

[Skip to main content](#)

[English](#) [Français](#)



- [What is Diabetes](#)
  - [Type 1 vs Type 2 Diabetes](#)
  - [Reducing Your Risk](#)
  - [Managing Blood Sugar Levels](#)
  - [Related Diseases](#)
- [Diabetes and Heart Health](#)
  - [Heart Disease](#)
  - [Risk Factors](#)
  - [Risk Assessment Tool](#)
  - [Talk to Your Doctor](#)
- [Living With Diabetes](#)
  - [Diet & Exercise](#)
  - [Heart Healthy Foods](#)
  - [Mental Health](#)
  - [Getting Support](#)
- [Caregivers](#)
- [Cart2Table.com](#)

[English](#) [Français](#)



## **Diet and Exercise**

From monitoring your food to setting exercise goals, having a plan will help you feel more in control.

- [Living With Diabetes](#)
- Diabetic Diet & Exercise



## Share this page by email

Your personal information will not be stored or shared.

Your Name: \_\_\_\_\_

Your Email Address:

Email to:

Your Message:

Send

## MAKE HEALTHY EATING, REGULAR EXERCISE AND FOOT CARE PART OF YOUR DAILY ROUTINE

### Diet

**Eating nutritious meals and snacks should be the foundation of your health care plan.**

- Aim to eat three regular meals a day, spaced no more than six hours apart (this will help your body control blood sugar levels)
- Carbohydrates, sugars and fibre, and salt intake should all be taken into account when planning meals and portion sizes.

[Get more meal planning tips](#)

### Exercise

**Physical activity is an important part of managing type 2 diabetes.**

- Exercise has many benefits, including better physical fitness, improved glycemic control, decreased insulin resistance, lower blood pressure and weight loss
- Experts recommend at least:
  - 150 minutes of aerobic exercise a week, which can be broken down to at least **10 minutes at a time**
  - AND
  - **Resistance exercise at least twice a week**

- It's proven that being physically active can improve your heart health.

[Stay active with diabetes](#)

## Foot Care

**People with diabetes are at risk of developing a variety of foot problems.**

- This is the result of nerve damage in the feet, also called neuropathy, which can decrease feeling in legs
- Neuropathy makes it harder to feel a cut, blister or other injury. By the time you notice, you may already have an infection. Serious infections could lead to amputation
- Starting and maintaining a daily footcare routine is the best way to ensure your feet stay healthy

[See the dos and don'ts of foot care](#)



## Heart Healthy Foods

Incorporating heart healthy foods into your diet is an important part of managing your diabetes and reducing your risk of heart disease.

[GET TIPS FOR HEALTHY EATING](#)

## You are now leaving this website

The sponsors of this website are not responsible for the content of third-party websites and those websites are not governed by the sponsors of this website's Terms of Use or Privacy Policies.

[Continue](#) [Cancel](#)

Cookies are required to understand how you and other visitors use our websites and applications and to improve your browsing experience. By using this website without changing your browser settings, you consent to the use of cookies and other device identifiers. For more information on our use of cookies, please review the "Managing Cookies" section in our [Privacy Policy](#).

Accept

Accept

Cancel

There are many risks and factors that could affect health if you've been diagnosed.

[Read the FAQs](#)

Back to top

Brought to you by two of Canada's leading pharmaceutical research-based companies.



[Terms of Use](#)

Accessibility

This website supports the dignity, independence, integration, and equal opportunity of people with disabilities and, as such, will comply with accessibility standards set out in the Accessibility for Ontarians with Disabilities Act, 2005 (AODA)