

5 STEPS TO CONTROL HIGH BLOOD SUGAR

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Some studies find that these methods can also help you plan your meals appropriately, which may further improve blood sugar control (4, 5).

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5 Steps to Managing Type 2 Diabetes - Living Well With Type 2 Diabetes - Everyday Health

Learn how five lifestyle changes related to physical activity and healthy food choices Changing your lifestyle could be a big step toward diabetes prevention .

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