

48 Quick Diabetes Tips

Small, consistent habits that make a real difference in blood sugar, A1C, and long-term health — organized from highest impact to long-term success.

1 Most Important (Highest Impact)

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1 Most Important

The habits with the greatest effect on blood sugar, A1C, and long-term health.

- 1 Know your carbs — track how many are in your meals
- 2 Watch portion sizes — even healthy foods spike sugar in large amounts
- 3 Fill half your plate with non-starchy veggies (broccoli, spinach, zucchini)
- 4 Choose high-fiber carbs — oats, beans, lentils, whole grains, chia
- 5 Pair carbs with protein to slow absorption
- 6 Choose low Glycemic Index (GI) foods — slower blood sugar rise
- 7 Watch Glycemic Load (GL) too — GI plus portion size together
- 8 Limit added sugar — soda, candy, cakes, cookies, sweet cereal
- 9 Drink water instead of sugary drinks
- 10 Be active every day — 30+ minutes; walk after meals

2 Daily Habits

Very important habits to build into every day.

- 11 Eat meals at regular times — don't skip meals
- 12 Avoid long gaps without eating — prevents overeating later
- 13 Don't drink your calories — liquid calories spike sugar fast
- 14 Choose lean proteins — chicken, turkey, fish, eggs, tofu, beans
- 15 Include healthy fats — avocado, olive oil, nuts, seeds
- 16 Read nutrition labels — serving size, carbs, added sugar, fiber
- 17 Monitor your blood sugar — see how foods affect you
- 18 Follow your care plan — take medication exactly as prescribed

3 Eating Strategies

Smart ways to structure your meals for steadier blood sugar.

- 19 Eat vegetables first at each meal
- 20 Eat protein before carbs to improve post-meal blood sugar
- 21 Eat slowly — give your body time to register fullness
- 22 Watch restaurant portions — often bigger than a real serving
- 23 Cook more at home for better ingredient & portion control
- 24 Choose whole foods — limit highly processed options
- 25 Snack wisely — pair protein + fiber (apple & peanut butter)
- 26 Plan meals ahead to reduce impulsive choices
- 27 Keep healthy foods on hand — make the easy choice the healthy one

4 Lifestyle Habits

What you do outside of meals matters too.

- 28 Get enough sleep — 7–9 hrs; poor sleep raises insulin resistance
- 29 Manage stress — try deep breathing, meditation, walking, yoga, tai chi
- 30 Maintain a healthy weight — even modest loss helps insulin sensitivity
- 31 Don't smoke — it raises the risk of diabetes complications
- 32 Limit alcohol — it can raise or lower blood sugar depending on amount

5 Food Selection

Helpful swaps for smarter everyday choices.

- 33 Choose fresh fruit over juice — the fiber slows the sugar spike
- 34 Prefer whole grains — brown rice, quinoa, oats, whole wheat
- 35 Include beans & lentils often — fiber, protein, slow-digesting carbs
- 36 Choose unsweetened dairy — plain yogurt, milk with no added sugar
- 37 Limit processed snacks — chips, crackers, pastries, sweet cereal
- 38 Reduce saturated fat — choose leaner meats & healthier cooking fats

6 Advanced Strategies

For once the basics feel automatic.

- 39 Track what raises your blood sugar — everyone responds differently to foods
- 40 Learn your personal carb tolerance
- 41 Build balanced meals — protein + fiber carbs + healthy fat + veggies
- 42 Keep emergency snacks handy to avoid long gaps without eating
- 43 Consistency beats perfection — small daily habits matter most

7 Long-Term Success

The habits that make healthy eating stick for good.

- 44 Focus on progress, not perfection — small improvements add up
- 45 Make gradual lifestyle changes — sustainable habits stick better than drastic ones
- 46 Keep learning about nutrition — better knowledge, better daily choices
- 47 Use simple tools — food charts, meal planners, grocery guides
- 48 Review your eating habits regularly, and adjust with your doctor's guidance

How to use this list: Don't try to change everything at once. Pick 2–3 tips to focus on this week, build them into habits, then add a few more. Consistency over time is what moves your blood sugar and A1C.