

MANAGE YOUR DIABETES

with

STAR

Learn all you can about how to take care of yourself and your diabetes. It's important to follow your treatment plan.

- ▶ Eat healthy and exercise
- ▶ Remember to take your medicine
- ▶ Check your blood sugar (also called glucose)

Managing diabetes means making choices—some easy, some hard. When faced with a decision, think STAR:

S STOP before you make a decision. What kind of snack is best to choose? Is it better to go for a walk or watch TV?

T THINK about your choices before you act. How will they affect you and your diabetes care plan? For example, a piece of fruit will affect your blood sugar level differently than a bag of chips.

A ACT on the better choice for your health. Remember, change is slow. No one expects you to always choose the healthier option. Small steps add up to big results!

R REFLECT on your progress. Give yourself credit when you make a healthy choice. If you choose the bag of chips, think about what you can do to make up for your extra calories. How can you make a different decision next time?

Over time, it gets easier to make healthy choices. Try to make healthy changes as a family. Review your progress together.