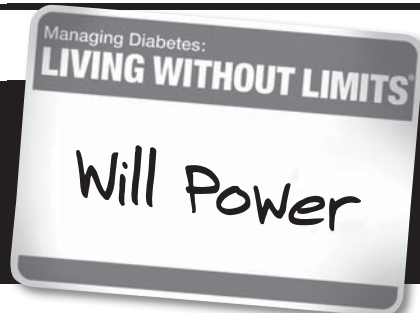


# LIVE WELL

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## CHOOSING HEALTHY FAST FOOD



Just because it is fast food, does not mean it is unhealthy. But, you may be wondering, “How is it even possible for fast food to be healthy?” Fortunately, nowadays, there are fast food options that are good for you!

### Do Not Skip Meals

You might think it is better to put off eating until you have time to better plan a meal. But skipping meals can throw off your blood sugar levels and diabetes medications. Also, if you skip a meal, you might be more likely to overeat unhealthy foods later.

### Pick the Right Place

When it comes to healthy choices, not all fast food restaurants are the same. Places that serve whole grains, organic fare, hormone-free meats and menus with lots of veggies and salads are better choices than those that feature deep-fried foods. Check out the restaurant’s menu and nutritional information online before going.

### Ditch the Soda

Soda—even diet soda—contains caffeine, an ingredient that is known to boost energy levels quickly. But, too much caffeine boosts blood sugar levels and can cause you to be cranky, tired and feel ill. Soda also is loaded with sugar and lots of calories, which makes it a bad drink choice.

### Drink More Water

Regular water, unlike soda or juices, will hydrate your body and help speed up your metabolism. In addition, drinking a big glass (or bottle)

of water can help to remind your body when it is full. If you just can not get yourself to drink plain water, add a piece of lemon, lime or cucumber or put a tea bag in it.

### How it is Cooked

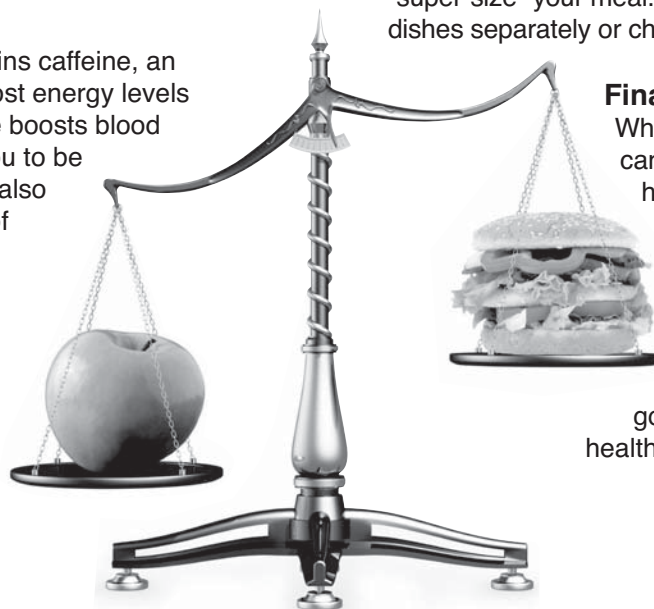
Just by paying attention to how food is cooked can lead to a healthier you. A “baked” potato is better than French “fries.” A “grilled” chicken sandwich is a better choice than a “fried” one. Also, be mindful of the words that describe how a food is cooked. Foods described with words like “alfredo,” “breaded” or “crispy” are all poor choices.

### On the Side

Do not be shy when asking for something special. Get less fat by passing on mayonnaise or ketchup. Ask for dressing on the side so you can control how much goes on your salad.

### Downsize

Do not fall prey to marketing tricks that encourage you to “super-size” your meal. If you really want a deal, choose side dishes separately or choose your meals from the value menu.



### Final Thought

What may seem like simple choices can add up big when it comes to your health. Eating healthier can delay diabetes, help you to control blood sugar levels, prevent more health problems and may even allow you to lower or go off of some medications. It is important to recognize that even those “on-the-go” meals can and should fit into a healthy diet plan.

*Remember, if you have any questions about diabetes, talk to the pharmacist at a participating Diabetes Shoppe® drug store. As a center of diabetes care, your Diabetes Shoppe offers the most comprehensive line of products and information available to help you better manage your diabetes so you can live without limits.*

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## BUDGET-FRIENDLY WAYS TO MAKE LIFESTYLE CHANGES



You do not have to join an expensive weight-loss program or buy budget-busting exercise equipment to make changes that can improve your health. All you need is a little imagination and a lot of planning.

### At-Home Exercise

As long as there is some weight and resistance, anything—from cans of soup to a backpack full of books—can be turned into a weight. Use household chores as exercise by putting a timer on and seeing how much you can accomplish in the time allotted. Vacuum with the music on. Even walking up and down stairs can be a great cardio workout—no equipment needed!

### Use the Internet

Instead of buying diabetes cookbooks, search for specific ingredients, such as chicken, eggs and so forth on a website with diabetes-friendly recipes. You can find out a simple recipe that works with ingredients you already have in your kitchen. Similarly, there are websites that offer customized eating plans and nutritional information that can help you eat healthier. Many of these sites are free. You can find websites that offer plans for people with diabetes that have other dietary issues, like needing low-sodium meals or having specific food allergies. All it takes is a little searching.

### Get Support

Announcing changes to your diet and exercise habits lets your friends and family know of your goals. If they know about these changes, they can give you encouragement. It will also make it easier to politely decline unhealthy meals, desserts or other bad habits. Plus, you may encourage someone else to make a healthy lifestyle change.

### Water and Walking

Water is one of the healthiest (and cheapest) drinks there is. Ditch the bottled water, buy yourself a thermos and fill it with cold water from the tap or from a filtered water container. Then, start walking. You can walk anywhere—in a park, at the mall, to your mailbox. It is free and almost everyone can do it!

### Fruits and Veggies

Fresh fruits and vegetables can be expensive if they are not in season. They also can go bad if they are not eaten right away. Canned fruit is high in sugar and canned vegetables have too much sodium. Instead, buy frozen fruits and vegetables. If you only like fresh fruits and veggies, try buying less and making plans to shop more often to avoid these foods going bad.

To add more veggies and fruits to your diet, try a variety of fruits. Some dietitians recommend “eating the rainbow,” which means to eat fruits and veggies of different colors. Add some greens to a morning omelet. Top a yogurt with blueberries for a snack. Swap a sweet potato for rice at dinner.

Fruit juices are not a great alternative to real fruits and vegetables since juices can contain a lot of sugar.

### Final Thought

There are lots of changes you can make toward a healthy lifestyle without spending any money. Do not let money issues be an excuse to deter you from being healthy.



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## WHAT YOU SHOULD KNOW ABOUT DIABETES AND HEART ATTACKS



People with diabetes can have high blood pressure and high cholesterol levels. There is a link between diabetes and heart attacks, so it is important that you know what that link is and how to stop it.

High blood pressure causes the heart to work harder to pump blood through the body. High cholesterol levels cause fats to build up in the bloodstream, making it harder for blood to flow easily. High blood sugar levels damage the heart and other organs. Taken together, these three conditions—high blood pressure, high cholesterol levels and high blood sugar levels—are the recipe for a heart attack. Knowing that the risk is there can help you to lower it.

### Lowering Your Risk

There are several things you can do to reduce your risk for heart disease:

- Ask your doctor or pharmacist to tell you the correct range for your blood sugar levels, then do your best to keep your levels within that range.
- Check your blood pressure weekly. Because high blood pressure has no symptoms, you might not even realize you have it. Your doctor will check your blood pressure during office visits. However, you also may want to check it yourself at home. Your local pharmacy may also do blood pressure screenings.
- If you smoke, quit. If you have diabetes and smoke, you double your risk for getting heart disease.

- Keep your weight at a healthy level. If you are overweight, losing weight can help lower your blood pressure. It also may help lower your cholesterol levels.
- Cut back on red meat and processed foods. Instead, try whole grains, vegetables and fruits, which are high in vitamins and fiber and low in calories and fats. You may need to reduce your salt intake as well.
- Exercise. Together, diet and exercise can lower blood pressure and help you maintain control of your blood sugar levels. Exercise can be as simple as walking.
- Visit your doctor. He or she will give you a full examination, and prescribe medicine if necessary.

### Final Thought

By controlling your blood sugar, blood pressure and cholesterol levels, the healthier your body will be. You will also lower your risk of health issues like a heart attack.

