A healthy lifestyle reduces the risk of developing diabetes and its complications. It is also essential for diabetes management and care.

**Ingredients for a healthy lifestyle**

- **1/2 Vegetables**
- **1/4 Carbohydrates**
- **1/4 Meat**
  - Poultry
  - Fish
  - Eggs

**Exercise**

- **30 minutes of exercise a day**
- **Dance**
- **Brisk walking**

Source: Association Belge du Diabète (ABD)

**World Diabetes Day**

- 14 November

International Diabetes Federation

Europe