

# 8 Diet and Exercise Tips to Help You Manage Your Type 2 Diabetes

*This is an extra resource to go along with the original article:  
[Is Bariatric Surgery the Best Way to Resolve Your Type 2 Diabetes?](#)*

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## You CAN Take Control of Your Type 2 Diabetes

Bariatric surgery isn't a decision you make on a whim.

You'll need to meet with your general practitioner and speak with your health insurance provider before scheduling a surgery date.

In the meantime, a healthy diet and exercise plan will help you manage your type 2 diabetes and keep you in better shape for your chosen procedure.

Remember, almost all type 2 diabetes complications can be avoided by simply transitioning to a healthy diet and bumping up your activity level.

For more information about bariatric surgery, contact Panhandle Weight Loss Center today:

806-677-PWLC  
(806-677-7952)

[CONTACT US ONLINE HERE!](#)

## 1. Cut the Carbs (for good!)

You may be watching your sugars, but the carbs in your foods also have the potential to wreak havoc with your blood sugar.

If you're not following a modified or low-carb diet, make that your first plan of attack.

Ditch starchy veggies like potatoes, corn, peas, and carrots and choose fresh green leafy veggies, broccoli, and cauliflower instead. Dark berries have much less sugar than oranges, bananas, and watermelon.

Check out low-carb ways of eating like the [ketogenic diet](#), which not only limits the amount of carbs you eat per day very strictly, but also limits your sugar intake.

Use the [glycemic index](#) to measure the impact that different foods have on your blood sugar.

## 2. Grab Some More Vitamin D from the Sun

Being deficient in vitamin D has been associated with an increased risk of type 2 diabetes.

Before you start supplementing, consider going for a morning walk or having your coffee al fresco. Early morning sun is one of the best ways to get a dose of this super important vitamin.

## 3. Get Your Heart Rate Up

Want to get your body to start using your blood sugar more efficiently and respond better to insulin?

Just work it out.

Studies have shown that regular, vigorous exercise improves symptoms of type 2 diabetes. So elevate your heart rate for at least 20 minutes a day — every day.

Lifting weights, using resistance training, knocking out high-intensity interval workouts, or jogging are all great ways to get your body in the fat- and sugar-burning zone

## 4. Give Yoga a Try

According to a 3-month study of over 100 adults with type 2 diabetes, practicing yoga at least three times a week resulted in lower inflammation (oxidative stress) and better glycemic control.

So namaste your way to better health!

## 5. Say Yes to Coffee

You've already ditched the sweet tea, soda, beer, and alcohol.

But don't get rid of your coffee.

While all those aforementioned beverages can spike your blood sugar levels and lead to dehydration, coffee has been shown to lower your risks of type 2 diabetes complications.

Just leave out the extra cream, sugar, and syrup flavorings.

## 6. Start Eating More Nuts

Nuts like almonds, walnuts, and pecans and seeds like flax, hemp, and chia are good for your heart and your waistline.

Bonus: These healthy fats (and fiber) are also helpful for improving your blood sugar level, which decreases your risk factors.

## 7. Bulk Up Your Fiber Intake

The average American should consume anywhere between 25–35g of fiber per day (depending on gender), yet most people only eat about half of that amount.

Fiber is not only beneficial for your heart health and digestion, it's also crucial for your blood sugar management.

Fiber "slows down" the rate of digestion so your blood sugar levels don't spike. It's also a major player in satisfying your hunger, making you feel full, and lowering your cholesterol levels.

Skip the fiber supplements and sugary, starchy bars that you see at the grocery store and opt for healthy, natural sources of fiber from fruits and veggies such as avocados, broccoli, cauliflower, and brussels sprouts.

## 8. Add More Lean Proteins and Dairy to Your Diet

Eating more lean protein — like chicken, pork, and turkey — helps your body shed pounds without going into starvation mode. It lowers your risk of heart disease and is essential in diabetes management.

We love our beef here in Texas and many think that's off limits.

But lean beef cuts like sirloin, flank steak, rump roast, top loin, top round, and extra lean ground beef are perfectly acceptable.

Building your meals around lean protein will help your body become more sensitive to your insulin needs. It will help it produce more on its own instead of relying on medications to regulate your blood sugar.

Don't forget about protein-rich dairy!

While yogurt and milk both have too much sugar to consume with reckless abandon, calcium-rich foods like cheese promote healthy bones and lower your blood pressure.

Plus, this calcium is super beneficial for type 2 diabetics since you have increased risks of osteoporosis. Keep your bones strong and healthy with calcium on your side.

## SHOPPING LIST

- Broccoli, cauliflower
- Spinach / kale / romaine
- Coffee
- Nuts (almonds, pecans, walnuts)
- Dark berries (raspberries, blackberries, blueberries)
- Lean protein
- Cheese
- Other: \_\_\_\_\_