

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.



Department of Preventive Medicine and Community Health, Rutgers New Jersey Medical School
Supported by funds from the Centers for Disease Control and Prevention through the New Jersey Department of Health,
Chronic Disease Prevention and Control Program.

Adapted from: <http://ndep.nih.gov/partners-community-organization/national-diabetes-month/2014.aspx>