

Diabetes mellitus

If you have diabetes, sugar builds up in your blood and can cause problems with your eyes, kidneys, heart, brain, circulation etc. Eating healthy food and doing physical exercise every day can lower your blood sugar and avoid these complications.

Food

Spread your food over 4-5 meals a day, depending on your diabetes treatment.

Avoid sugar, honey, sugary and fizzy drinks, food containing fructose, fruit juices, cakes, biscuits and sweets. Use saccharine, aspartame or stevia as sweeteners.

Your diet should be varied and balanced

- Eat potatoes, rice, pasta, bread or pulses at every meal, in moderate amounts, making sure they're wholemeal if possible.
- Have one portion of vegetables and one of salad every day, as well as two portions of fruit, preferably with the skin.
- You should also eat two small portions of lean meat (chicken, turkey, rabbit...) or fish and, three times a week, eat oily fish, which is a good source of omega-3.
- Drink two glasses of semi-skimmed or skimmed milk each day. You can replace one glass of milk with 2 low-fat yogurts or 100 g of fresh cheese.
- Limit the amount of fat from meat and charcuterie, and eat small amounts of healthy fats: olive oil, dried nuts, oily fish or avocados.

- Drink at least one and a half litres of water per day.

Physical exercise

Regular daily physical exercise helps to lower blood sugar,

cholesterol, weight and blood pressure, and it improves your circulation and heart function.

Walking is good exercise for everybody. Check with your healthcare team which other types of exercise are good for you and how often and with what intensity you should do them.



Additional advice

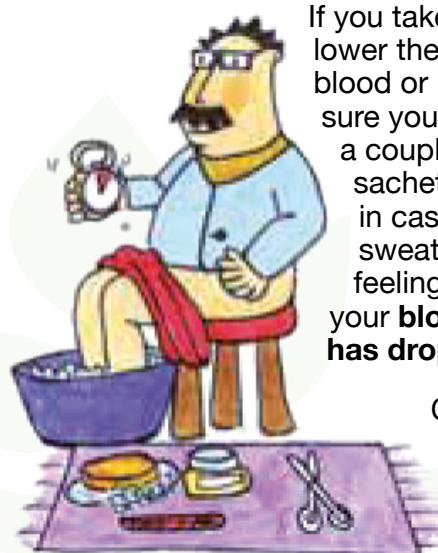
Smoking increases the risk of suffering from heart disease and other complications.

If you smoke, it's very important to stop. Electronic cigarettes aren't good for you, either.

If you're **overweight**, losing just 2 to 5 kilos can be enough to lower your blood sugar and your blood pressure.

If you have **high blood pressure** or **cholesterol**, follow the treatments and your doctor's and nursing team's advice.

Look after your feet.



If you take pills to lower the sugar in your blood or insulin, make sure you always have a couple of sugar sachets with you in case you start sweating, shaking or feeling faint because your **blood sugar level has dropped**.

Consult your doctor or nursing team if you have any problems or questions.

