

**A nutritionist displaying an image of fresh food to a group: importance of nutrition to combat diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.**

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# Ways to MANAGE DIABETES



All people with diabetes require proper diabetes education.

Diabetes can be managed in one of these ways;

1. Diet and exercise
2. Diet, exercise and oral medication
3. Diet, exercise, insulin with or  
without oral medication



Kenya Diabetes Management and  
Information Centre

For more information on Diabetes contact your nearest health facility  
or Diabetes Management & Information Centre. Tel: 2718010/2733794



WORLD **DIABETES** FOUNDATION