

Shopping Tips

When shopping, use the **Nutrition Facts** label to compare items. That way you can decide which is best for your health needs.

What to Look For:

Serving size: All the values on the label are based on this size. If you eat more, you get more calories, fat, and carbs.

Calories: To maintain a healthy weight, look for nutritious foods that fit your daily calorie needs.

Saturated and trans fat: Look for foods with little or no saturated fat. Avoid trans fats. Even small amounts are bad for your heart.

Total carbohydrate: This number tells you how many carbs in each serving. This can help you fit the food into your meal plan.

Nutrition Facts

Serving Size 1 cup (240g)
Servings Per Container 2

Amount Per Serving

Calories 100 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 4g

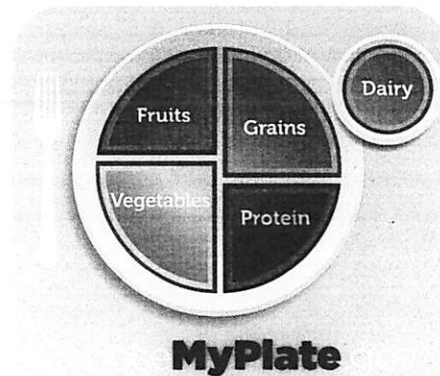
Vitamin A 70% • Vitamin C 20%

Calcium 15% • Iron 8%

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

Balancing Your Meals

During each meal, aim to fill half your plate with vegetables and fruits. Split the other half of the plate between protein and grains. Choose low-fat or fat-free dairy products. Visit www.choosemyplate.gov and www.diabetes.org to learn more.



Watching Serving Sizes

- Keep track of the amount of food on your plate: ½ cup is about the size of a golf ball, 1 cup is about the size of your fist, and 2 to 3 ounces is about the size of a deck of cards.
- When eating out, offer to split a dish with a friend. Or ask for a take-home container and put all but 1 serving in it before you start eating.

Reducing Salt and Fat

- Season food with herbs and lemon juice instead of salt or butter.
- Limit processed and fast foods.
- Broil, bake, or steam food. Avoid frying.
- Trim the fat from meats. Remove skin.

Be Active

Your activity level also affects blood sugar. If you're overweight, exercise can help you lose extra pounds. This helps the body use its own insulin better. Activity can also relieve stress and improve your mood.

Tips for Safety

Always talk to your HCP before starting an exercise program. When you're ready to begin:

- Check blood sugar before you exercise.
- Choose shoes that are right for the activity.
- Wear or carry a medical ID that says you have diabetes.
- Carry fast-acting glucose tablets.
- Exercise with a partner.
- Drink plenty of water.





Live Well with Diabetes

Millions of Americans live healthy lives with diabetes. If you have diabetes, managing it is not always easy. But the effort is worth it for your health and future. Self-care gives you the power to manage diabetes and feel your best.

Why Is Managing Diabetes Important?

Diabetes causes problems with levels of blood sugar (**glucose**) in the body. Over time, high blood sugar levels damage blood vessels and nerves. This can lead to problems in many parts of the body, including the kidneys, eyes, and sexual organs. It increases the risk for heart attack, stroke, blindness, feet problems, and gum disease.

The Goals of Self-Care

Together with guidance from your healthcare provider (HCP), self-care is the best way to protect your health. Self-care means:

- Managing your diabetes and your health to feel your best.
- Responding to symptoms and knowing when to get help.
- Limiting the risk of health problems in the future.

Monitor Blood Sugar

You can't always feel if your blood sugar is high or low. That's why blood sugar monitoring is important. It lets you see how well your treatment plan is working over time. Talk to your HCP about **target ranges** for your blood sugar.

Daily Monitoring

- Your HCP will teach you how and when to check your own blood sugar.
- Make checking blood sugar a part of your daily routine.
- Record your results in a log.
- Share the log with your healthcare team.

Long-range Monitoring

- Make appointments for an **A1C** test twice a year.
- The A1C test shows your average blood sugar levels for the past 2 to 3 months.
- An A1C test result can be reported as a percentage. (It can also be given as a number, called estimated average glucose, or **eAG**.)
- You and your HCP will decide what your goal should be. A common goal is 7%. (This is an eAG of less than 154 mg/dL.)
- If your A1C results are higher than your goal, your treatment plan may need to be adjusted.



Eat Healthy

Food affects blood sugar in different ways. Having diabetes doesn't mean dieting or giving up tasty foods. It does mean learning how to balance your food and blood sugar.

Carbohydrates

- Carbohydrates (**carbs**) give you energy. They also raise blood sugar.
- Carbs include sugars, starches, and fiber.
- Sugars are in fruit, milk, and honey. They're also added to foods like cereal, yogurt, and desserts.
- Starches are in bread, cereals, pasta, and dried beans. They're also in starchy vegetables. These include corn, peas, potatoes, yams, and winter squash (such as acorn and butternut).

Fat and Protein

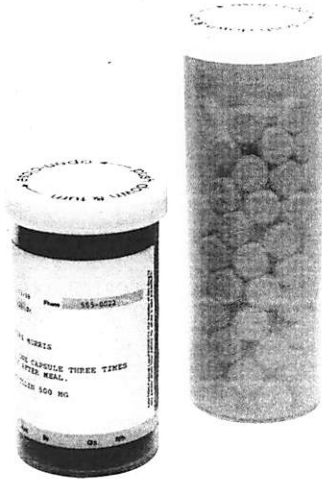
- Fat and protein don't have much effect on blood sugar. But they do affect your overall health.
- Choose heart-healthy unsaturated fats. These can be found in fish, vegetable oil, avocados and some nuts.
- Limit unhealthy saturated fats. These are found in foods such as red meat, whole milk cream, and coconut and palm oils.
- Aim for lean protein sources. These include nuts, dried beans and peas, tofu, fish, egg whites, skinless poultry, and low-fat or nonfat dairy products.

Take Medication

Insulin is a hormone that helps the body use blood sugar. If the body can't make insulin, or can't use the insulin it has, blood sugar can get too high. Most people with diabetes need medication or insulin to help regulate blood sugar.

Taking Pills

- Some pills help your body make more insulin. Others help the insulin in your body work better.
- You will likely take more than one kind of pill.



»» Talk with your HCP about medications that help manage blood sugar.

Using Insulin

- In some cases, insulin needs to be taken. Insulin is injected. It cannot be swallowed.
- Injections are done using a small, thin needle and syringe, an insulin pen, or a special pump.
- Your healthcare team can help you find the best delivery method for you.



Treat Highs and Lows

If your blood sugar gets too high or low, take action to bring it back to your target range.

Treating High Blood Sugar

High blood sugar is around 200 or higher. Check your blood sugar. If it is high:

- Drink plenty of sugar-free, caffeine-free liquids.
- Take extra insulin or medication if directed.
- Check your blood sugar every 4 hours to see whether it is going down. **Call your HCP if it stays high or symptoms get worse.**

Treating Low Blood Sugar

Low blood sugar is under 70. Check your blood sugar. If it is low:

- Eat or drink at least 15 to 20 grams of fast-acting sugar. Examples include 3 to 4 glucose tablets, 4 ounces ($\frac{1}{2}$ cup) of fruit juice or non-diet soda, or 1 to 2 sugar packets.
- Wait 15 minutes and recheck your blood sugar. If it's still low, repeat step 1.
- Check again after 15 more minutes. **If it's still too low, call your doctor right away.**
- Once your blood sugar returns to above 70, eat a snack to keep it in a safe range (unless your next meal is within 15 minutes).

Pay Attention to Your Feet

Diabetes can damage nerves in your feet. This makes it hard for you to feel injuries or sore spots. Diabetes also affects blood flow, making it harder for cuts and sores to heal.

Checking Your Feet

Make a point of checking your feet every day. This helps catch problems early, before they get hard to treat. If you have trouble seeing the bottoms of your feet, use a mirror or have someone help you. Be sure to look at the top, bottom, and nails of each foot. If you have any of the problems listed, alert your HCP right away.

- Look for redness, streaks, or changes in color.
- Check for blisters, corns, or calluses. Also note if the skin is dry, cracked, or scaly.
- Note changes in feeling. Do you feel any numbness, tingling, coldness, or burning?



LIVING WELL WITH DIABETES



Tips for Staying Healthy

Exam and Test Checklist

Make a checklist to stay on top of your medical appointments.

- ✓ Have an A1C test at least twice a year or as recommended by your HCP.
- ✓ Have your cholesterol checked yearly (HDL, LDL, and triglycerides).
- ✓ Have your blood pressure checked at each visit to your HCP.
- ✓ Have a dilated eye exam every year or as often as your HCP recommends.
- ✓ Ask your HCP about foot exams, kidney screenings, and other appointments you may need.
- ✓ Have your teeth and gums cleaned and checked by a dentist two or more times a year.



Protecting Your Feet

If you find a problem during a self-check, be sure to call your HCP right away. Follow these tips to help protect your feet:

- Don't trim corns, calluses, or toenails yourself. See a podiatrist (foot doctor) for regular foot care.
- Avoid walking barefoot.
- Wear shoes and socks that fit well. Avoid shoes that need to be "broken in."



Also available in Spanish

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