

DrSonia Patient Handout
Diabetes: food and activity basics

Balanced meals and regular activity help control blood sugar.

Simple meal plan

- Half plate vegetables, quarter protein, quarter whole grains.
- Choose water over sweet drinks.
- Eat at regular times when possible.

Activity basics

- Move at least 150 minutes per week.
- Add strength exercises 2 days per week.
- Start small and build up safely.

Source: Diabetes Canada
Educational use only; not medical advice.