

According to RD Paula Ackerman, 'I have seen MNT drop blood sugars 30-60 points. MNT is best when you have 3-4 visits shortly after you are told you have diabetes. Then see your RD for MNT every year to update your eating plan.'

Are your blood sugars too high?

Do you often feel tired?

Are you overwhelmed about what to eat when you have diabetes?

See your RD/RDN for help!

'My RD helped me set up an eating plan that works for me. I can still fit in my favorite foods like pasties and fried fish. Plus I learned how I can eat out without my blood sugars going too high.' Jane, Copper Country

Medical Nutrition Therapy (MNT) in your community

Call your local hospital, health center or dial 2-1-1 for where to get help with eating when you have diabetes.

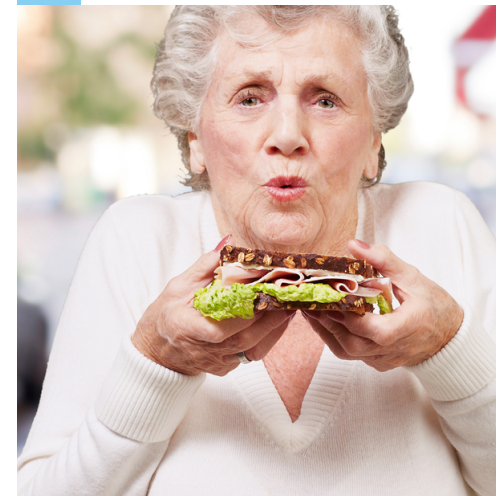
More diabetes info at:
www.diabetesinmichigan.org or
call 2-1-1. UPDON is a program partner of UPCAP.



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How to Enjoy Eating When you Have Diabetes



Tips for Seniors

There are many ways to eat when you have diabetes.

- What do you like to eat?
- Do you eat out often?
- Do you cook at home?
- Do you like fast, easy meals?
- How often during a day do you eat?
- Do you like to snack?

Ask your doctor to help you get into see a Registered Dietitian Nutritionist (RD/RDN) for Medical Nutrition Therapy (MNT).



Get help from an RD/RDN to make a meal plan that you can smile about!

Why see an RD/RDN for MNT?

- How you eat can make your blood sugar go too high or too low.
- High blood sugars can hurt many parts of your body like your eyes and heart and make you feel tired.
- Low blood sugars may make you dizzy and cause you to fall and hurt yourself.
- Blood sugars at a healthy level help keep your body working well.
- Your RD/RDN will help you keep your blood sugars where you want them to be.

Medical Nutrition Therapy (MNT) is **FREE** for people with Medicare – no copay and no deductible. MNT has also been shown to lower blood sugar better than medication for some people!