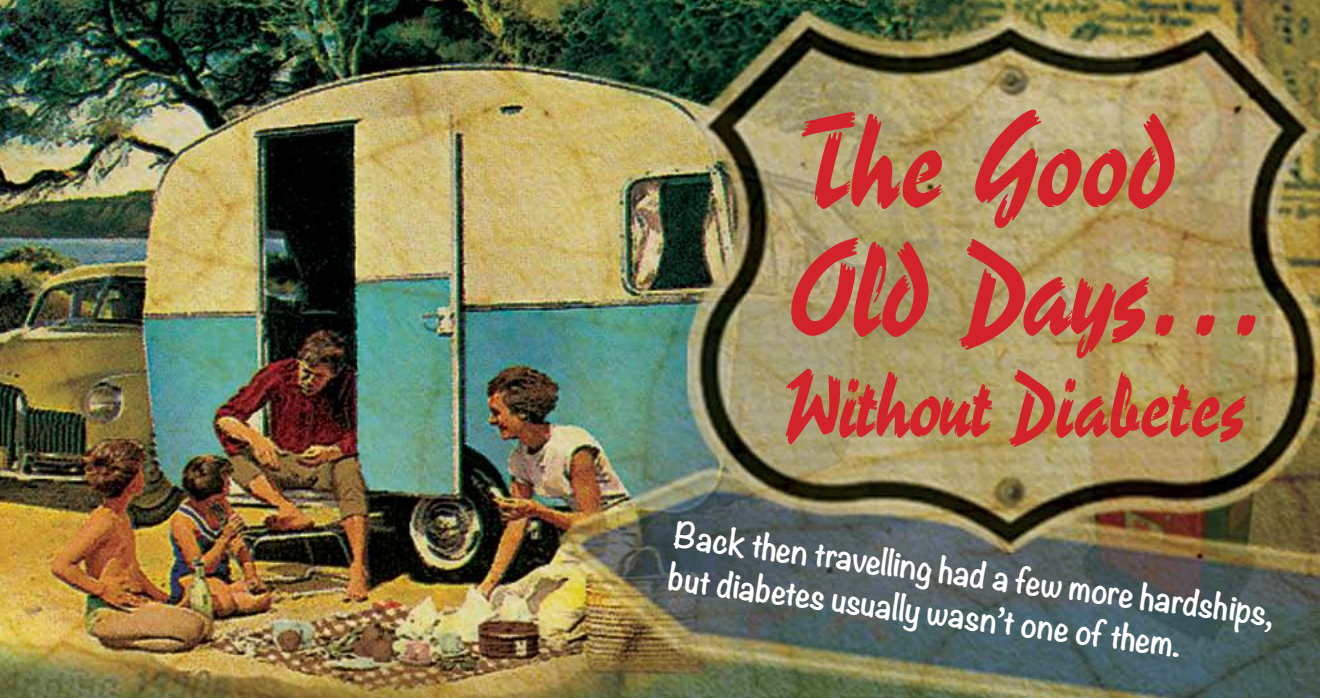

Back in the 1940s and 1950s, the healthcare community was only starting to define diabetes symptoms. Today, more than 18.8 million people have been diagnosed with diabetes in the United States alone. Luckily, we are also in an age of great medical advances and continued study.

ONE OF THE KEYS TO CONTROLLING DIABETES IS OF COURSE A HEALTHIER DIET.

What. Eat mostly plant foods, cutting back on refined carbs and sugary drinks. Chose healthy fats over unhealthy fats.

When. Knowing when you'll be eating a meal or snack is important. You need to keep a regular eating schedule to keep your blood sugar levels consistent and even.

How. How much you eat matters. Even if you eat very healthy meals, if you eat too much you will gain weight, which is a risk factor for diabetes.

These aren't tough choices, just slight changes that can make a big difference. Life doesn't end just because you have been diagnosed with diabetes.

DON'T LET DIABETES HOLD YOU BACK. JUMP ON THE HEALTH BANDWAGON BY ENROLLING IN THE ALERE DIABETES CONDITION CARE PROGRAM.
If you are eligible, you will work with an experienced nurse who can help you understand your diabetes and how to manage it so you can lead a full and enjoyable life. Learn tips for healthy eating, meal planning and exercise. The program is FREE and completely confidential. Call or enroll online today.

(866) 674-9103

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