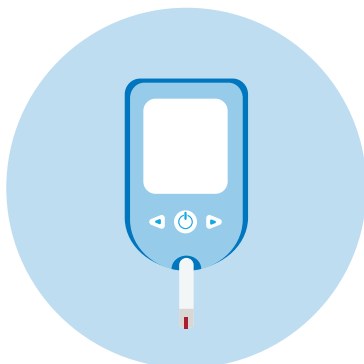


# Living with Diabetes





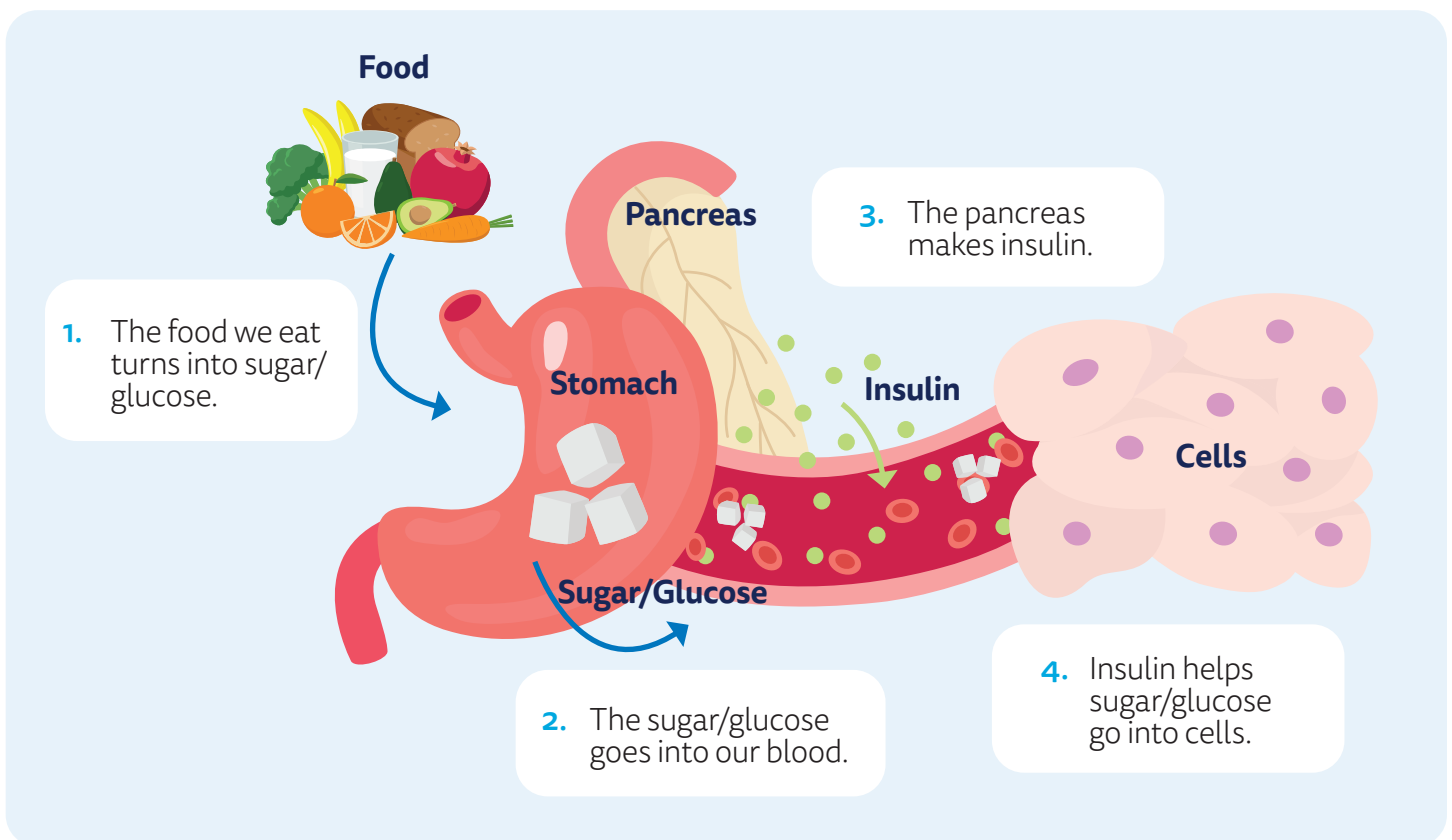
## If you have pre-diabetes or diabetes, you can care for it by:

- Eating healthy
- Taking your meds
- Increasing activity
- Working with your provider

## Diabetes is when:

- The pancreas cannot make insulin
- The pancreas does not make enough insulin, or
- Insulin does not work well

## How the body uses food:



# Types of Diabetes



## Pre-Diabetes:

- Means your blood sugar levels are higher than normal
- Increasing activity and making healthy food choices can help lower your blood sugar

## Gestational Diabetes:

- Means you have high blood sugar while pregnant

## Type 1 Diabetes:

- Can happen at any age
- This is when the pancreas cannot make insulin
- People with Type 1 Diabetes need to take insulin every day

## Type 2 Diabetes:

- The body does not make enough insulin
- Or the insulin that is made cannot be used



### People with Diabetes can have or feel

- Stinging hands or feet
- Frequent infections
- Slow healing cuts
- Blurry eyesight
- Weight loss
- Itchy skin
- Hungry
- Thirsty
- Tired

# Risk Factors for Diabetes



- Smoking
- Extra body fat
- Being inactive
- High cholesterol
- High blood pressure
- Family history of high blood sugar
- High blood sugar during pregnancy
- Women with Polycystic Ovarian Syndrome
- Certain ethnic groups ( [Native American, Latin, and African Americans have higher rates](#) )

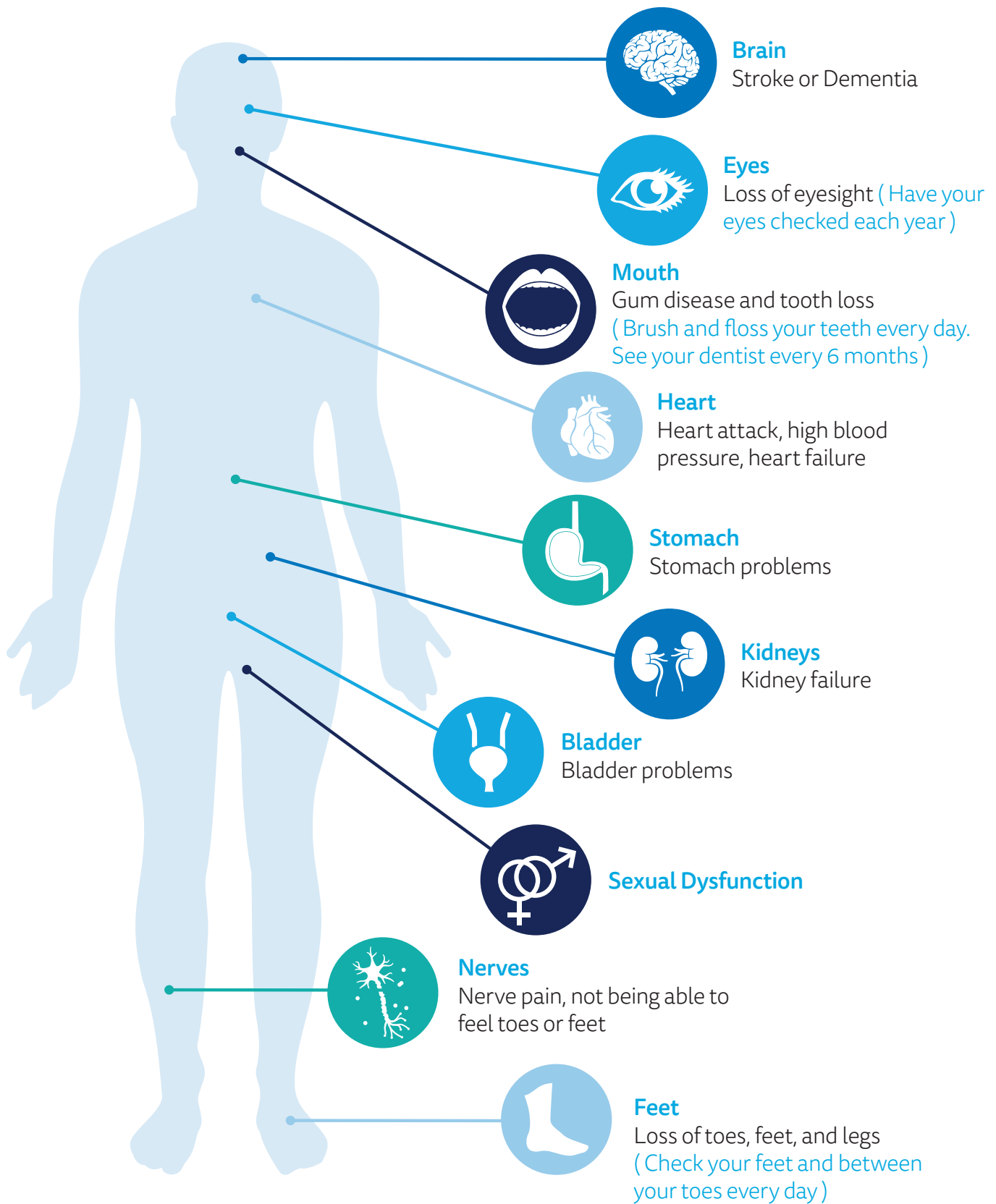
## To lower the risk:

1. Be active
2. Eat a healthy food plan
3. Stay at a healthy weight
4. Have routine health exams

# High Blood Sugar Causes Problems



Making healthy food choices, being active, taking your medicine, and seeing your provider can help lower these problems.



# Blood Sugar/Glucose Testing



## Checking your blood sugar:

### Before-meal blood sugar:

- Fasting blood sugar means not eating or drinking for at least 8 hours
- This test checks your blood sugar before you eat
- The target level is between 80 - 130 mg/dL

### After-meal blood sugar:

- Check your blood sugar level 1 - 2 hours after eating
- This level should be less than 180 mg/dL

### Other times to check your blood sugar:

- Before driving
- When you wake up
- Before you go to bed
- Before taking insulin
- Before your daily walk
- When you are not feeling well



# Blood Sugar/Glucose Testing



1. Wash your hands with warm, soapy water. Dry your hands.



2. Remove the test strip from the container. Insert the strip into the test port with the black blocks facing up. The meter will turn on.



3. Poke your finger on the side. Avoid thumb and little finger.



4. With the strip still in the meter, touch the tip of the strip to the drop of blood. Allow the blood to be drawn into the strip. Remove the strip from the drop of blood right after the meter beeps and dashes appear on the screen. Your sugar/glucose results will then appear.

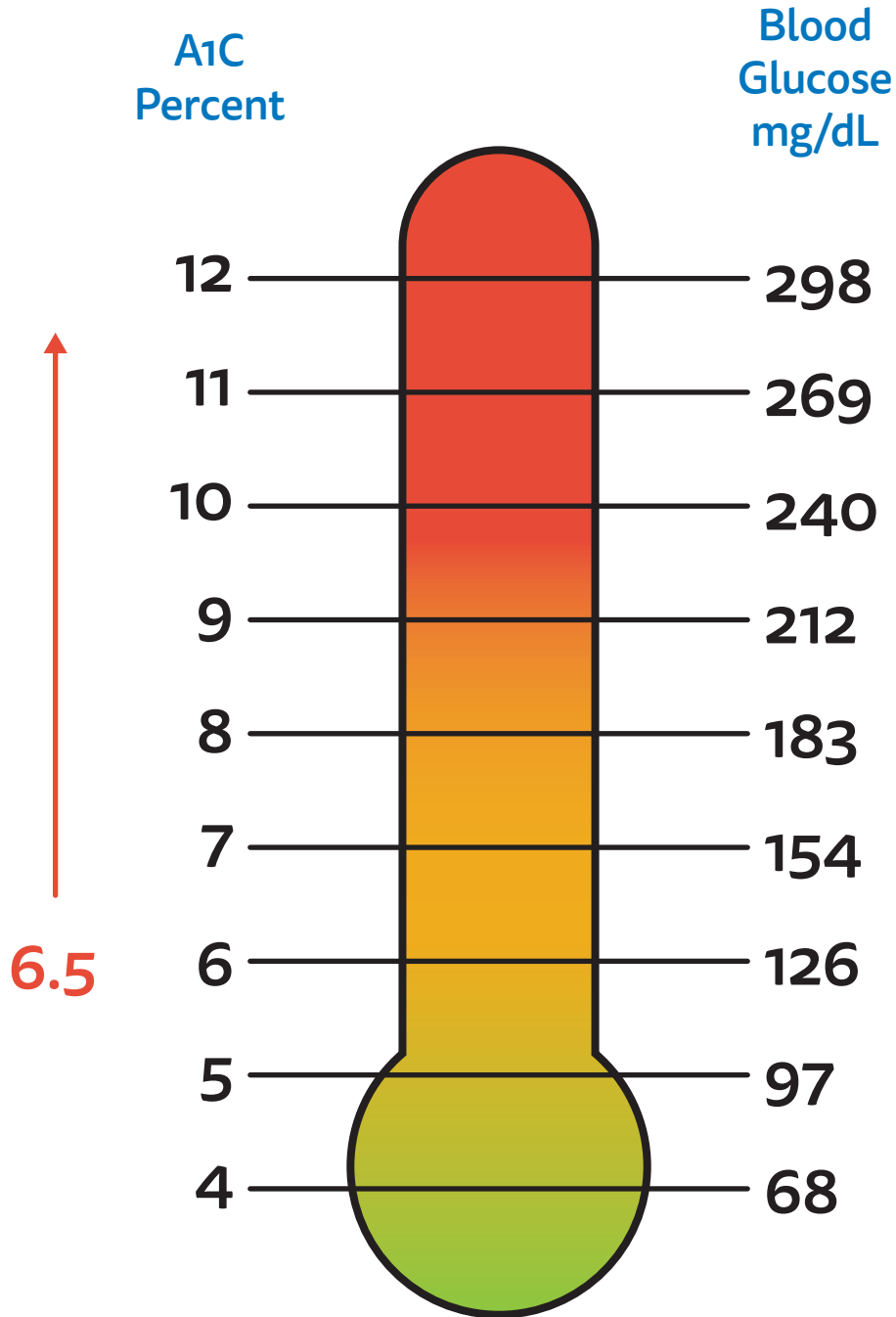


5. Remove the test strip from the meter and put it in the trash.



6. Put used lancets in a thick plastic container with a screw top. You can use an old bleach or laundry soap bottle. When the bottle is full, write "SHARPS" on it and put it in the trash.

# A1C – Average Blood Sugar/Glucose Over 3 Months

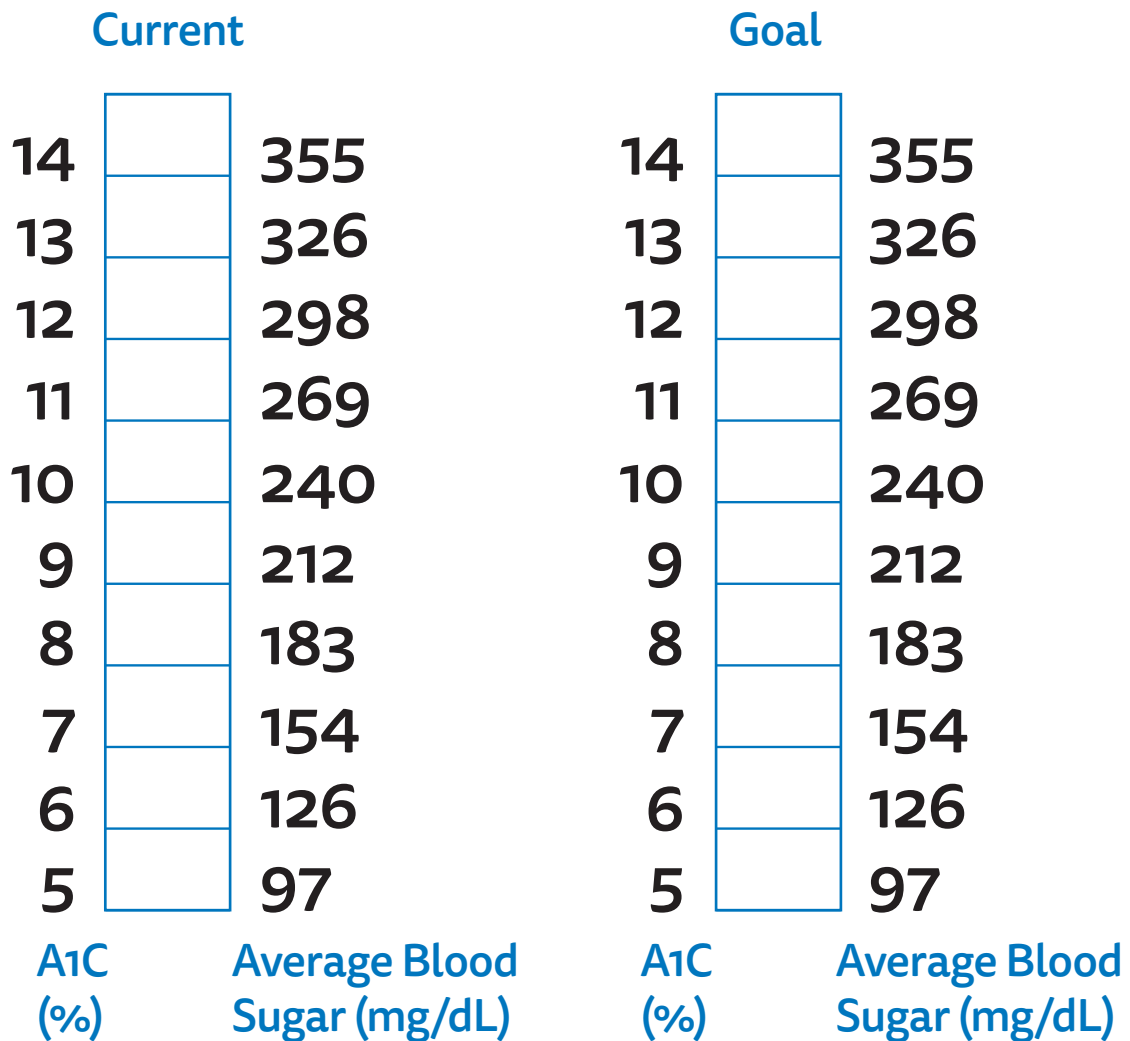


# Your A1C Goals



- The 1<sup>st</sup> bar is your A1C now
- Fill in the 1<sup>st</sup> picture to where your A1C is
- See where your blood sugar falls most of the time
- The 2<sup>nd</sup> bar is your goal
- Mark your goal and see where your blood sugar will fall

Date: \_\_\_\_\_

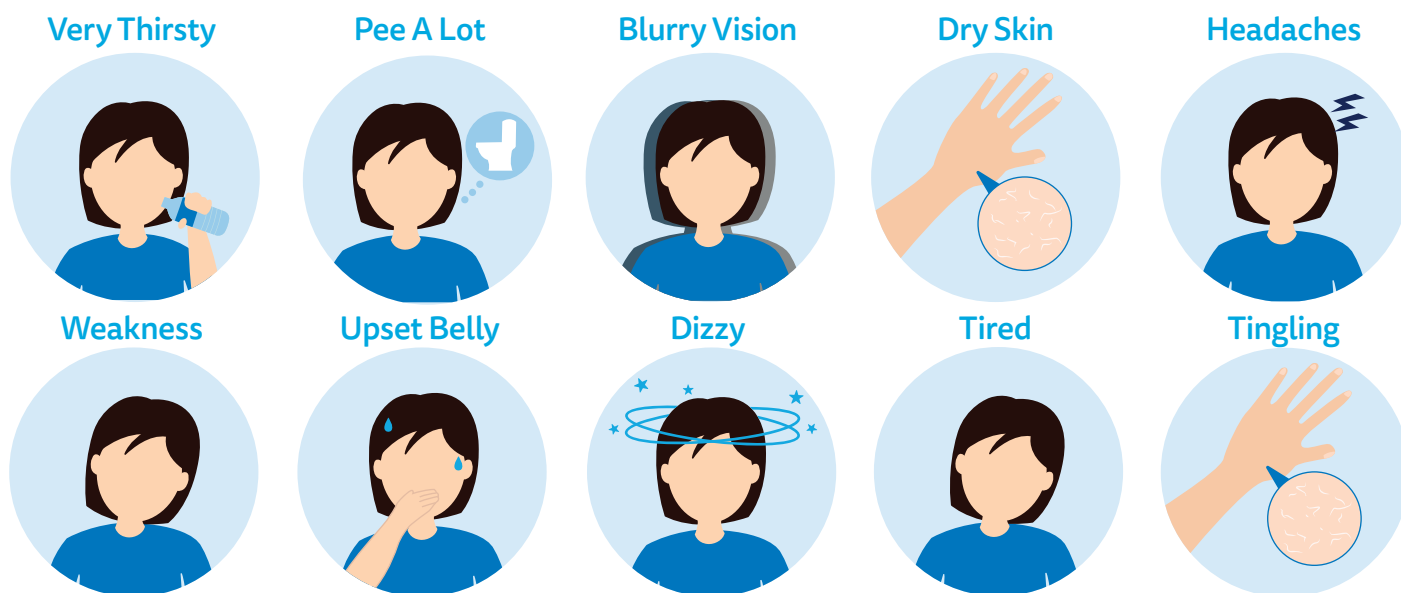


My A1C Goal is: \_\_\_\_\_

# Hyperglycemia ( High Blood Sugar )



When your blood sugar is more than 180 mg/dL, you may have or feel:



If your blood sugar is more than 180 mg/dL, ask yourself:

- Did I take my medicine?
- Do I have a cold or the flu?
- Am I taking medicine that will raise my blood sugar?

Tell your provider if your blood sugar is more than 200 mg/dL for more than 3 days.

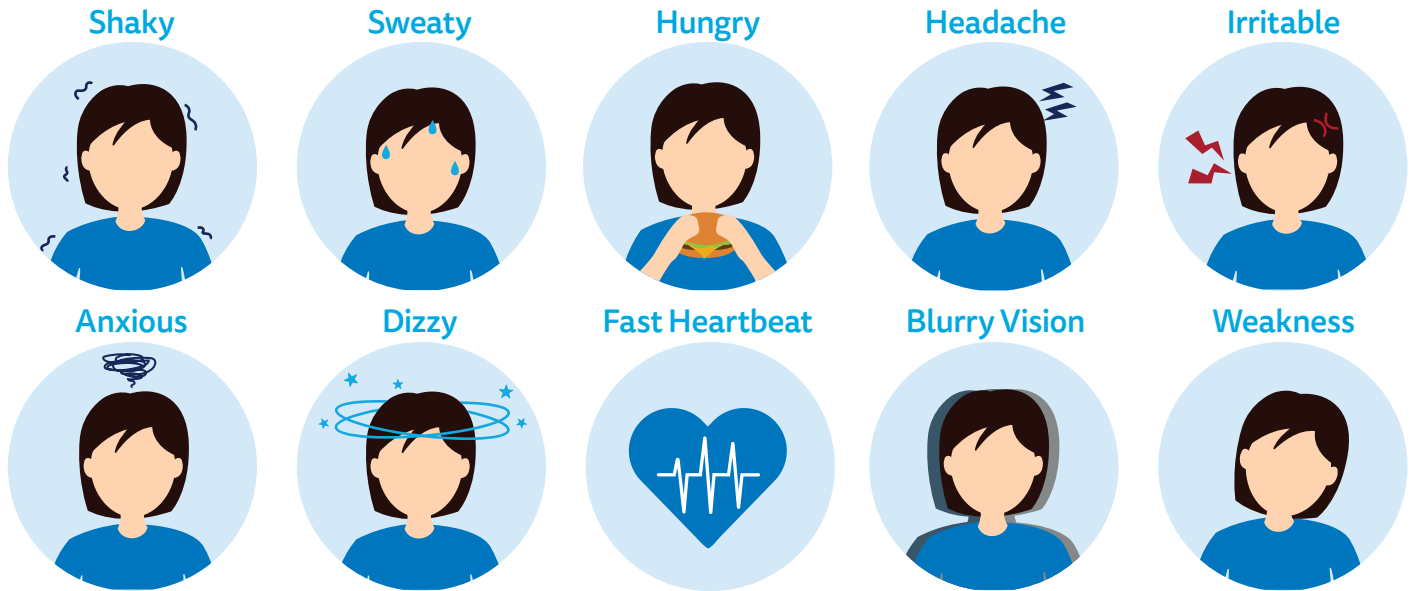
**Do these things to lower your blood sugar:**

1. Drink a cup of water or a cup of sugar-free drink each hour
2. Recheck blood sugar each hour
3. Increase activity:
  - Daily walks
  - Chair Exercises

# Hypoglycemia ( Low Blood Sugar )



When your blood sugar is lower than 70 mg/dL, you may have or feel:



If your blood sugar is lower than 70 mg/dL:

## Step 1:

### Choose 1:

1. ½ cup of fruit juice
2. 1 tablespoon of honey or sugar
3. 3 - 4 glucose tabs or hard candies

Avoid Peanut butter or candy bars. This will not raise your blood sugar fast enough.

## Step 2:

1. Wait 15 minutes and check your blood sugar again
2. If it is still less than 70 mg/dL, go back to step 1. Check blood sugar in 15 minutes
3. When your blood sugar is between 80 - 130 mg/dL, eat a small snack
  - Cheese and crackers
  - ½ sandwich

## You can prevent low blood sugar if you:

- Do not skip meals
- Take your medicine as prescribed
- Check your blood sugar as ordered

**Untreated Low Blood Sugar Is Dangerous! Teach Family/Friends to  
Call 911 If You Are Sleeping and They Cannot Wake You Up!**

# Medicine Facts and Tips



- Your healthcare provider will choose the best medicine for you
- Medicine can have side effects:
  - Talk with your provider
  - Do not stop taking your medicine without talking to your provider
  - Re-order your medicine before running out
- Healthy food choices and staying active can help your medicine work better
- Take your medicine at the same time of day, even if you feel better
- Set alarms to remind you to take your medicine
- Use a.m./p.m. pill boxes to keep track
- Bring a list of all the medicine you take to your health visits





## Questions?

### Do all people with high blood sugar need insulin?

- No, some people control their blood sugar by eating healthy and staying active
- Others may need to eat healthy, move more, and take medicine

### If I have Type 2 Diabetes and start insulin, does that make me have Type 1 Diabetes?

- No

### Does insulin make all people gain weight?

- No
- Eat healthy, be careful with your carbohydrate intake, and stay active

Ask your provider to arrange a visit with a dietitian for personal guidance.

### What does “Open” Insulin mean?

- Insulin is “open” once the cap is removed

### Where do I store the open Insulin?

- Store it in a clean, cool place at room temperature

### Where do I store my unused Insulin?

- Store it in the fridge
- It is good to use it until the expiration date

## Where can I inject Insulin?

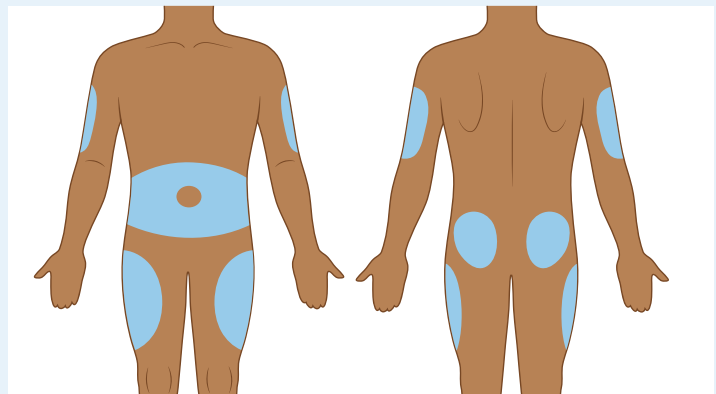
### Insulin shot sites:

- Belly
- Thighs
- Buttocks
- Back of your arms

Avoid the belly button and scars.

### Tips:

- Do not reuse needles
- Do not break the needle or recap it
- Put used needles in a thick plastic container with a screw top



# How to Draw and Inject Insulin



It is important to know how to draw and inject insulin, so you can give the right dose quickly and with confidence. You will need:

- Alcohol swab
- Insulin syringe
- Bottle of insulin



1. Wash your hands with warm, soapy water.



2. If the insulin is cloudy, roll the bottle between your palms until clear.



3. Clean the top of the insulin bottle with the alcohol swab.



4. Pull the plunger to let air in the syringe. 10 units of insulin needs 10 units of air.



5. Push the needle into the top of the insulin bottle. Then, push the air into the bottle.



6. Turn the insulin bottle and syringe upside-down. Pull the plunger slowly to get the insulin into the syringe.



7. Make sure you have the right number of units and no bubbles.



8. Clean your skin with an alcohol swab. Let the alcohol dry before you inject the insulin.



9. Hold the syringe like a dart. Pinch your skin and inject the insulin. Count to 5. Then, pull the needle out of the skin.

# Insulin Pens



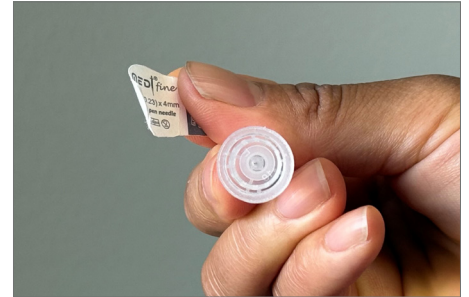
An insulin pen is an easy way to give yourself an insulin shot. Pens have the insulin inside and ready to use. You will need a new needle every time. Put the pen in the trash when it is empty or expired. The pen can be kept at room temperature. Insulin should not get too warm, too cold, or be exposed to direct sunlight. Keep unused pens in the refrigerator.



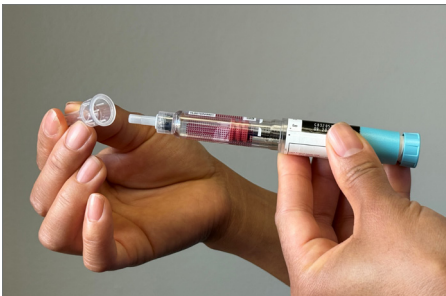
**Insulin Pen**



**Insulin Pen with Separate Needle**



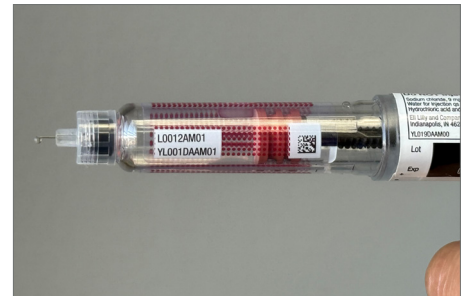
1. Remove the peel from the insulin pen needle and attach the needle to the pen.



2. Remove the outer shield on the insulin pen needle.



3. Remove the inner shield on the insulin pen needle.



4. Prime the pen with 2 units and push the button.



5. Set the correct dose in units on the insulin pen.



6. Clean your skin with an alcohol swab. Let the alcohol dry before you inject the insulin.



7. Slowly count to 10 while injecting insulin before taking the needle out. It is important to get the whole dose of insulin.

# Sick Day Rules



## Being sick can raise your blood sugar

### Rule #1: Check and record your blood sugar

- Check your blood sugar every 2 - 4 hours
- For Type 1 Diabetes, check your ketones every 4 hours

### Rule #2: Take your medicine

- Do not skip a dose of your long-acting insulin
- Skip mealtime insulin if you are not eating

### Rule #3: Check for a fever

- Check your temperature every 4 hours
- Fevers can cause fluid loss and be a sign of infection

### Rule #4: Drink lots of fluids

- Drink 8 - 10 ounces of sugar-free fluids ( water, tea, broth ) every hour while you're awake
- If your blood sugar is less than 70 mg/dL, drink ½ cup of fruit juice or soda
- Wait 15 minutes and recheck blood sugar
- If your blood sugar is low and you are drinking regular liquids, check your blood sugar every 1 - 2 hours

### Rule #5: Eat regular meals

- Try to eat regular meals. You need food for energy
- Try to eat a bowl of cereal, soup, crackers, fruits, toast, or gelatin
- If you cannot eat a light meal, try 1 of the items below every 1 - 2 hours:
  - ½ cup regular fruit juice, or soda
  - Regular popsicles
  - ⅓ cup of sherbet
  - 6 saltine crackers

## Get Help:

### Get a ride to Urgent Care if:

- You have not peed for 6 - 8 hours
- You have been sick for more than 2 days
- You have been throwing up for 6 hours
- Your blood sugar stays above 250 mg/dL for more than 4 hours
- You have fever for more than 2 days
- Your fever is more than 101°F

### Urgent Care Center

1500 S. Main Street, Fort Worth, TX 76104  
Monday - Friday, 7 a.m. – 10 p.m.  
Saturday & Sunday, 7 a.m. – 7 p.m.

### Get a ride to the Emergency Department if:

- You are breathing fast even when resting
- You have moderate or large ketones
- You are very hungry or thirsty
- Blood sugar is 500 mg/dL or higher
- You feel confused
- You are very tired

### Emergency Department

1575 S. Main Street, Fort Worth, TX 76104  
24 hours, 7 days a week  
817-702-8828

### Ways to reach your provider:

- My Chart Message
- JPS 24-Hour Nurse Advice ( 817-702-1100 )

## Blood sugar readings when sick

Time	Blood Sugar (mg/dL)	Notes

## Ketone checks (for Type 1 Diabetes)

Time	Ketone Level	Notes

## Medicine chart

Name	Amount	Time	Notes

## Drinks

Time	Sugar Free or Regular	Amount	Notes



# Why is Taking Care of My Feet a Big Deal?



## High blood sugar slows the blood flow to your feet:

- You might not feel pain in your feet
- You can have a small cut or a sore but not feel it
- You are at risk for:
  - Injury
  - Infection
  - Your toes, feet, and legs being cut off

## How do I take care of my feet?



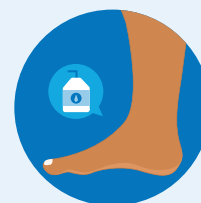
### Wash your feet

Every day with soap and warm water



### Dry your feet

Especially between your toes



### Keep your skin soft

Lotion the top and bottom of your feet but not between your toes



### Check your feet every day

Check your feet for cuts, blisters, redness, or swelling



### Trim your toenails

- Straight across
- Do not cut your cuticles
- Use a nail file to smooth edges
- Ask for help if you cannot see well



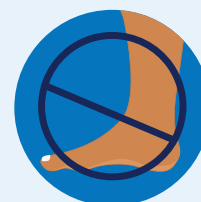
### Wear clean shoes and socks that fit



### Keep your feet warm and dry



### Do not wear flip-flops



### Do not walk barefoot

## See your provider for:

- Ingrown toenails
- Dry, cracked skin
- Thick, yellow toenails
- A sore that will not heal
- Stinging, burning, or pain
- Loss of feeling in your feet
- Yearly foot exam

# Diabetes and Your Mood



**Each day, you must control your blood sugar by:**

- Staying active
- Making healthy food choices
- Checking blood sugar regularly
- Taking medicines as prescribed

Sometimes people feel that Diabetes is too much to handle. Diabetes raises the risk of depression.

**The mind and body are a team. When one gets better, the other tends to follow**

**For help with Mental Health, Stress, Drugs, or Alcohol:**

- **Call or Text 988**
  - Free and Private
  - It has most languages
  - 24/7, 365 days a year
  - To chat online go to [988lifeline.org](https://988lifeline.org)
- **Call the JPS 24 - Hour Nurse Advice, at 817-702-1100**

## Handling Stress

**Taking care of stress helps keep your blood sugar in range**

**Ways to deal with stress:**

- Eat healthy meals
- Take your medicine
- Share your concerns with your family and friends
- Talk to your provider
- Yoga
- Dance to your favorite song
- Take a 15-minute walk
- Keep a sense of humor; laughing often lowers stress
- Breathe in through your nose for 4 seconds and breathe out by your mouth for 8 seconds

## Is there a cure for Diabetes?

- No, but it can be handled by:
  - Eating healthy
  - Being active
  - Taking your prescribed medicine

## When should I check my blood sugar?

- When your provider says to
- Each morning before you eat or drink
- When you are not feeling well

## Why take 1 test strip out at a time and close the top?

- Exposure to light or moisture can change the accuracy of the strips

## What should my blood sugar numbers be?

- Before first meal or drink of the day, blood sugar should be 80 – 130 mg/dL
- 2 hours after eating a meal, blood sugar should be 180 mg/dL or less

## What causes my blood sugar to go up?

- Unhealthy foods and drinks
- Not being active
- Pain
- Stress
- Surgery
- Being sick
- Lack of sleep
- Not drinking enough water
- Not taking your medicines
- Certain medicine like steroids and cough syrup

## What blood tests will I need?

- A1C, lipid test, and CBC

## Which over-the-counter medicines are a better choice?

- Sugar-free cough syrup
- Sugar-free cough drops

## Ask your provider:

- If you are pregnant and have high blood sugar
- If you want to fast
- A1C goal
- Adjusting insulin on sick days

## What if I miss my medicine?

- If it is close to your next dose, take the scheduled dose
- For pills, take them as soon as you remember
- For insulin, be sure to check your blood sugar
  - **Do not double-up on medicine!**

## More tips:

- Be positive
- Do not judge yourself
- Make 1 small change after another

## Where can I learn more?

- Call 817-702-7300
- Email [CHPatientEducation@jpshealth.org](mailto:CHPatientEducation@jpshealth.org)
- Or you can use the QR code





# Healthy Eating and Exercise



JPS Health Network  
Patient Education



## Being active helps lower your:

- Stress
- Weight
- Blood sugar
- Blood pressure
- Chance of heart disease

## Moving more builds strong bones and muscles

### #1 Start by:

- Thinking of things you like doing
- Planning your activity

### #2 Set goals:

- Choose something like walking
- Start small and slow, try a 15 minute walk each day for 7 days
- Add 5 minutes to your walk each day
- By the end of the week, you will have built a healthy habit!

### #3 Some ideas:

#### Indoor exercises

- Dancing
- Housework
- Jumping jacks
- Taking the stairs

#### Outdoor activities

- Biking
- Walking
- Yard work
- Swimming

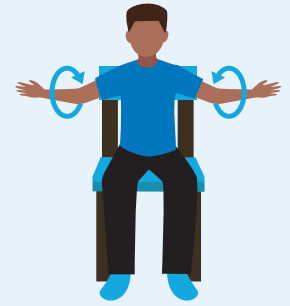
## You can also mix it up! Do all 3 to get 30 minutes:

- Chair exercises for 10 minutes
- Walking for 10 minutes
- Dancing for 10 minutes

### Chair exercises:



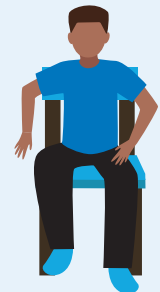
Hand Reaches



Arm Circles



Side Stretch



March in Place



Ankle Circles



Knee Pulls

# Safe Workout Tips

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- Workout 1 to 2 hours after a meal
- Stretch for 10 minutes before and after your workout
- Wear supportive shoes and well-fitting socks
- Stop right away if you feel dizzy, have pain, or become short of breath
- Wear a medical I.D. when away from home
- Let someone know your plan—where you'll be, when, and for how long
- Check your blood sugar before starting; if it's under 100 mg/dL, eat a small snack
- Carry a fast-acting sugar source like glucose tablets in case of low blood sugar

## Tips for Type 1:

- Do not exercise if your blood sugar is over 250 mg/dL and you have ketones
  - If your blood sugar is 250 mg/dL and you do not have ketones, start exercising and check your levels again 5 - 10 minutes after starting
- Continue if blood sugar is going down
- Stop if your blood sugar is not going down

## Tips for Type 2:

- Do not exercise if your blood sugar is 400 mg/dL or more

# The Plate Method

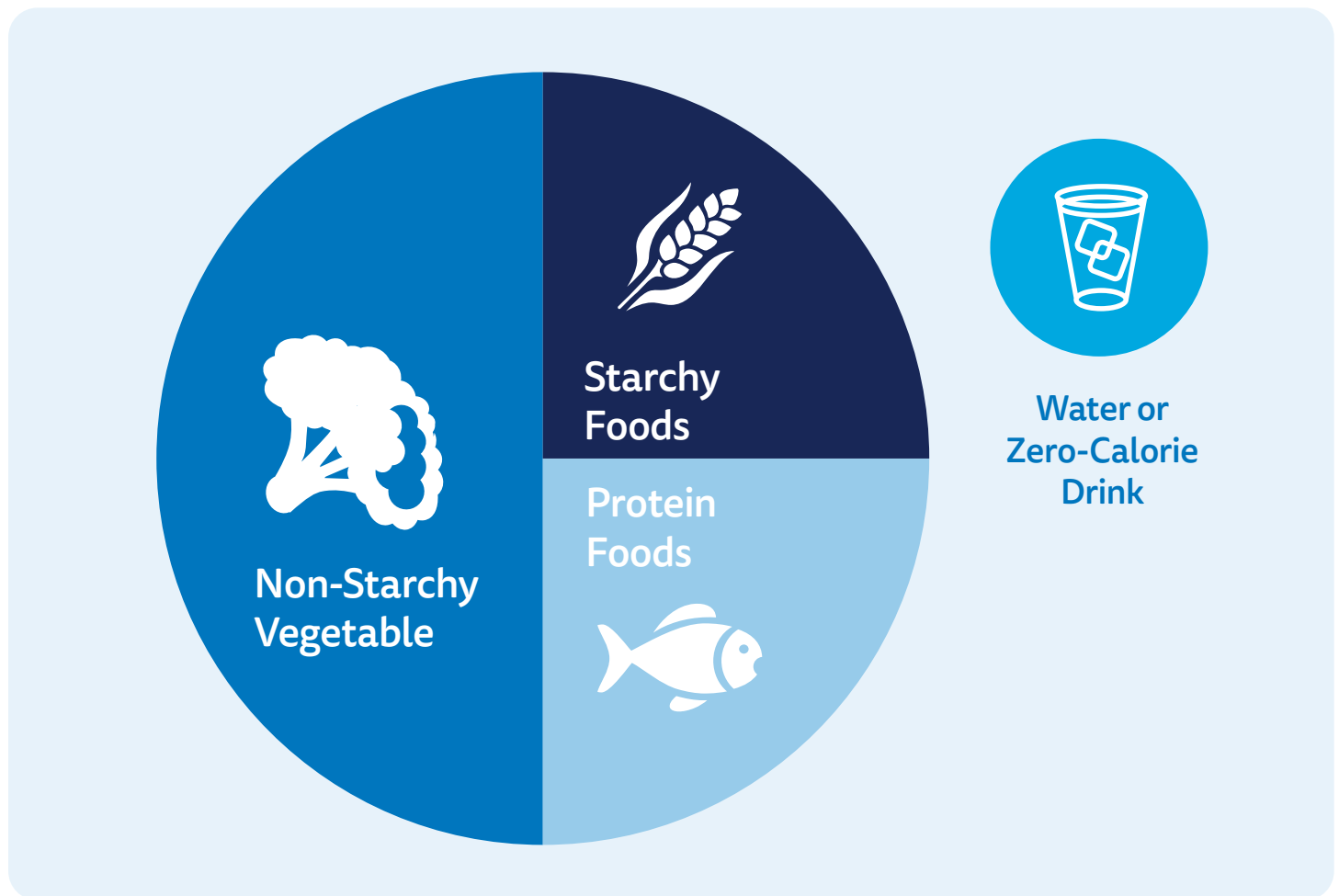


## Healthy eating for Diabetes and for life

Your body uses carbohydrates (carbs) for energy, which are found in:

- Fruits
- Grains
- Starchy vegetables
- Some dairy products

Eating too many carbs at once can raise your blood sugar.



### Tip:

- Use a 9-inch dinner plate


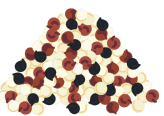










# Carbohydrate (Carb) Counting



For each meal you can have:

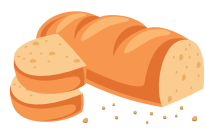











- 3 - 4 servings of carbs = 45 to 60 grams
- 1 carb choice = 15 grams of carbs
- Remember: Balance is key!

## Whole Grain Carbs (Better choice)

<b>Brown Rice</b> ( 1/3 cup ) 	<b>Quinoa</b> ( 1/2 cup ) 	<b>Barley</b> ( 1 cup ) 	<b>Oats</b> ( 1/2 cup ) <i>(Steel-cut, rolled, not instant)</i> 
<b>Whole Grain Bread</b> ( 1 slice ) 	<b>Whole-Grain Pasta</b> ( 1/3 cup ) 	<b>Whole Wheat Pasta</b> ( 1/3 cup ) 	<b>Popcorn</b> ( 3 cups ) <i>(Unbuttered)</i> 
<b>Black Beans</b> ( 1/2 cup ) 	<b>Lentils</b> ( 1/2 cup ) 	<b>Kidney Beans</b> ( 1/2 cup ) 	<b>Chickpeas</b> ( 1/2 cup ) 

## Processed Carbs = Fast and high blood sugar spikes (Avoid when possible)

- 1 carb serving = 15 grams of carbs
- Remember: Balance is key!













<b>White Bread</b> ( 1 slice ) 	<b>White Rice</b> ( 1/3 cup ) 	<b>White Pasta</b> ( 1/3 cup ) 	<b>Cakes and Cookies</b> ( 1 small slice ) 
<b>Candy</b> ( 3 - 4 pieces ) 	<b>Donuts</b> ( 1 small ) 	<b>Sugary Cereals</b> ( 3/4 cup ) 	<b>Chips</b> ( 10 - 12 pieces ) 
<b>Crackers</b> ( 3 - 4 pieces ) 	<b>Pancakes</b> ( 1 medium ) 	<b>Waffles</b> ( 1 small ) 	<b>1 Flour tortilla</b> ( 6 inches ) 

# Starchy Vegetables (Veggies)



- Starchy veggies are carbs
- Eat in small amounts

Here are some examples:

<b>Potato</b> (1 small) 	<b>Yam</b> (1 small) 	<b>Corn on the cob</b> (6 inch) 	<b>Squash</b> (1 cup) 
<b>Cassava</b> (1 cup) 	<b>Breadfruit</b> (1 cup) 	<b>Pumpkin</b> (1 cup) 	<b>Beans</b> (1/2 cup) 
<b>Sweet Potato</b> (1 small) 	<b>Parsnip</b> (1/2 cup) 	<b>Plantain</b> (1/2) 	<b>Chickpeas</b> (1/2 cup) 

# Non-Starchy Vegetables



Non-starchy veggies are a good source of fiber

Fiber helps:

- With constipation
- With blood sugar
- You feel full longer
- Lower cholesterol

<b>Artichoke</b> 	<b>Asparagus</b> 	<b>Bell Peppers</b> 	<b>Beets</b> 	<b>Beans</b> (Green, wax) 
<b>Bean Sprouts</b> 	<b>Broccoli</b> 	<b>Brussel Sprouts</b> 	<b>Cabbage</b> 	<b>Cactus</b> 
<b>Carrots</b> 	<b>Cauliflower</b> 	<b>Celery</b> 	<b>Cilantro</b> 	<b>Cucumbers</b> 
<b>Eggplant</b> 	<b>Garlic</b> 	<b>Lettuce</b> 	<b>Leeks</b> 	<b>Mushrooms</b> 
<b>Okra</b> 	<b>Onions</b> 	<b>Peppers</b> 	<b>Salad Greens</b> 	<b>Spinach</b> 
<b>Pea Pods</b> 	<b>Summer Squash and Zucchini</b> 	<b>Tomatillos</b> 	<b>Tomato</b> 	<b>Turnips</b> 


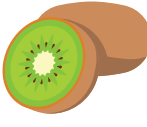







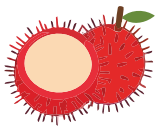

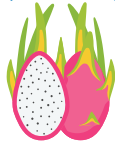








# Fruits



## Eat in Small Amounts

- 1 carb serving = 15 grams of carbs
- Remember: fruits have natural sugar and can raise your blood sugar
- Fresh fruits should be eaten. Dried fruits should be avoided

## Here Are Some Examples:













<b>Watermelon</b> (1 cup) 	<b>Kiwi</b> (1 large) 	<b>Guava</b> (1 small) 	<b>Strawberry</b> (1 cup) 	<b>Papaya</b> (1 cup) 
<b>Banana</b> (½) 	<b>Oranges</b> (1 small) 	<b>Melon</b> (1 cup) 	<b>Mango</b> (½) 	<b>Lychee</b> (5 - 6) 
<b>Grapes</b> (1 cup) 	<b>Dragon Fruit</b> (1 small) 	<b>Apple</b> (1 small) 	<b>Blackberries</b> (1 cup) 	<b>Starfruit</b> (1 medium) 
<b>Pomegranate</b> (½ cup) 	<b>Peaches</b> (1 small) 	<b>Grapefruit</b> (½) 	<b>Figs</b> (3 - 4) 	<b>Mandarin</b> (1 small) 

# Protein and Dairy










## Protein:

- A typical portion size for protein is 2 - 3 ounces per meal

<p><b>Chicken</b></p> 	<p><b>Turkey</b></p> 	<p><b>Tuna</b></p> 	<p><b>Fish</b></p> 
<p><b>Pork</b></p> 	<p><b>Lamb</b></p> 	<p><b>Venison</b></p> 	<p><b>Beef</b></p> 
<p><b>Peanut Butter</b> (2 tablespoons)</p> 	<p><b>Nuts (1/3 cup)</b></p> 	<p><b>1 Egg</b></p> 	<p><b>Low-Fat Cheese and Cottage Cheese</b></p> 

## Dairy:

<p><b>Mozzarella Cheese</b> (1 ounce)</p> 	<p><b>Low-Fat Greek Yogurt</b> (6 ounces)</p> 	<p><b>Low-Fat Sour Cream</b> (2 tablespoons)</p> 	<p><b>Ricotta Cheese</b> (1/2 cup)</p> 
<p><b>Skim Milk or 1%</b> (1 cup)</p> 	<p><b>Low-Fat Cottage Cheese</b> (1/2 cup)</p> 	<p><b>Swiss Cheese</b> (1 ounce)</p> 	

# Drinks and Free Foods







## Drink these:

<b>Water</b> 	<b>Sparkling Water</b> 	<b>Unsweet Tea</b> 	<b>Black Coffee</b> 
<b>Gatorade Zero</b> 	<b>Crystal Light</b> 	<b>Lemon Water</b> 	<b>Zero Sodas</b> 

## Avoid these:

<b>Regular Sodas</b> 	<b>Energy Drinks</b> 	<b>Fruit Smoothies</b> 	<b>Juices</b> 
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## Free foods:

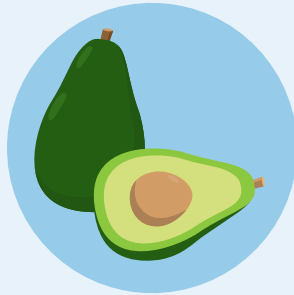
<b>Herbs and Spices</b> 	<b>Lemons or Limes</b> 	<b>Hot Sauce</b> 	<b>Mustard</b> 
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It is key to choose the right kind of fat.

## Choose more of these:

### Monounsaturated, healthy heart fats:

- Olive oil
- Canola oil
- Avocados
- Avocado oil
- Peanuts
- Peanut oil
- Peanut butter



### Polyunsaturated, good fats:

- Corn oil
- Margarine
- Mayonnaise
- Safflower oil
- Soybean oil
- Sunflower oil
- Vegetable oil

## Choose less of these:

### Hydrogenated/Trans (unnatural or bad) fats:

- Shortening
- Hard margarine

### Saturated fats raise your cholesterol:

- Lard (White solid cooking grease)
- Butter
- Bacon
- Palm oil
- Half and half
- Whole milk
- Coconut oil
- Cream cheese
- Whipping cream
- Beef, chicken, and pork fat

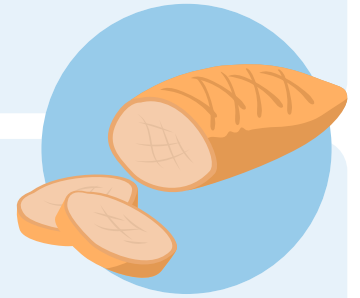


# Shopping List Examples



## Lean protein choices:

- Chicken breast
- Cod
- Eggs
- Flank steak
- Flounder
- Haddock
- Halibut
- Lean ground beef (90 - 95%)
- Peanut butter
- Pork loin
- Salmon
- Sardines
- Sirloin steak
- Tripe
- Tuna (Canned in water)
- Venison



## Lean dairy choices:

- Low-fat cheese
- Low-fat cottage cheese
- Mozzarella cheese
- Non-fat ricotta cheese
- Non-fat sour cream
- Swiss cheese
- Yogurt (Low or zero sugar)

## Fats and oils choices:

- Avocado and avocado oil
- Canola oil
- Corn oil
- Margarine (Soft or tub)
- Mayonnaise
- Olive oil
- Peanut oil
- Peanut butter
- Nuts or seed
- Safflower oil
- Soybean oil
- Sunflower oil
- Vegetable oil

## Starches, grains and lentils:

- 100% Whole grain bread
- Black beans
- Brown or whole-grain rice
- Corn
- Corn tortillas
- Dried beans
- Garbanzo beans (Chickpeas)
- Grits
- Hominy
- Low-fat whole wheat tortillas
- Oatmeal
- Peas
- Pinto beans
- Potatoes (White or sweet)
- Pumpkin
- Whole grain cereal
- Whole grain crackers
- Whole wheat pita
- Winter squash



# Shopping List Examples

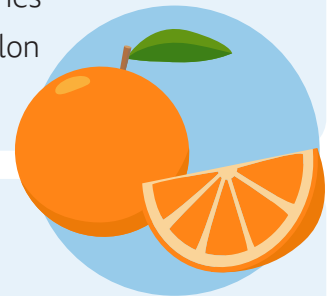


## Vegetables:

- All greens
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Cabbage (Green or purple)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Green beans
- Eggplant
- Kale
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Spinach
- Summer squash
- Tomatoes
- Zucchini

## Fruit ( fresh, frozen, or canned in natural juice ):

- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Grapes
- Grapefruit
- Kiwi
- Lemon/lime
- Mangoes
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Watermelon



## Other:

- Baked Chips
- Gelatin (Sugar-free)
- Mustard
- Popsicles (Sugar-free)
- Sugar-free drinks
- Sugar-free syrup

# Meal Planning Example



	3 carbs per meal	4 carbs per meal
Breakfast	<ul style="list-style-type: none"> <li>■ 2 egg veggie omelet</li> <li>■ 2 slices whole wheat toast (2 carbs)</li> <li>■ ¾ cup mixed berries (1 carb)</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 cup cooked oatmeal (2 carbs)</li> <li>■ 1 banana (2 carbs)</li> <li>■ 1 tablespoon peanut butter</li> <li>■ 1 - 2 boiled eggs</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>■ Tuna sandwich:                             <ul style="list-style-type: none"> <li>● 3 ounces tuna with 1 tablespoon mayonnaise</li> <li>● 2 slices whole wheat bread (2 carbs)</li> <li>● Lettuce, tomato</li> </ul> </li> <li>■ 15 - 17 baked chips (1 carb)</li> <li>■ Carrots and celery with 2 tablespoons of ranch</li> </ul>	<ul style="list-style-type: none"> <li>■ Green salad: (Choice of veggies)                             <ul style="list-style-type: none"> <li>● Spinach, kale, mixed greens, tomatoes, carrots, peppers, onions, mushrooms, etc.</li> <li>● 3 ounces grilled chicken</li> <li>● ½ cup beans (1 carb)</li> </ul> </li> <li>■ 1 cup cold pasta salad (2 carbs)</li> <li>■ 1 cup grapes (1 carb)</li> </ul>
Snack	<ul style="list-style-type: none"> <li>■ 1 apple (1 carb)</li> <li>■ 1 - 2 tablespoons peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>■ 6 - 10 crackers (1 carb)</li> <li>■ 1 ounce of cheese</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>■ 3 - 4 ounces grilled chicken breast</li> <li>■ 1 small baked potato (1 carb)                             <ul style="list-style-type: none"> <li>● 1 tablespoon butter</li> <li>● ¼ cup cheese</li> </ul> </li> <li>■ ⅓ cup white or brown rice (1 carb)</li> <li>■ 1 dinner roll (1 carb)</li> <li>■ Roasted broccoli</li> </ul>	<ul style="list-style-type: none"> <li>■ Tacos:                             <ul style="list-style-type: none"> <li>● 2 corn tortillas (2 carbs)</li> <li>● Grilled beef or chicken</li> <li>● Lettuce, tomato, cilantro</li> <li>● ¼ cup cheese</li> <li>● 3 tablespoons light sour cream</li> <li>● 1 tablespoon avocado</li> </ul> </li> <li>■ ⅓ cup Mexican rice (1 carb)</li> <li>■ 13 tortilla chips (1 carb) with salsa</li> </ul>
Snack	<ul style="list-style-type: none"> <li>■ Sugar-free gelatin</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 cup plain or vanilla yogurt (1 carb)</li> <li>■ ¼ cup almonds</li> </ul>

## Cold pasta salad:

- 16 ounces whole wheat rotini or elbow macaroni (You can choose a low carb or veggie noodle for even lower carbs)
- 1 cup light Italian vinaigrette dressing
- 1 cup mozzarella cheese (Cubed)
- 1 pint grape tomatoes (Halved)
- ½ cup green bell pepper (Diced)
- ½ cup orange bell pepper (Diced)
- ½ cup red bell pepper (Diced)
- ½ cup red onion (Diced)
- ½ cup parmesan cheese (Shredded)
- 3 tablespoons fresh parsley (Chopped)
- ½ tablespoon Italian seasoning

## Directions

1. Cook pasta with package directions. Rinse under cold water.
2. Mix everything in a large bowl. Toss to mix.
3. Place it in the fridge for at least 2 hours before serving.
  - You can swap out or add any non-starchy veggies to add more fiber and get more veggies in for the day!
  - Serving size: ½ cup = 1 carb

# Shopping and Dining Out Tips

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## Shopping tips:

- Try using coupons
- Choose store brands
- Always read food labels
- Eat before you shop to avoid impulse buys
- Make a shopping list
- Plan a weekly menu
- Try foods that are in season
- Know what you already have at home
- Buy frozen if fresh options cost too much

## Tips for dining out:

- Eat slowly and savor your meal
- Share a dish to eat less food
- Enjoy your meal
- Plan before you go
  - Order items that fit your food plan
  - Ask for grilled, baked, or broiled lean meat  
( [Removing the skin lowers the fat](#) )
- Choose smaller portions
- Request sauces and dressings on the side
- Ask for a to-go container, and take ½ of the food home

## Nutrition Facts

Serving Size 1 container (5.3 oz) (150g)  
Serving Per Container 1

Amount Per Serving

**Calories** 100

% Daily values\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 65mg **3%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 5g **20%**

Sugars 7g

**Protein** 12g **24%**

Vitamin C 6% Calcium 15%

Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### Serving Size

- Know the serving sizes
- This tells you how many carbs you're eating

### Sodium

- Watch the sodium in your food
- Too much raises your blood pressure

### Total Carbs

- Carbs are for energy
- Know your servings.
- Sugars are included within the Total Carb count

1. What is the serving size? \_\_\_\_\_
2. How many servings are in the container? \_\_\_\_\_
3. How much sodium does it contain? \_\_\_\_\_
4. What is the total carbs content? \_\_\_\_\_
5. How many carbs servings are in the product? \_\_\_\_\_

<h2>Nutrition Facts</h2>	
Service Size 1 cup (228g)	
Service Per Container about 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily values*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>23%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    80g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

### 1 Carb Serving = 15 Grams

Total Carb Grams	Carb Servings
0 - 5	0
6 - 10	½
11 - 20	1
21 - 25	1½
26 - 35	2
36 - 40	2½
41 - 50	3
51 - 55	3½
56 - 65	4

# Alcohol and Diabetes



## Drinking makes your body work harder and can cause:

- Harm to eyes and kidneys
- High blood pressure
- Low blood sugar
- More nerve pain
- Weight gain

## Alcohol choices:

- Light beer and dry wine have less calories and fat
- For mixed drinks, choose diet soda or sugar-free seltzers

## When you drink:

- Your liver works to process the alcohol, which can lead to low blood sugar
- Always eat before drinking
- Check your blood sugar regularly
  - If it is less than 100 mg/dL, eat a protein and carb snack  
For Example: ( [Apple and peanut butter](#), [cheese and five crackers](#), [½ a sandwich](#), or [yogurt](#) )

## 1 Drink is:

- 12 ounces of beer
- 5 ounces of wine
- 1 ounce of liquor

Your doctor and nurse need to know your drinking habits to provide you with the best care.



