

You've Lost Some Weight: Lifestyle Still Matters with Type 2 Diabetes

When you have type 2 diabetes, whether you have already lost weight, or have met your weight loss goal, striving for optimal health is still important. After reading this material, you may be able to start adding activities into your routine, and purchase foods that have the ingredients you need to stay healthy while losing weight. You can also share this material with your health care team and use this nutrition and activity weekly check-in to keep track.

I have Type 2 diabetes, why do I still need to care about what I eat if I am successful at losing weight?

Eating food with proper nutrients to stay healthy is like tending to a garden with the right soil, sunlight, and water. Just as a garden needs the right nourishment to thrive, our bodies require the right nutrients to flourish and maintain overall well-being. By providing your body with the essential vitamins, minerals, and nutrients it needs, you create an environment for good health, much like how a well-cared-for garden produces vibrant and beautiful plants.



Think About What I Eat and Do Each Week

Use this weekly check-in to help you size-up your activities and what you're eating

How did I do this week?

Did I check my blood sugar (also known as glucose), after I ate new foods or tried new activities, if recommended by my health care team?

Yes No

Did I include these foods this week?

Whole Fruit	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Serving(s) per day:
Dairy	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Serving(s) per day:
Vegetables	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Serving(s) per day:
Lean Protein	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Serving(s) per day:
High-fiber Whole Grains	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Serving(s) per day:

Reminder: If I had a hard time including these foods, is it time I talked to my care team?

How do I make sure the food I eat is nutritionally balanced?

Some types of medicines are known to result in a significant reduction in appetite and food intake. If you are skipping meals or not eating the recommended servings, talk to your health care team about how many servings you're able to eat and if adding a supplement might be an option.

Focus on meeting the minimum number of servings for each food group:

Food Groups	Why It's Important?	Types of Food	# of Servings Per Day
Fruit 	Fruits are healthy carbohydrates that have vitamins, minerals and some fiber.	Wide variety of fruits; fresh, frozen, canned or dried Examples of one fruit serving: <ul style="list-style-type: none">» One medium whole fruit» 1 cup raw or frozen fruit» 2 tablespoons dried fruit	Two (2) servings of fruit per day
Vegetables 	Non-starchy vegetables are healthy carbohydrates that give you lots of fiber as well as vitamins and minerals.	Wide variety of vegetables; fresh, frozen, canned Examples of one vegetable serving: <ul style="list-style-type: none">» 1 cup raw vegetables» 1/2 cup cooked vegetables» 2 cups leafy salad greens	Two and a half (2 1/2) servings of vegetables per day, including dark green, red/orange, and other)
High Fiber Whole Grains 	Healthy carbohydrates from high-fiber whole grain foods will give you the vitamins and minerals you need.	Whole grain rather than refined grain products Examples of one high fiber whole grain serving: <ul style="list-style-type: none">» 1/2 cup cooked brown rice, pasta, or cereal» a 1-ounce slice of bread, tortilla, or flatbread	Six (6) servings of grains per day
Healthy Proteins 	Protein is important for building muscle.	Mostly from plant sources (legumes and nuts); fish and seafood; nonfat and low-fat dairy products in place of full-fat versions; if you eat meat, lean cuts and skinless poultry; avoid processed meats Examples of one protein serving: <ul style="list-style-type: none">» 1 ounce of lean meat/poultry, seafood» 1 egg» 1/4 cup cooked beans or tofu» 1 tbsp nut or seed butter» 1/2 ounce nuts or seeds	Five and a half-ounce (5.5-ounce) equivalents of protein per day
Dairy Products 	Dairy products help provide protein, vitamin and minerals.	Low-fat and fat-free dairy products Examples of one dairy serving: <ul style="list-style-type: none">» 1 cup milk, yogurt, or fortified soymilk» 1.5 ounces of natural cheese» 1/4 cup cottage cheese	Three (3) servings per day

Is being active still important if I am already losing weight?

When you lose weight, you may think you don't need to keep exercising. For people with type 2 diabetes, activity is especially important for long term health, improving blood sugar levels and keeping you strong.



What activities should I be doing during and after weight loss?

In addition to 150 minutes of aerobic activity (like walking) per week, strength training activities should be incorporated at least 2-3 times per week. This will help you gain some muscle and increase strength.

Examples of strength training activities include:

Squats	A cartoon illustration of a person sitting in a chair. They are leaning forward with their feet flat on the floor, keeping their back straight. They are performing a squat, lowering their body until their thighs are parallel to the floor and then pushing back up to the starting position.	Stand in front of a chair. Keeping your weight on your heels, bend your knees to slowly lower your body to the chair with control. As soon as your rear touches the seat, push through your heels to return to standing. That's one rep. Aim for 10 to 15 reps.
Wall Push-ups	A cartoon illustration of a person standing facing a wall. They are placing their hands on the wall at shoulder-width apart. They are bending their arms and pushing their body away from the wall, then returning to the starting position.	Stand facing a table, dresser, or wall. The taller the object or more upright you are, the easier the move. Place your hands on the surface or edge, slightly wider than shoulder-width apart. Move your feet back until you are at a comfortable angle, keeping your arms straight and perpendicular to your body. Bend your elbows to slowly lower your chest toward the object, pause, and then press back up to straighten your arms. Keep your body straight throughout the entire movement, making sure to engage your abs and squeeze your rear. That's one rep. Aim for 10 to 15 reps.
Seated Row Using Resistance Bands	A cartoon illustration of a person sitting on a chair with their legs extended. They are holding a resistance band with both hands, arms extended and palms facing each other. They are pulling the band towards their chest, then returning to the starting position.	Sit with your legs extended, and place the center of a resistance band securely behind the arches of your feet. Grab the ends of the band with both hands, arms extended and palms facing each other. Sitting tall, pull your shoulder blades down and back, and bend at the elbows to slowly pull the band toward your core. Drive your elbows straight back; do not let them flare to the sides. Slowly reverse the movement to return to starting position. That's one rep. Aim for 10 to 15 reps.
Free Weight Arm Curls	A cartoon illustration of a person sitting in a chair. They are holding dumbbells in each hand, arms extended down by their sides. They are curling the weights up towards their shoulders, focusing on using their biceps.	Hold a dumbbell (or plastic water bottles filled with sand) in each hand, with your arms down by your sides. Inhale. As you exhale, slowly curl the weights up toward your shoulders. Focus on using your biceps to pull the weights up. Don't sway, lean forward, or arch your back as you bring them up. Keep your core engaged and your back straight. Pause, then lower the dumbbells to the starting position. That's one rep. Aim for 10 to 15 reps.
Stationary Lunges	A cartoon illustration of a person standing in a staggered stance, with their right foot back and toes on the ground. They are bending their front (left) knee and lowering their body, keeping their back straight and weight on their front heel. They are then pressing through their front foot to return to standing.	Stand tall with your arms down at your sides. Step back with your right foot, placing your toes on the ground and keeping your heel lifted. From this staggered stance, bend your front (left) knee to slowly lower your body as far as comfortable. Allow your back knee to bend as well until it hovers a few inches above the floor, but keep your weight pressed into your front heel. Draw your lower belly in, and lift your chest. Pause, then press through your front foot to raise your body back to standing. That's one rep. Aim for 10 to 15 reps on each side.

NOTE: If you are taking insulin, or a medicine that can make your blood sugar go too low, be sure to check your blood sugar more often and talk to your care team when making changes to your eating or activity levels.