



WELL-BEING  
AWARENESS



## Stay healthy from head to toe

Keeping your blood sugar levels in a healthy range is an important step toward preventing diabetes and protecting your overall health. To help maintain healthy blood sugar levels, watch your carb intake, cut back on added sugars and find time to be active every day.

Create a personalized plan to help keep your blood sugar levels in check with a WebMD Health Coach.

[GET STARTED](#)

### Go whole-grain

Whole-grains are healthier and have more flavor than refined carbohydrates. Instead of white bread, white rice or pasta, choose the 100% whole-grain version.

### Eat more plants

Eat plenty of non-starchy vegetables like spinach, carrots and cabbage, which can help keep your blood sugar levels in a healthy range.

### Don't skip dessert

You can tame your sweet tooth with dark chocolate or fruit salad. Or, try making a sugar-free dessert from scratch.

### Live an active life

Exercising regularly and maintaining a healthy weight can help you prevent type 2 diabetes.

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## Know your numbers

From ages 40 to 70, you should have your blood glucose checked to screen for diabetes if you are overweight or obese. If you have a family history of diabetes or are African American, Asian American, Latino, a Pacific Islander or Alaskan Native, you may be at an increased risk for diabetes and should be screened earlier.

**Contact your healthcare provider for more information about being screened for high blood sugar.**



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#### SOURCES

National Institute of Diabetes and Digestive and Kidney Diseases: "Diabetes Diet, Eating, & Physical Activity"

Centers for Disease Control and Prevention: "Know Your Limit for Added Sugars"

Harvard Health Publishing: "Healthy eating for blood sugar control"

University of Utah: "Desserts for People with Diabetes"

National Institute of Diabetes and Digestive and Kidney Diseases: "Preventing Type 2 Diabetes"

U.S. Preventive Services Task Force: Abnormal Blood Glucose and Type 2 Diabetes Mellitus: Screening

Reviewed by Melinda Ratini, DO MS

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