

Things to do to reduce the risk of diabetes complications



Eat healthy food – your dietitian will help you develop a healthy eating plan tailored to your individual needs



Aim to eat at least 3-4 servings of fruit each day and 3-4 servings of vegetables



Drink at least 6-8 cups of liquid a day – water is the best drink

Do at least 30 minutes of activity every day – you can ‘snack’ on activity and break it into three bites of 10 minutes at a time



If you are on tablets to treat diabetes or use insulin, take it as prescribed every day



Check your blood glucose levels – your health care team will advise you about a suitable testing pattern



Control your blood pressure and cholesterol levels



Achieve and maintain a healthy body weight



Check your feet every day for cuts, blisters, bruises, colour changes, swelling, in-grown toenails and sores

Brush your teeth twice a day and floss every day



Get your free annual diabetes check from your health professional

Be smokefree



Have your eyes checked every one to two years

Ask for support from your family, whanau and friends

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