

It can be scary when you are first diagnosed with diabetes, though with the right knowledge, you can manage the disease successfully, and start living a much healthier life. The piece that follows includes some great advice about managing diabetes and getting the right kind of care.

Diabetics should keep their water intake high, so take a bottle with you [ile 1 brokuł ma kalorii](#) to save some money at the mall. You'll find water fountains in most buildings, so make use of it and fill up. You can find collapsible bottles at many stores that literally roll up, so you can keep them in your purse or bag.

Diabetics need to eat small meals throughout the day to keep their blood sugar from spiking, so try to plan out at least five eating times if you can. Start with a large breakfast (but make sure it doesn't have too many carbs or a lot of sugar), then have a snack before and after lunch. Eating some nuts or seeds before bed keep your metabolism going overnight.

If you have diabetes, it is important that you take care of your feet. Simple cuts can turn into infections for diabetics, which in turn can cause serious health problems, such as gangrene and even amputation. Check your feet daily and if you notice any cuts or other irregularities, see your doctor.

If you have diabetes and are experiencing vision issues, make sure to let your physician know. Many eye problems can be caused by diabetes, such as cataracts, glaucoma, and diabetic retinopathy. Dealing with your condition is really important because failure to respond opens the door to the worst possibilities that include going blind.

To allow yourself to still enjoy your favorite foods, make simple substitutions. Collard greens can be made with turkey broth instead of ham hock, and ground beef can easily be replaced by ground turkey. Try purchasing a diabetes cookbook. You may find that you can keep on eating many of your favorite meals.

DefeatDiabetes.org helps people who are struggling financially to receive supplies which will help them keep their diabetes under control. You can get as much as 35% cash back on purchases through their store, and they have additional programs to give you even deeper discounts if you ask for help through their website.

Don't allow anxiety about going on medication for your gestational diabetes to get out of hand. Keeping your diabetes under control is the most important thing that you can do for your baby right now. The diabetes can do far more harm than taking the safe medicines your doctor will prescribe! Talk the matter over at length with your doctor. This will alleviate your concerns.

This increases the chances for your child to get diabetes later in life. It is very important for you to maintain good health so as not to doom your child to having diabetes.

You have already learned in the above article that diabetes can be a manageable condition. Education is the key to that, and the above article can help to educate you about the things that you need to know. By educating yourself and taking action, you will find that diabetes is something that doesn't need to put a damper on your life.