Action, Take Control



Exercise regularly and maintain a healthy, balanced diet



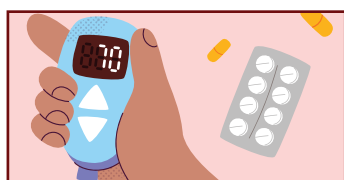
Reduce your weight if you are overweight



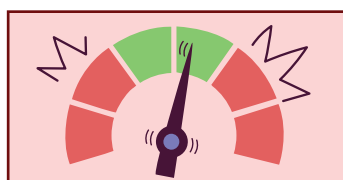
Avoid or quit smoking



Avoid drinking alcohol



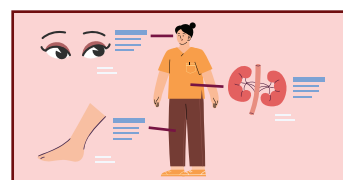
Monitor your blood sugar level regularly, and take your medications as prescribed



Lower your blood pressure and cholesterol to the target range



Attend regular check-ups and screenings with your healthcare team to monitor your condition



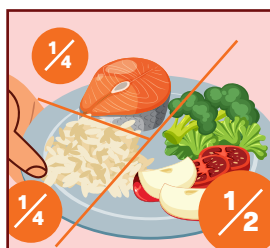
Stay on track with annual screenings for diabetes complications. This usually includes a cardiovascular risk assessment and eye, kidney and foot screenings

5 Tips to Manage Blood Sugar Levels



Eat Regular Meals

Eating at consistent times throughout the day helps keep your blood sugar steady, preventing spikes and drops



Control Carbohydrate Portions in Each Serving

Large amounts of carbohydrates can cause blood sugar to spike – monitor your portions for better control



Limit Added Sugars and Refined Carbohydrates

Desserts and soft drinks can lead to sugar spikes – opt for no-added sugar alternatives instead



Choose Healthy Fats

Limit unhealthy fats in fatty meats and fried foods. Choose healthy fats like olive oil, avocado, and fatty fish to improve blood sugar control and lower bad cholesterol



Choose Foods High in Fibre

Fibre slows down digestion and helps control blood sugar. Fibre can be found in fruits, vegetables, and wholegrain products



STEP 1

Take this Quiz to test your knowledge!

for.sg/quiz-diabetes



STEP 2

Visit the Health Library for more tips & resources.

for.sg/ht-health-library