Acquiring certain knowledge and skills will help you to incorporate diabetes into your daily routine and keep it under control.

With adequate FOOD and PHYSICAL ACTIVITY you/we will achieve:

- **To reduce or to maintain weight.**
- **To need less insulina or pills in your treatment.**
- **To reduce blood pressure , cholesterol levels and other.**
- **Your overall health will improve and you will feel better.**
- **To prevent complications in the future such us kidney disease, neuropathy and diabetes retinopathy.**

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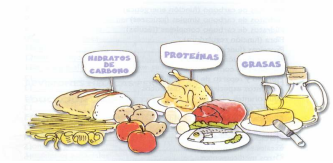
SELF-CONTROL MEASURES IN PEOPLE WITH DIABETES

Unidad de Medicina Interna

Junta de Andalucía
Consejería de Salud y Familias
SERVICIO ANDALUZ DE SALUD

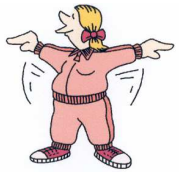
NUTRITION



You should ALWAYS keep in mind:

- **To take dairy daily (milk, yogurt, cheese...). The equivalent of 2 glasses of milk a day is recommended, preferaly semi-skimmed.**
- **Try to eat more blue fish than meat, and of these preferably white meat.**
- **Take daily cereals and derivatives distributed in the different meals, increasing the consumption of whole grains.**
- **Eat vegetables 2 or 3 times a day (chard, lettuce, tomato, carrots ...).**
- **It is recommended to take 2 or 3 pieces of fruit a day.**
- **The intake of legumes (beans, chickpeas, lentils...) should be present 3 or 4 times a week in our diet.**
- **You shoud drink at least 2 liters of water daily, control your alcohol intake and consume ONLY occasionally foods rich in sugar (sweets, ice cream, jams...).**

PHYSICAL ACTIVITY



Physical activity is considered alongside medication and diet an essential part of the treatment.

- **It is recommended for all people, regardless of their age.**
- **Moderate intensity exercises are preferable.**
- **Be physically active on a daily basis.**
- **Avoid exercise in extreme hot or cold conditions and during periods of metabolic lapses.**
- **Calculate the intensity of the exercise your are doing, starting slowly.**
- **Inject insulin away from the muscles involved in the activity your are doing to do.**
- **Wear suitable clothing and footwear.**
- **Exercise in the company of another person.**
- **Do not forget to take sugar.**
- **Respect the number and timing of meals and drink plenty of fluids.**

FOOT CARE

People with diabetes are at higher risk for foot problems.

¿HOW TO TAKE CARE OF THEM?

- **Examine them every day to see if the have injuries, using a magnifying glass or magnifying mirror.**
- **Wash them daily with warm water (35ºC or 36ºC) and neutral ph soap.**
- **Dry them very well with special care between the fingers.**
- **Apply moisturizer to dry soles and spots, but NEVER between toes.**
- **Cut nails in a straight line with blunt-tipped scissors, preferably after bathing.**
- **Wear comfortable shoes made of breathable material.**
- **Wear natural fiber stockings or seamless socks.**
- **Buy shoes in the afternoon, this is when the feet are most dilated.**