

Diabetes action plan

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
Take your diabetes medicines as prescribed.				___ / ___ / ___	
Achieve and maintain a healthy weight.				___ / ___ / ___	
Be physically active.				___ / ___ / ___	
Enjoy healthy eating: <ul style="list-style-type: none"> • Include a wide variety of fruit and vegetables, plain meat, poultry and fish, reduced fat dairy, plain unsalted nuts and legumes. • Limit discretionary/junk foods and drinks like cakes, biscuits, take away and fried foods, and sugar-sweetened drinks. • Choose smaller portion sizes. • Choose healthier fats and oils for cooking, spreads, dressings and mayonnaises. Some suitable choices include canola, sunflower, soybean, olive, sesame and peanut oils. Avoid using butter, other dairy blends, lard, copha or cooking fats. 				___ / ___ / ___	
Find out more about diabetes.				___ / ___ / ___	