#### DIABETES ACROSS LIFE STAGES



**DID YOU KNOW?** 

Nutrition plays a vital role in managing diabetes at every stage of life

#### CHILDHOOD & ADOLESCENCE BUILD THE FOUNDATION

- Encourage healthy eating habits early
- · balanced meals
- portion control
- less sugary foods to prevent early obesity and insulin resistance.

#### Young Adults Balance Lifestyle & Health

- Busy schedules often mean skipped meals or fast food!
- · Prioritize regular meals
- · fiber-rich foods
- physical activity to maintain stable blood sugar.

# Middle Age Manage Weight & Stress

#### This is the turning point

- Focus on portion control
- · low-GI foods
- Mindful eating to reduce the risk or manage Type 2 Diabetes.

## Older Adults Preserve Strength & Immunity

- Ensure adequate protein
- hydration
- essential nutrients to prevent muscle loss
- maintain energy
- support overall health

### Across All Ages Personalized Nutrition Matters!

One plan doesn't fit all tailor meals to your stage, culture, and lifestyle for long-term success.

Eat right, stay bright let nutrition guide your diabetes journey at every age!