

Best Way to Managing Diabetes

Did you know that According to the Centers for Disease Control and Prevention (CDC), in the last 20 years, the number of adults diagnosed with diabetes has more than tripled as the US population has aged and become more overweight. Hispanics are no exception and are at greater risk for developing type 2 diabetes. In fact, 50% of all Hispanics will develop type 2 diabetes over their lifetime.

Why is it that managing diabetes is so hard for so many people suffering from diabetes? For many people it may seem impossible to follow a diabetic regimen, but it shouldn't be that difficult or nearly impossible. Today I want to share some amazing tools that will help you take better control of your diabetes while savoring life. As difficult as it may sound, with a little planning and creativity you too can to manage their diabetes successfully.

The good news is that the following steps will help you

- Include a serving of fresh avocados, which are a good source of fiber and can help prevent type 2 diabetes
- Limit foods high in bad fats, trans fat, cholesterol and sodium
- Keep an active lifestyle with fun activities, which can help reduce the risk for type 2 diabetes
- Download this free wallet guide [hyperlink to <http://bit.ly/SUHCEN>] as a reminder and inspiration to keep healthy habits top of mind.