



NOVEMBER IS DIABETES AWARENESS MONTH

WE CARE ABOUT YOUR HEALTH

TIPS FOR MANAGING DIABETES AND STAYING HEALTHY



Follow a healthy eating plan



Stay physically active



Monitor blood sugar levels regularly



Keep up with regular check-ups



CONTACT US



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DEER OAKS EAP SERVICES

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INCREASES IN CONSUMPTION OF CALORIE-DENSE FOODS, INCLUDING FAST FOODS, MEATS AND OTHER ANIMAL FATS, HIGHLY REFINED GRAINS, AND SUGAR-SWEETENED BEVERAGES, ARE THOUGHT TO PLAY A CRITICAL ROLE IN THE RISING RATES OF TYPE 2 DIABETES WORLDWIDE.”

-LEY SH, HAMDY O, MOHAN V, ET AL.
PREVENTION AND MANAGEMENT OF TYPE 2
DIABETES: DIETARY COMPONENTS AND
NUTRITIONAL STRATEGIES. LANCET.
2014;383:1999-2007