

The importance of weight management



When you have diabetes, you can take many steps to control the disease and stay as healthy as possible. One of the most important is managing your weight.

Added weight is a heavy burden

Research shows that almost 90% of all people with type 2 diabetes are overweight.¹ Increased weight can have serious consequences. For instance:

◆ Increased weight can lead to insulin resistance^{2,3}

Insulin resistance means that cells have increasing difficulty responding to insulin. When this happens, the body releases more insulin in an attempt to override the resistance. Often, the body can't produce enough insulin to accomplish this goal. As a result, blood glucose levels rise, eventually leading to diabetes.³ In general, the more fatty tissue you have (particularly around your stomach), the more resistant your cells become to your own insulin.⁴

◆ Increased weight can lead to other serious complications

People who are overweight or obese have a higher risk for more than 30 other diseases and conditions besides diabetes, including^{5,6}:

- High blood pressure
- High cholesterol
- Heart disease
- Cancer
- Stroke
- Breathing problems

A little change can make a big difference

Even moderate weight loss—as little as 10 pounds—can have significant health benefits.³ Every pound you lose is a positive step. Weight loss among people with type 2 diabetes has been shown to²:

- ◆ Lower insulin resistance
- ◆ Improve blood glucose levels
- ◆ Lower blood pressure
- ◆ Lower cholesterol



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Easy everyday ways to manage your weight



Calories count— so count on your meal plan!

Weight control is an extremely important part of overall health. Losing extra pounds and maintaining a healthy weight are essential when you have diabetes. To begin:

◆ Follow an individualized meal plan

A dietitian or diabetes educator will develop a meal plan that's right for you. Your meal plan will help you meet your weight goals and help control your diabetes.

◆ Keep accurate records

Use a logbook to record what you eat, your level of activity, and how much you weigh. It will help keep you on track and show that little changes can make a big difference over time.

Simple steps to healthy eating

Eating healthy doesn't have to mean starving or eating flavorless foods. The simple steps below can be a great way to start.

◆ Use food labels to choose a healthier diet

- The serving size on the label may differ from your meal plan. Follow the meal plan designed for you
- Select low-fat foods — those containing 3 grams of fat or less per serving⁷
- Limit sodium to 2400 to 3000 milligrams per day⁷
- Aim for the daily carbohydrate intake recommended by your dietitian or diabetes educator

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (30g) Servings Per Container About 11	
Amount Per Serving	Whole Grain Cereal
Calories	110
Calories from Fat	10
% Daily Value**	
Total Fat 1g*	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 90mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	10%
Sugars 5g	
Other Carbohydrate 15g	
Protein 2g	

*Amount in Cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 260mg sodium, 290mg potassium, 29g total carbohydrate (11g sugars) and 7g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



◆ **Replace the sugar in treats and beverages with a sugar substitute**

Using a no-calorie sweetener such as Equal® instead of sugar is an easy way to make a big difference in your weight and carbohydrate control. Substituting one packet of Equal for the sugar in coffee can save over 20,000 calories per year! (Note: assumes 2 teaspoons of sugar per cup of coffee, 2 cups per day.)

◆ **Drink lots of water**

Your body needs water every day, plus it's a natural appetite suppressant.

◆ **Eat slowly**

Often, people who eat quickly end up eating more than they should. That's because their bodies don't have time to process the food, so they don't feel full.

Simple steps to exercising more

Exercise contributes to the overall health of nearly everyone, including people with diabetes. Exercise can help you lose weight and keep your blood glucose levels in check. Physical activity also improves your chances of maintaining weight loss or avoiding weight gain.

◆ **Look for ways to increase physical activity**

Exercise doesn't have to involve a gym. For instance, to increase physical activity, you can:

- Take the stairs, not the elevator
- Park a little farther away from the store to increase your walking distance
- Walk the dog
- Once an hour, get up and walk around for a few minutes

Other activities also count, including vacuuming the house, dancing, washing the car, raking leaves, and more.

◆ **Eventually, you should aim for 30 minutes of exercise 5 days per week⁸**

Start slowly and work up to your goal. Be sure to check with your doctor before starting any exercise program.



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Understand your weight

◆ Body Mass Index

A useful tool you can use to determine if you are underweight, at a healthy weight, overweight, or obese is the Body Mass Index, or BMI.

—Refer to the table at right to find your BMI⁸

—Find your height on the left and your weight at the top. The point where they meet is your BMI

—For height or weight not in the table, determine your BMI by first multiplying your weight in pounds by 703. Then multiply your height in inches by your height in inches. Then divide the first result by the second to get your BMI⁶

Whatever your weight, work with your dietitian or diabetes educator to manage your weight and improve your health.

◆ Visit equal.com for more information about Equal[®], educational tools, and great-tasting recipes.

Height in Feet and Inches	Weight in Pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Underweight
 Healthy weight
 Overweight
 Obese

Note: This chart is for adults (≥ 20 years old)

Underweight = Less than 18.5

Normal weight = 18.5 to 24.9

Overweight = 25 to 29.9

Obese = 30 or more

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