

Type 1
or
Type 2

So you have diabetes?

TEEL to feel good

T **Take your medication.**

Every day. As your doctor tells you to.

E **Eat healthy food.**

Fill half of your plate with green, leafy vegetables for lunch and dinner.

E **Exercise a little each day.**

Starting with a little daily exercise, aim for fast 30-minute walks every day.

L **Lose weight if you need to.**

Small changes can make a big difference.
Drink water, not juice or fizzy drinks.

We know it isn't easy.

Just take it one step at a time. You can do it!

Follow TEEL to live a healthy, happy life with diabetes.

You are not alone in this...

We know what it's like. Millions of South Africans are living with diabetes, and understand how you feel.

Please join our community:



South Africans
with Diabetes

www.sweetlife.org.za



[@sweetlife.org.za](https://www.instagram.com/sweetlife.org.za)

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- T** Take your medication
- E** Eat healthy food
- E** Exercise, a little each day
- L** Lose weight if you need to



Diabetes Medication:

Name:

How much to take:

When to take it:

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Notes:

Endorsed by:  **SEMDSA**
Society for Endocrinology, Metabolism
and Diabetes of South Africa

Supported by: **Medtronic**
Engineering the extraordinary