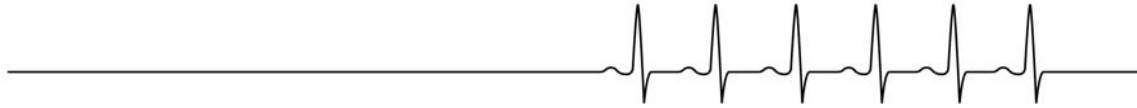


MANAGING DIABETES WITH HEALTHY EATING AND REGULAR EXERCISE



HEALTHY EATING

In spite of what you might have heard, having diabetes does not mean you have to give up the foods you enjoy. Learning to eat healthy is an important part of your treatment.

Good diabetes meal planning includes:

- Understanding how different foods and the amount eaten affect your blood sugar
- Choosing healthy foods
- Eating regular meals at the right time.

EXERCISE

Be sure to check with your physician before starting an exercise program

Regular exercise may help:

- Reduce stress and increase energy levels
- Increase your strength and ease of movement
- Control your blood pressure and blood fats
- Your insulin work better if you are insulin resistant
- Improve blood sugar levels.

BMI Chart for Obesity and Overweight

$$BMI = \left\{ \frac{WEIGHT \text{ (pounds)}}{HEIGHT \text{ (inches)}^2} \right\} \times 703$$

Height in Feet and Inches	Weight in Pounds																			
	120	130	140	150	160	170	180	190	200	210	220	230	240	250						
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60						
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56						
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52						
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49						
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46						
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43						
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40						
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38						
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36						
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34						
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32						
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30						
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29						
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28						

Healthy Weight Overweight Obese

1. Look down the left column to find your height.
2. Look across the top row to the weight nearest your own.
3. The number in the column is your BMI.

My BMI is _____.

Talk to your doctor is your BMI is under 20 or over 25.

What Your BMI Score Means

Under 20 May indicate malnutrition.

20-25 Healthy weight range for most people.

25-30 Increased risks for heart disease, diabetes, high blood pressure, osteoarthritis, sleep apnea and some cancers.

30+ At risk for above diseases

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REGULAR EXERCISE**

