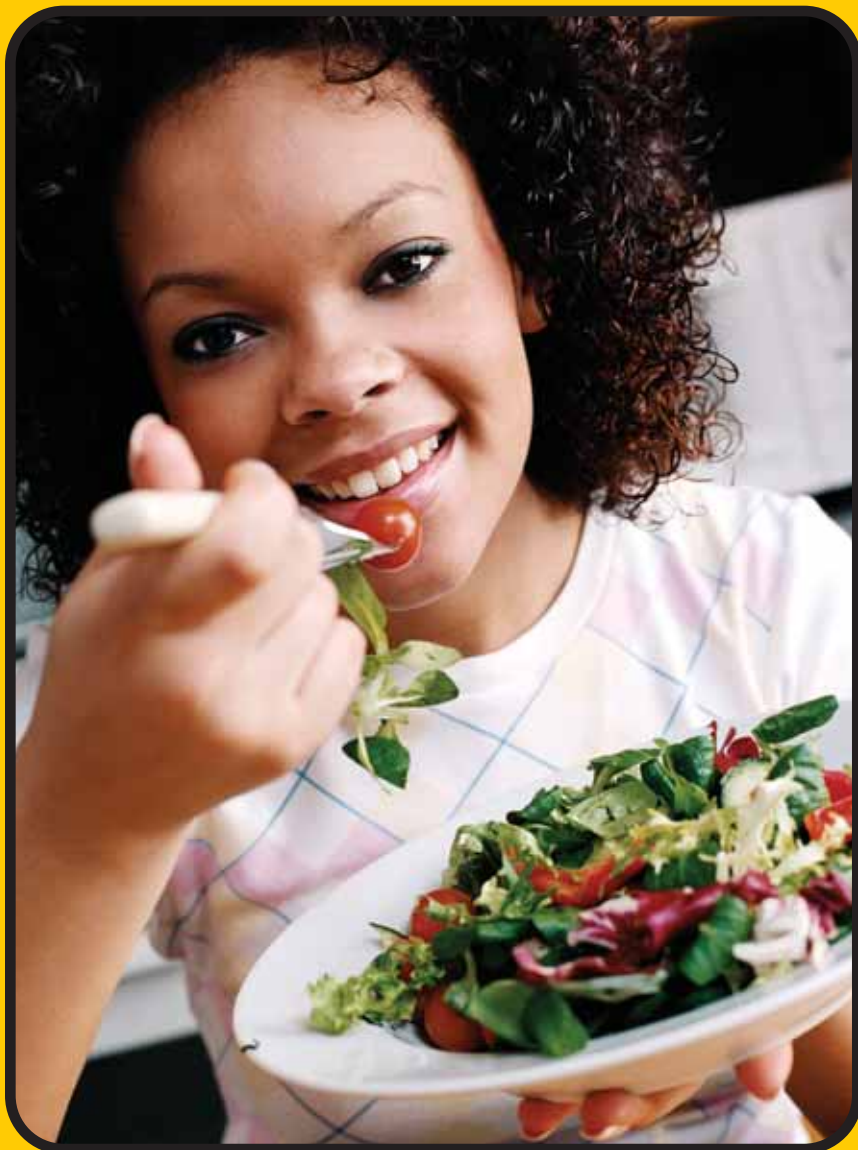


Tips for Teens with Diabetes

Make Healthy Food Choices

National Diabetes Education Program



Learn more about food and how to make healthy food choices if you have diabetes.

Healthy foods give you energy to live, learn, and be active.

Put it all together...

great tips for a healthier you ➔

Put it all together.

- Learn about healthy foods and make healthy choices at each meal and snack.
- Ask your health care team to help you make and use a healthy eating plan.
- Choose water to drink.
- Be physically active for at least 60 minutes every day.
- Take the correct amounts of insulin or pills, if you need them to manage your diabetes, and check your blood glucose at the times planned with your health care team.
- Keep screen time to two hours or less a day. This includes time watching TV, playing video or computer games, and using the computer.
- Use this tip sheet to help you reach your goals!



**Don't
let
diabetes
stop you!**

**Special thanks to the teens who
helped create this tip sheet**

Francine Kaufman, M.D., Head, Center for Diabetes, Endocrinology and Metabolism at Childrens Hospital Los Angeles and Janet Silverstein, M.D., Professor and Chief, Pediatric Endocrinology, Department of Pediatrics, University of Florida, Gainesville, FL reviewed this material for technical accuracy.

*Not sure how to
deal with all this?*
To learn more check out...

National Diabetes Education Program

to get free copies of other tip sheets for teens:

- *What Is Diabetes?*
- *Be Active*
- *Stay at a Healthy Weight*
- *Dealing With the Ups and Downs of Diabetes*
- *Lower Your Risk for Type 2 Diabetes*

www.YourDiabetesInfo.org • 1-888-693-NDEP

American Association of Diabetes Educators

to find a diabetes educator near you www.diabeteseducator.org
1-800-338-DMED (1-800-338-3633)

American Diabetes Association

for help to manage diabetes www.diabetes.org/planetD
1-800-DIABETES (1-800-342-2383)

American Dietetic Association

to find a dietitian near you www.eatright.org • 1-800-366-1655

Bam! Body and Mind

website for help to stay healthy www.bam.gov

Children With Diabetes

website for more about kids and families with diabetes www.childrenwithdiabetes.com

Juvenile Diabetes Research Foundation

International for help to manage diabetes

www.jdrf.org • 1-800-223-1138

National Association for Health and Fitness

that promotes physical activity

www.physicalfitness.org • 1-716-583-0521

National Diabetes Information Clearinghouse

for more about diabetes

www.diabetes.niddk.nih.gov • 1-800-860-8747

Nutrition and Physical Activity

website for healthy eating tips and the Kids Walk to School Program

www.cdc.gov/nccdphp/dnpa/publications

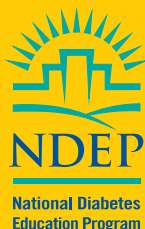
WIN – Weight-control Information Network

for weight control help

- *Take Charge of Your Health! A Teenager's Guide to Better Health*

www.win.niddk.nih.gov/publications/take_charge.htm

1-877-946-4627



www.YourDiabetesInfo.org

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations. www.YourDiabetesInfo.org or 1-888-693-NDEP