

# Notes for Family and Friends

A family member with diabetes may choose to make changes in his or her eating habits. Your support during this time is very important. You can encourage him or her to explore new ways of cooking and eating. Ask how involved your family member wants you to be. And remember: Change can be difficult! The person with diabetes needs to be the one to decide on making changes for him- or herself. Your job is to be supportive.

## You Can Do It, Too!

You may choose to change your own eating habits, too. This is a great way to offer your support. Eating healthier is better for the whole family. Below are some things you could try to support your family member with diabetes. Check off one or two things you would like to try.

- Ask if your family member wants to be reminded about his or her meal plan. If not, don't nag.
- Buy and keep healthier, diabetes-friendly foods in the house. Eat these foods yourself too.
- Remember that eating and food can be very emotional topics! Believe in your loved one's ability to make changes. Saying "I know you can do it" goes a long way.

Write down your own methods of support here:

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