

Type 2 Diabetes: Daily Glucose Management Guide (No Insulin)

1. Eat Smart – Focus on Balanced, Consistent Meals

- Prioritize whole foods: vegetables, lean proteins, whole grains, beans, and healthy fats.
- Limit added sugars, sweetened drinks, refined carbs (white bread, pastries).
- Choose low glycemic index (GI) carbohydrates when possible.
- Don't skip meals; eat at regular times to help your body maintain steady blood sugars.
- Keep portions moderate—especially for starchy foods like rice, pasta, potatoes, and bread.

2. Move More – Aim for Daily Physical Activity

- Try to be active at least 30 minutes per day, most days of the week.
- Walking after meals helps reduce post-meal blood sugar spikes.
- Include both aerobic activity (like walking, biking, swimming) and resistance training (like bodyweight exercises or light weights) each week.

3. Monitor – Know Your Numbers

- Check your glucose as recommended by your doctor—this may be once a day or a few times per week.
- Keep a log or use a glucose meter app to track patterns.
- Look for trends: fasting, before/after meals, or when feeling “off.”

4. Medications – Take as Prescribed

- Know your diabetes medications and how they work.
- Take them exactly as directed—timing matters, especially with pills like metformin or sulfonylureas.
- Never stop or adjust meds without checking with your provider.

5. Stress Less – Sleep More

- Chronic stress can raise your blood sugar—learn calming techniques like breathing, stretching, walking, or talking with a friend.
- Aim for 7–9 hours of sleep. Poor sleep can worsen glucose control.

6. Hydrate – Water First

- Drink water throughout the day.
- Avoid sugary drinks like soda, energy drinks, fruit juice, or sweetened coffee.

7. Alcohol – Keep it in Check

- If you drink, limit to 1 drink/day for women, 2/day for men, and always with food.
- Some diabetes meds can interact with alcohol or increase the risk of low blood sugar.

8. Foot & Eye Care – Protect What Matters

- Check feet daily for any cuts, blisters, or swelling.
- Have regular eye exams and foot checks at least once a year.

9. Stay Ahead – Routine Lab Work & Visits

- Keep up with A1C checks, cholesterol, kidney function, and blood pressure monitoring.
- Schedule follow-ups to review results and update your care plan.

LR Sanders MD