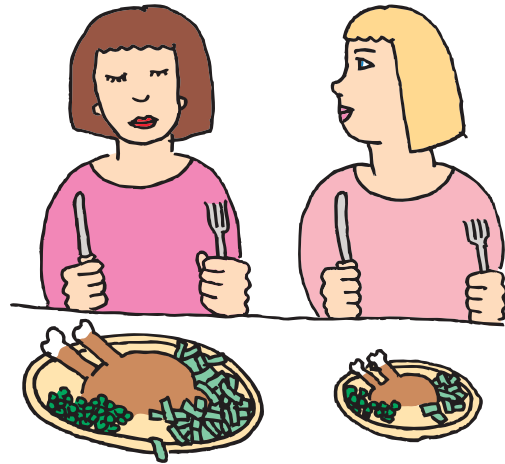
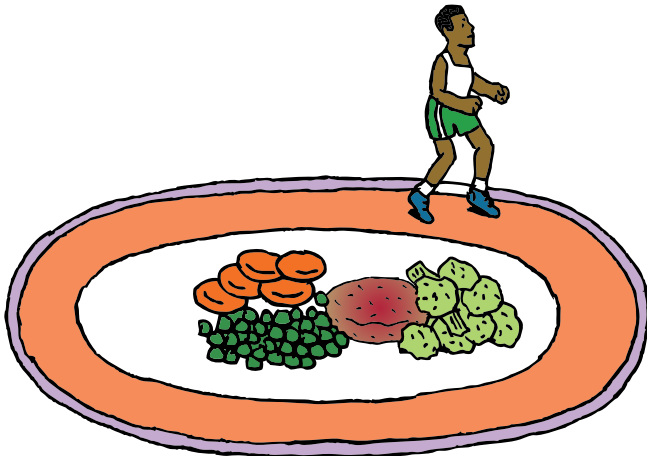


# CALORIES IN CALORIES OUT

When you eat food, almost any food, you are eating calories. Your body turns the calories you eat into blood sugar or glucose.



There are a number of ways you can be active and get rid of the extra calories you don't need for energy, such as:

- fast walking
- jogging
- bike riding
- dancing and swimming

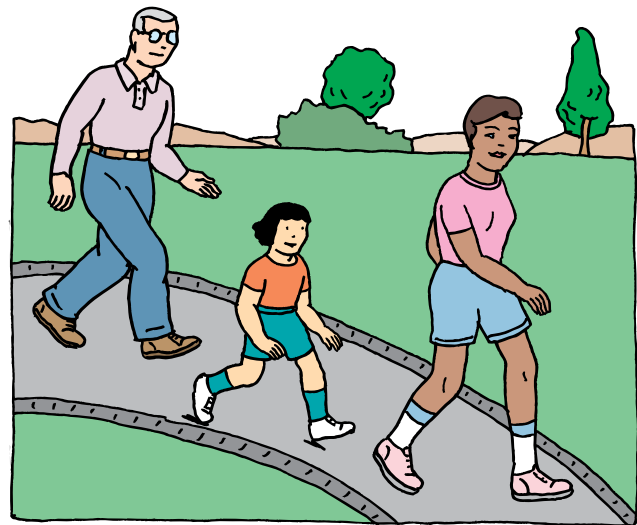
Your goal is to control your blood sugar by balancing how many calories you eat with how active you are. This is also the best way to control your weight.

A meal plan can help you:

- keep track of the calories you eat
- eat the right amount of carbohydrate, protein, and good fat
- control your blood sugar
- lose weight, if you need to

If you need to lose weight, you can by:

- eating fewer calories (calories in)
- being more active (calories out)
- or, best of all, doing both – eating less and being more active



Your doctor or diabetes educator will help you pick an exercise plan that is best for you. Bring your exercise plan and meal plan diary or records to your diabetes appointments. You can review how well you are doing and change your goals or plans, if you need to. Good luck!