



UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise

The carbohydrates and sugars in what you eat and drink turn into glucose (sugar) in the stomach. If you eat too much sugar or too many carbohydrates, your blood sugar levels can rise too high.



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Avoid sugary foods and drinks, red meat, processed meats, salty foods, refined carbohydrates and highly processed foods.



TRACK LEVELS

Health care professionals can take blood sugar tests and provide recommendations. If you're diagnosed with diabetes, you will need to monitor your blood sugar levels.

Visit [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org) to learn how to manage your blood sugar levels and reduce your risk of heart disease and stroke if you have diabetes.



MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes

NO NICOTINE

Smoking, vaping, exposure to secondhand smoke or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage.