Taking Care of Your Diabetes Means Taking Care of Your Heart

Many people don’t know that having diabetes means that you have a greater chance of having heart problems such as a heart attack or stroke. Taking care of your diabetes can also help you take care of your heart. Use the tools in this tip sheet to help!

Eat well.
- Eat foods that are high in fiber such as whole grain breads and cereals
- Eat foods with heart-healthy fats such as fish, nuts, seeds, and avocado
- Eat foods low in saturated and trans fats such as lean meat
- Use oils when cooking food instead of butter, cream, shortening, lard, or stick margarine.
- Limit desserts such as cookies and ice cream to only 1 or 2 times a week.
- Eat smaller amounts of foods that are high in fat, sugar, or salt
- Bake, broil, or grill food instead of frying.
- Do not add salt to food.

Stop smoking.
- Ask for help or call 1-866-657-867 (1-866-NJSTOPS).

Be active.
- Be active for 30 minutes or more each day. It’s okay to be active for 10 minutes at a time, 3 times a day.
- Walk, dance, swim, or ride a bike.

Take your medicine.
- Take medicines the way your doctor or health care team tells you to.
- Do not stop taking your medicines until you talk to your doctor.
- Ask your pharmacist or doctor any questions you have about your medicines.

Cope with stress as best you can.
- Ask for help if you feel down. Talk to a mental health counselor, member of the clergy, friend, or family member who will listen to your concerns.
- Tell your family members and friends how they can best help and support you.

CALL the EPWC for information about diabetes prevention and diabetes control workshops: 973-972-4623. Ask for Ms. Schoenherr.