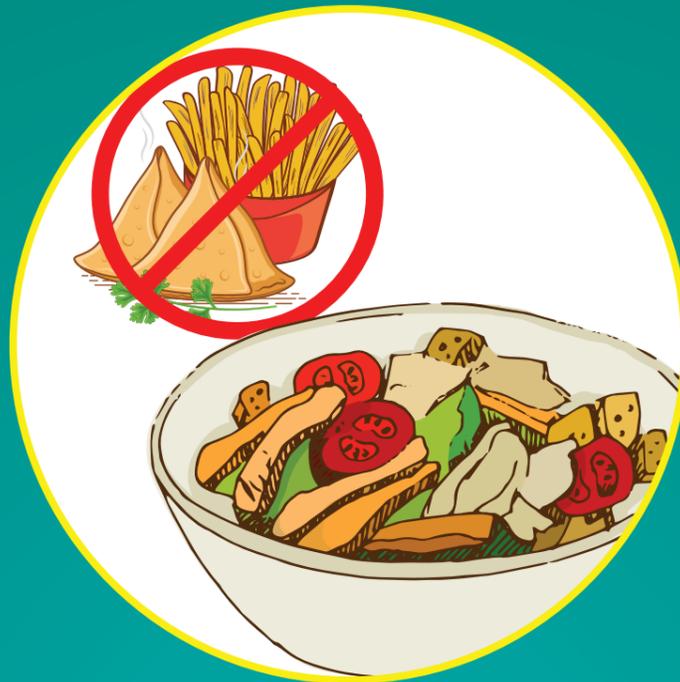


# HEALTHY EATING AND STAYING FIT IN DIABETES



Eat healthy,  
avoid fried and fat rich food



Exercise regularly in  
consultation with your doctor



Live a stress free life



**Regular self-monitoring is a key  
to achieve good diabetes control.**



**For further details on self-monitoring,  
consult your doctor today!**

Ref: Diabetes management: How lifestyle, daily routine affect blood sugar.

Available at <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/art-20047963>. Last accessed on 11th Aug 2020.

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