

ON WORLD DIABETES DAY THIS YEAR 'DO IT FOR YOU' AND FOR A HEALTHIER FUTURE

MANAGING YOUR DIABETES MIGHT SOUND SCARY AT FIRST BUT IT CAN BE EASIER THAN YOU THINK WITHOUT IT RULING YOUR LIFE!



JUST MAKE IT A PRIORITY ALONG WITH OTHER IMPORTANT THINGS IN LIFE!

Life priority list:



BE HAPPY AND ENJOY LIFE!



MANAGING DIABETES



TAKING CARE OF THE
PEOPLE YOU LOVE



HAVING FUN WITH
FAMILY AND FRIENDS



WORK AND DAILY TASKS



AND ANY FURTHER LIFE
PRIORITY YOU MIGHT WANT TO
ADD TO YOUR OWN LIST!

YOU ARE NOT ALONE IN THE EFFORT TO CONTROL YOUR DIABETES.

1 IN **10** WOMEN LIVING WITH DIABETES WORLDWIDE
AND

1 IN **7** BIRTHS AFFECTED BY GESTATIONAL DIABETES



AND BRINGING YOUR FAMILY AND FRIENDS ON
BOARD CAN MAKE IT EASIER FOR YOU TO MANAGE
YOUR DIABETES AND FOR ALL TO LIVE A HEALTHIER LIFE!

A HEALTHY DIET AND LIFESTYLE CAN BE "CATCHING".

As a woman, you have a key role in improving the overall well-being of your family.



HAVE A PLAN FOR THE DAY...



TO ALLOW TIME FOR A WALK... OR
MAYBE A SWIM... OR EVEN A BIKE RIDE.



AND FOR COOKING AND
ORGANISING YOUR MEALS.



ALLOW SOME TIME TO THINK ABOUT
WHAT YOU EAT, HOW MUCH AND
HOW OFTEN YOU EAT IT.



BUT GO EASY ON YOURSELF NOW
AND THEN. AS LONG AS IT'S IN
MODERATION!



WHILE MANAGING YOUR OVERALL
SUGAR INTAKE



LOW CALORIE SWEETENERS CAN MAKE
LIFE TASTE SWEETER, WITH FEWER
OR NO CALORIES.



CHECK YOUR BLOOD SUGAR TO MAKE SURE THAT YOU KEEP IT UNDER CONTROL
WITH MEDICATION AND LIFESTYLE CHANGES.

AND REMEMBER:

YOU CAN DO EVERYTHING WITH DIABETES! IT WILL NOT IMPEDE ON WHAT YOU WANT TO DO, AS LONG AS YOU KEEP IT UNDER CONTROL.



AND THE BETTER YOU GET YOUR DIABETES UNDER CONTROL, THE BETTER YOU'LL FEEL
AND THE BETTER YOU'LL BE ABLE TO KEEP UP WITH EVERYTHING ELSE IN LIFE.

IT'S EASIER THAN YOU THINK. DO IT FOR YOU!



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IN SUPPORT OF



world diabetes day

14 November

With the scientific support of the European Specialist Dietetic Network for Diabetes of the European Federation of the Associations of Dietitians (EFAD)

References
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