



Web Based Resources

Please find below some links to basic resources to give you some information to help you manage a new diagnosis of Pre Diabetes or Type 2 Diabetes, until you can meet with a Dietitian or Nurse educator (in person, on the phone, or by video). These sites have plenty of information on them to support you and these are a few of the 'key' links.

Just Diagnosed - What Now?

Physical Activity

Healthy Eating

Resistance Band Exercise Video

Type 2 Diabetes Video

Diabetes Canada Handouts

Core Handouts

Diabetes Fact Sheet

Type 2 The Basics

PreDM Fact Sheet

Managing Your Blood Sugar
(home BG testing/targets)

ABCDEs of Staying Healthy with Diabetes



Healthy Eating

Just The Basics

Glycemic Index Food Guide

Handy Portion Guide

Basic Carbohydrate Counting

Physical Activity

Benefits of Physical Activity

Physical Activity and Diabetes

