

Diabetes Self-Management You CAN Control Diabetes!



Diabetes



VAL VERDE
REGIONAL MEDICAL CENTER
COMMUNITY OUTREACH

This workbook is intended for use along with regular visits to your health care provider. It is not a substitute for medical care. You must always check with your health care provider before making any significant changes to your diet or before adding an exercise routine.

CONGRATULATIONS!

You have taken the first step to controlling your diabetes for better health and a longer life! Use this workbook as a tool to help you get to know about diabetes and to get to know yourself better. Self-exploration and being honest with yourself will help you identify behaviors, patterns, and how you are getting in your own way when you try to improve your health.

You can send your diabetes into remission. The changes you need to make aren't easy but **YOU ARE WORTH IT!** If you break your journey to better health into small action steps, you can be successful. Just keep trying and never give up on yourself.

I am here to support you. Please, feel free to call or email if you have questions, need some support or just want someone to talk to about your health journey.

YOU ARE NOT ALONE!



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TO BETTER HEALTH!

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**PART 1: THE
DIABETES BASICS**

**FINDING YOUR
WHY**

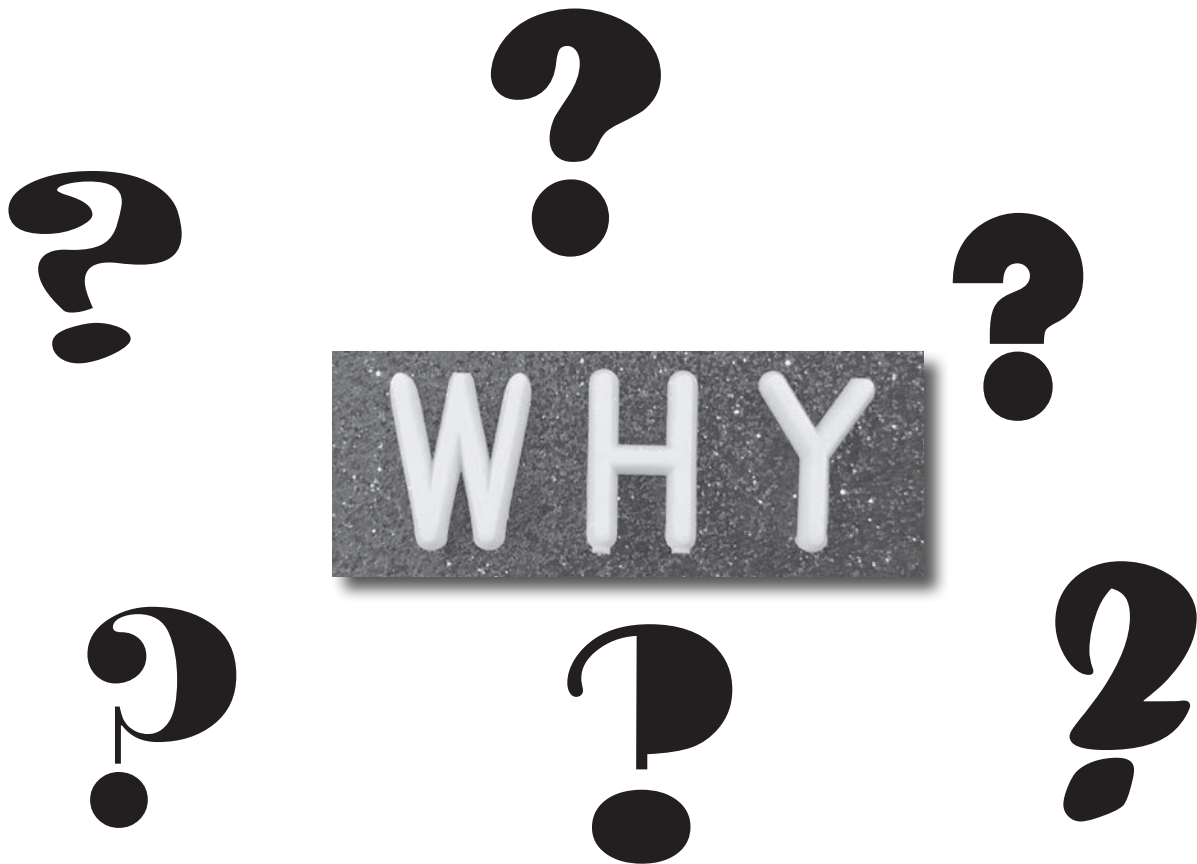
**WHAT IS
DIABETES?**

**SETTING HEALTH
GOALS**

FIND YOUR "WHY"

You have made it this far! Obviously, you are concerned about your health and want to take some steps to improve. It may seem a bit odd to figure out why you are here before even learning more about diabetes but it makes sense. If you dig deep and find out WHY you want to improve your health and then embrace your why, you will have the motivation to keep going until you succeed.

The worksheet on the following page can help you figure out your WHY.



Remember, you are probably not going to be able to make major changes overnight. Not very many of us can get up one morning and decide, "Today and for the rest of my life, I am going to change the way I eat, start an exercise program that makes me happy, track my glucose, set up regular appointments with my health-care providers, and control my health." But, most of us can tackle big challenges one step at a time. "Today, I will watch my portions." If today it isn't too hard, why not keep going tomorrow? And tomorrow? And tomorrow?

Once you figure out your WHY, write it down. Post it on your mirror or somewhere you will see it frequently. Put it on your phone's home screen. Focus on it every, single day. Then, commit to small changes a little bit at a time. Over time, you can make some big changes. Be patient with yourself. You'll get there!

WHAT IS YOUR WHY?

EXAMPLE: Why do you want to get control of your diabetes?

I want to be able to play with my children and be here for them.

WHY? Because it is important to me and I love them.

WHY? Because I didn't feel important growing up and I want my kids to have a different experience.

WHY? Because it gave me an excuse not to take care of myself because I felt I wasn't worth it.

"WHY" can help you identify the core of your reasons for controlling your diabetes and may even help you identify the reason behind it being a challenge. Identifying an issue is the first step towards resolving it.

I want to get control of my diabetes because

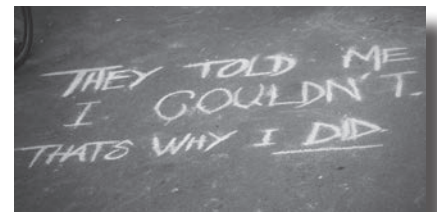
WHY?

WHY?

WHY?

WHY?

Did you discover any core issues? If so, how can being aware of them help you commit to your "WHY?"



WHAT IS DIABETES?

Diabetes is the inability of a body to process sugar (glucose). A lot of what we eat turns into glucose (a type of sugar) in our bodies. This rise in glucose after we eat triggers the pancreas to produce insulin and release it into the bloodstream. The insulin travels through the body's cells. It tells the cells to open up and let it in so the cells (and the body) have energy to function. Diabetes mellitus means the insulin is either absent all together (Type 1 Diabetes) or it is insufficient or not used properly (Type 2 Diabetes).

BRAIN

- Increased risk of dementia and stroke
- May experience mental health challenges
- Untreated diabetes can cause loss of consciousness

EYES

- May experience cataracts, glaucoma, or retinopathy
- Loss of vision common

MOUTH

- Excessive thirst is an early sign of diabetes
- Sweet-smelling breath is another common symptom
- Possibility of tooth decay and gum infections

HEART

- Increased risk of heart disease and heart attacks
- High blood pressure and cholesterol

KIDNEYS

- Diabetes can cause damage to kidneys
- Higher risk of kidney disease

PANCREAS

- Produces little-to-no insulin
- Causes rise in blood glucose

DIGESTIVE SYSTEM

- Possibility of gastroparesis (slowed or halted digestion)
- High blood glucose can cause nausea, vomiting, and diarrhea

BLOOD VESSELS

- Increase of plaque in large blood vessels
- High blood glucose can damage small blood vessels

SKIN

- More prone to a range of skin conditions
- May experience dry, cracked skin
- Higher risk of skin infections

FEET

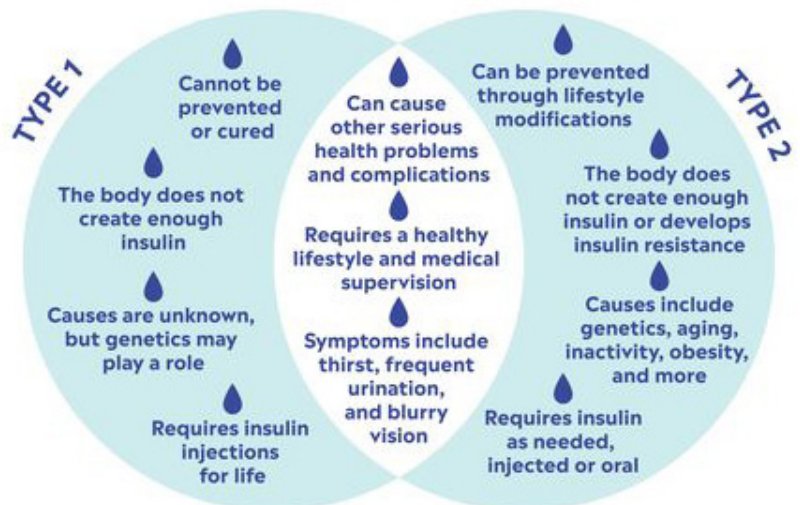
- Neuropathy (nerve damage) caused by high blood glucose
- Loss of feeling in feet (and hands) is common
- Feet at highest risk of serious infection and amputation

The effects of diabetes on your body can be mitigated by early detection and proper management.

If you have diabetes or suspect you might, make an appointment with your doctor to learn more and stay healthy.

Diabetes has been a known disease since as early as 1550 BC. A change in diet and more exercise have been part of the recommended course of treatment ever since. In the 1970s, drugs to help control diabetes were developed. (Wikipedia) These medications have evolved over the years and new medications are created frequently. You might want to discuss with your healthcare provider the use of medication vs nutrition and exercise in handling your diabetes. The choice is ultimately yours.

TYPE 1 vs TYPE 2 DIABETES



DIABETES

KNOW THE SYMPTOMS



YOU MAY NOT KNOW...

When your blood sugar (glucose) is high, your blood is actually thicker. This thick blood has trouble getting to your extremities (hands and feet) and to the small blood vessels providing oxygen and nutrients to your organs. This is why people with uncontrolled diabetes have problems with their hands and feet, sexual organs, eyes, kidneys, heart, lungs, etc. If you think about it, it makes sense. A normal glucose level would have your blood about the consistency of tomato juice. As it goes higher (200) you get tomato sauce. As it goes even higher (300) you get tomato paste. Imagine your heart trying to squeeze blood the thickness of tomato paste into all the arteries, veins and capillaries in your body. You can see why diabetes causes serious health complications!

Have you learned anything new?
Maybe you want to use the space
below to jot down a few thoughts!

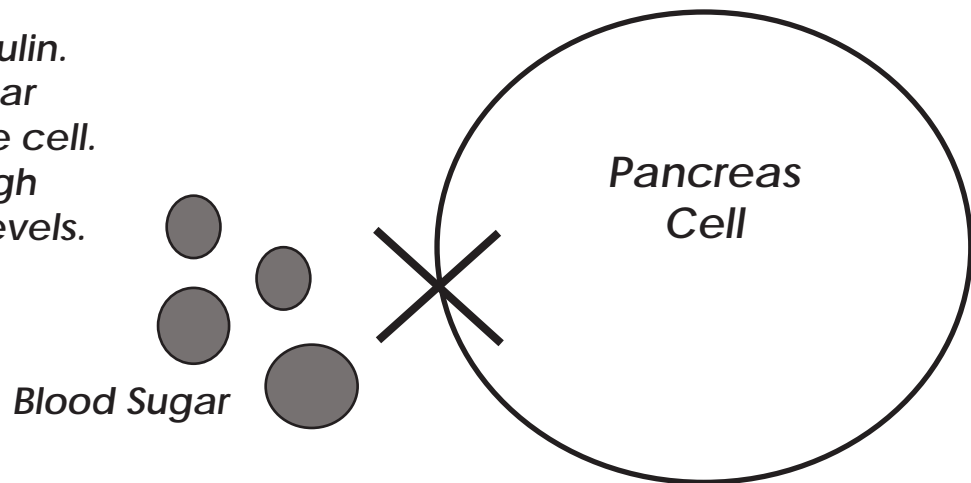
A large rectangular area enclosed by a dotted line, intended for students to write their thoughts.

DIABETES IN MORE DETAIL

Type 1 Diabetes:

Type 1 diabetes is an autoimmune disorder where the immune system attacks cells of the pancreas. These are the cells that make insulin. When they are destroyed, they can't make insulin. Without insulin, sugar builds up in the blood stream. About 5-10% of diabetics have Type 1.

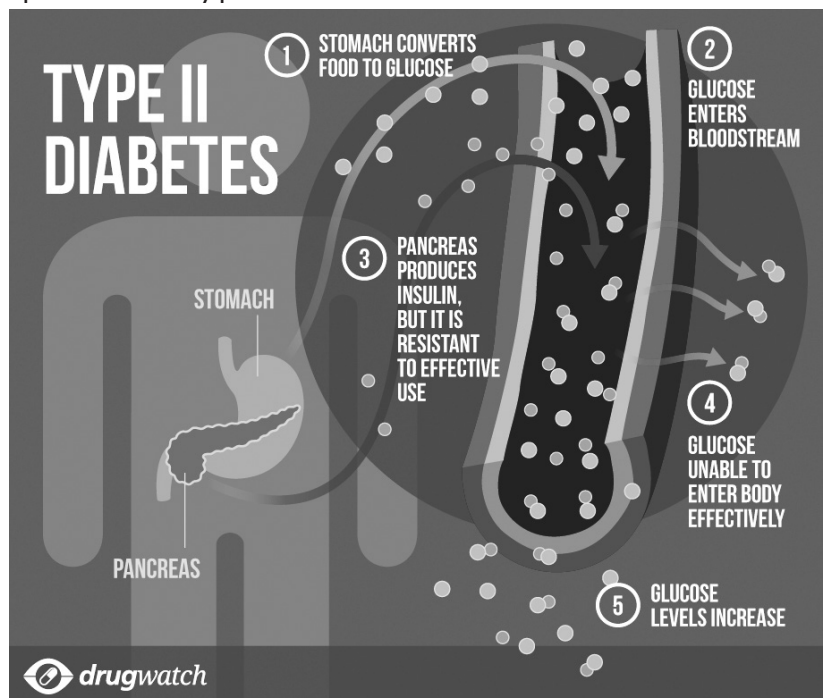
*There is no insulin.
The blood sugar
can't enter the cell.
This causes high
blood sugar levels.*



Type 1 diabetes can develop very quickly. It is usually diagnosed before the age of 30. The exact cause is unknown but risk factors include family history and race. Caucasians are more susceptible to Type 1 diabetes.

Symptoms:

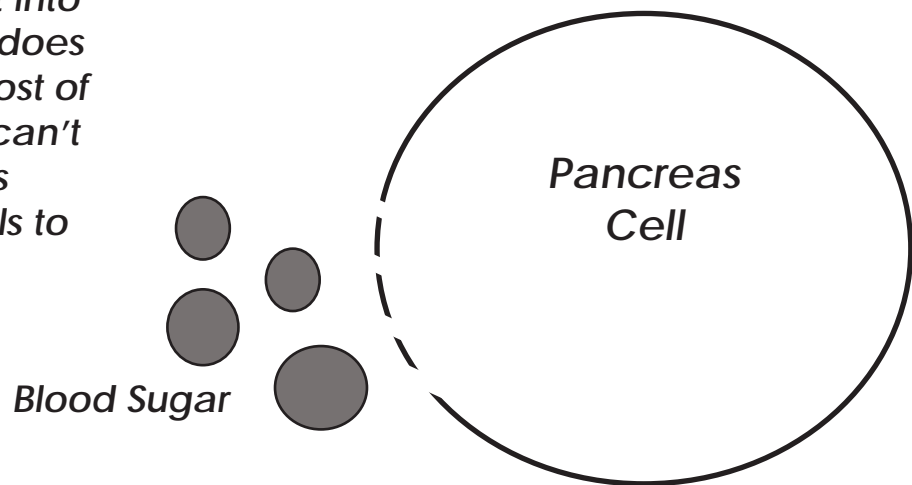
- Increased hunger
- Increased thirst
- Unplanned weight loss
- Behavior changes
- Feeling tired
- Increased urination



Type 2 Diabetes

Type 2 diabetes is a condition where the pancreas is producing insulin but it is not used properly (insulin resistance). Insulin tries to open the cell to let the blood sugar in. The cells do not cooperate causing blood sugar levels to rise. Over time, the pancreas may also start making less insulin (insulin deficiency). Type 2 diabetics account for about 90-95% of all diabetics. Gestational diabetes is like Type 2 diabetes but occurs only during pregnancy and generally ends after childbirth.

Insulin tries to get into the cell. The cell does not open well. Most of the blood sugar can't enter. This causes blood sugar levels to be high.



Symptoms:

- Increased hunger
- Increased thirst
- Increased urination
- Blurred vision
- Frequent infections
- Feeling tired
- Dry, itchy skin
- Problems with sexual function
- Slow healing from cuts and sores
- Numbness/tingling in hands or feet

Risk Factors*

- 45 years or older
- Overweight
- Family history
- Pre-diabetes
- Gestational diabetes
- No physical activity
- Heart disease
- High blood pressure
- High cholesterol
- Race: African American, LatinX, Hispanic, Native American, Pacific Islander

*It is important to note that a majority of the risk factors for diabetes CAN BE CHANGED. You can lose some weight, move your body, change your diet, and take charge of your heart health.

LIKELY COMPLICATIONS FROM UN-MANAGED DIABETES

When diabetes is NOT managed, it can cause complications from your head all the way down to your toes. From stroke to sexual problems to losing toes and feet - diabetes is **VERY SERIOUS**. It is the leading cause of blindness in the US. Most dialysis patients have damaged kidneys as a result of complications from diabetes that has not been controlled. Diabetes is the 7th leading cause of death in the US. Not taking diabetes seriously is a threat to your life.

THE GOOD NEWS IS YOU CAN MANAGE YOUR DIABETES!

Even if you have had diabetes for many years, it isn't too late! You can take steps RIGHT NOW to manage your diabetes and improve your health. If you take it one step at a time, you absolutely CAN take back your health.

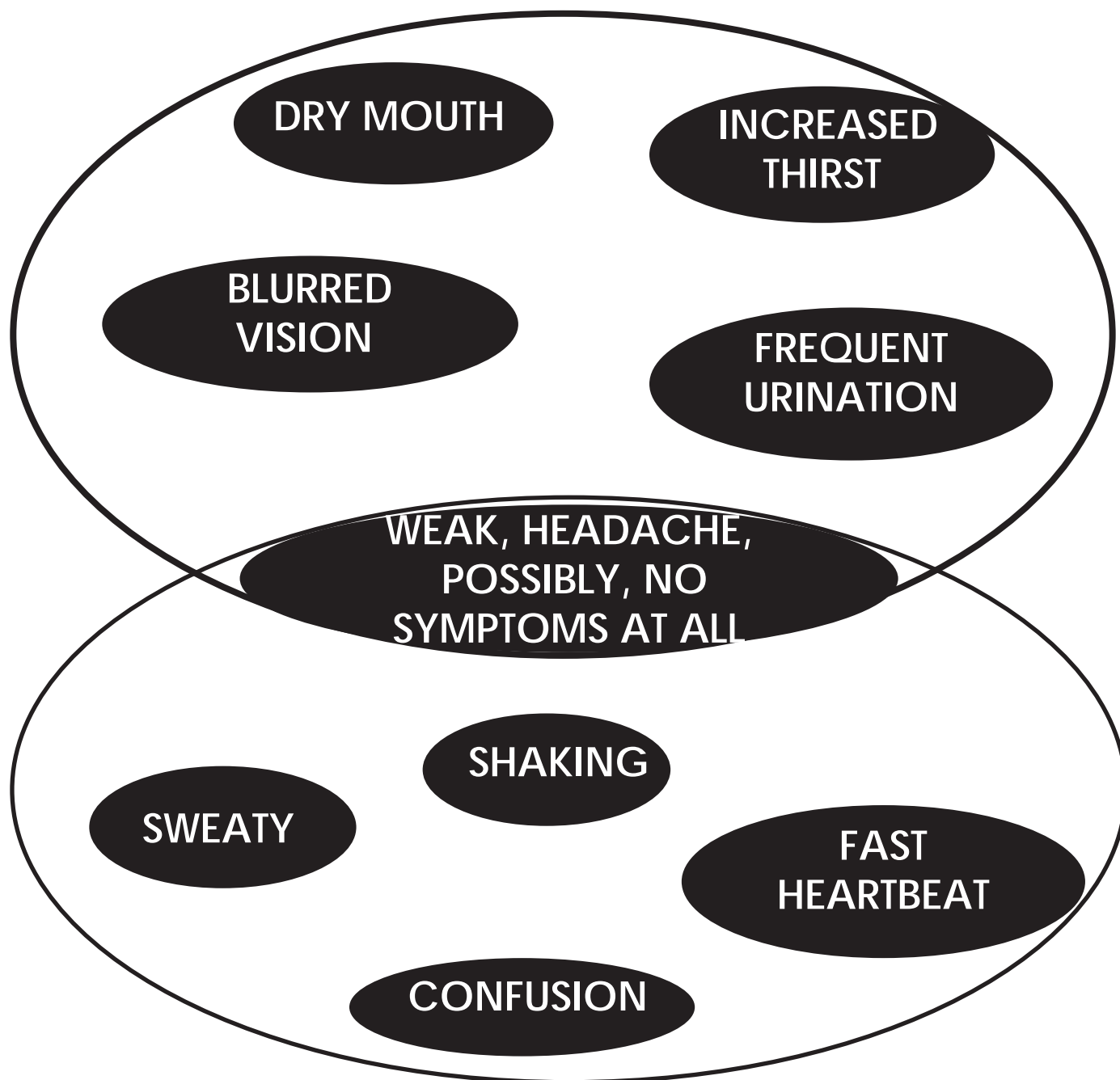
Some of the complications are:

- Heart disease
- Stroke
- Blindness
- Neuropathy (pain in feet & hands)
- Kidney disease and failure
- Losing body parts
- Losing your teeth
- Loss of feeling in genitals
- Serious infections
- Pneumonia
- Weak Immune System
- Pain
- Loss of mobility
- Early death
- Lower quality of life
- Glaucoma
- Retinopathy

Ignoring diabetes or pre-diabetes is definitely NOT the answer. The risks are great and there is no reward. Only 1/4 of Americans with diabetes control their disease. Why? Sometimes it is because of a lack of health insurance but usually it is avoidance behavior. Sticking with your current behaviors, even if you feel ok now, will only cause you and your loved ones pain and loss. Please, take it seriously and commit to making the changes you need to get control of your health.

SYMPTOMS OF HYPERGLYCEMIA VS HYPOGLYCEMIA

Hyperglycemia (HIGH blood sugar)



Hypoglycemia (LOW blood sugar)

WHAT YOU NEED TO KNOW ABOUT HYPER AND HYPO GLYCEMIA

If you take a look at the chart, you can see that HYPERGLYCEMIA is high blood sugar and HYPOGLYCEMIA is low blood sugar. When you are diabetic, either one can happen. Until you get your blood sugar regulated through diet, exercise, and possibly medication, it can fluctuate up and down. Knowing the possible causes of these fluctuations and what to do when it happens can help a lot.

HYPERGLYCEMIA can be caused by certain medications. Some medicines like cough syrup, liquid cold medications and other over the counter treatments can have high amounts of sugar or alcohol. These can cause your blood sugar level to get too high. Always read the labels on over the counter drugs to check if they affect diabetes. If you have a question, ask the pharmacist. They are experts on drug interactions.

Blood Glucose Chart		
Mg/dl	Min/Max Fasting	2 hours Post Meal
Normal	70 99	<140
Prediabetes	100 125	140 - 199
Diabetes	>126	>200
Mmol/l	Min/Max Fasting	2 hours Post Meal
Normal	4 6	<7.8
Prediabetes	6.1 5.9	7.8 – 11
Diabetes	>7	>11.1

Gestational Diabetes		
Fasting Mg/dl	2 Hours After Meals Mg/dl	A1c Or less
95	120	6.0

ALWAYS CONFIRM GOAL NUMBERS WITH YOUR PROVIDER!

The American Diabetes Association suggests the following targets for most non-pregnant adults with diabetes. A1C targets differ based on age and health. Also, more or less stringent glycemic goals may be appropriate for each individual.

- A1C: Less than 7%
- A1C may also be reported as eAG: Less than 154 mg/dL
- Before a meal: 80–130 mg/dL
- 1-2 hours after beginning of the meal: Less than 180 mg/dL

TREATING HYPER AND HYPO GLYCEMIA

HIGH BLOOD GLUCOSE- HYPERGLYCEMIA

Hyperglycemia means your blood glucose is too high (for example, a reading on your glucometer of 200+). You might experience:

- Increased thirst
- Increased need to urinate
- Tiredness
- Blurred vision

If you feel symptoms...
Always check your blood glucose right away. If it's too high:

1. Drink water or other sugar free liquids to stay hydrated
2. If you take insulin, you may need to take an extra dose. Ask your health care provider for instructions about taking extra insulin.
3. Check at least every 4 hours to make sure your blood glucose is going down. Call your provider if it doesn't go down after 2 checks or if you symptoms get worse.



LOW BLOOD GLUCOSE- HYPOGLYCEMIA

Hypoglycemia means your blood glucose is too low. (for example, a reading of 70 or less on your glucometer). A drop in glucose can happen very quickly. You might have:

- Sweating or cold, clammy skin
- Dizzy, shaky or tingly
- Hard, fast heartbeat
- Headache
- Confusion or irritability

If you feel symptoms...
Always check your blood glucose right away. If it's too low:

1. Eat or drink a fast acting carbohydrate. This could be 3-4 glucose tablets or 1/2 cup of fruit juice.
2. Check your blood glucose after 15 minutes. If it is still low, repeat Step 1. Check again in another 15 minutes. If it is too low, call your provider right away.
3. Once your blood glucose rises, eat a small snack if your next planned meal is over half an hour away.



HOW DID I GET DIABETES?

It is very important that you don't blame yourself for your illness. There are risk factors, yes, but that does not mean you got diabetes because you are a bad person or a weak person. There are a lot of myths about diabetes people believe are true. Some of them include:

Diabetes is caused by eating too much sugar or bad food.

It's the person's fault they got diabetes.

If I take medication for diabetes, I can eat whatever I want.

People with diabetes can never eat anything with sugar - even fruit.

Diabetics can tell when their blood sugar is too high or too low by how they feel.

All diabetics need insulin and it cures diabetes.

Have you heard any of these myths? Did you think they were true?

HERE IS THE TRUTH ABOUT DIABETES:

There are two types of risk factors for diabetes: Modifiable and Non-Modifiable.

Modifiable (things you can change) risk factors include weight, a sedentary lifestyle, diet, and smoking.

Non-modifiable risk factors for diabetes include race, age, and family history.

If you are heavier than you should be for your health, you can modify your weight with some changes in diet and some exercise/activity of your choosing. You don't have to do anything horrible or drastic. In fact, losing just 10% of your body weight can help you manage your diabetes. If you weigh 200 pounds, this is only 20 pounds! Not so very overwhelming when you think about it!

If you sit a lot, you can add a few activities to your life that will help you get control of your health. You can walk, swim, dance, play, you can even do some simple exercises from being seated if you have mobility issues (see pages 94-97). Again, not so terribly overwhelming. Just 1/2 hour a day of movement can make a HUGE impact on your health.



SMOKING & DIABETES

If you smoke, quit. Quit and keep quitting until it sticks. Quitting smoking is not easy. You can ask your healthcare provider for medication to help you. Consider calling 1-800-QUIT NOW to get help.

The nicotine will be out of your system in a matter of days. It is the habit part that is hard to break. Think about trying a new habit (but not one involving food). Here are some ideas.

- In the time you would normally smoke, take a walk
- Put your cigarette money in a "do something fun" fund
- Drink water when you want to smoke
- Chew sugar free gum
- Develop a hobby that uses your hands like painting, drawing, needlework, crochet or knitting
- Take up gardening
- Do a paint by numbers
- Research the places you will travel with your cigarette fund

You already know smoking is bad for your health. But it is **EVEN WORSE** for people who have diabetes. It even increases the chance you will develop diabetes in the first place by 30 - 40%.

16,000,000 cigarette smokers in the US have a smoking related health condition. There are 30.8 million smokers so this is pretty significant.

Smoking raises blood sugar, can make diabetes medications less effective, it accelerates vascular damage, and is the leading cause of preventable death in the US. It's time to quit for yourself and for the people you love.



DEALING WITH DIABETES

Dealing with diabetes can be stressful and overwhelming. It is ESSENTIAL that you keep in touch with how you are feeling emotionally. Stress can derail your goals, cause you to give up, and raise your blood sugar. You can experience burnout when you just get tired of managing your health.

Here are a few ways to keep in touch with your feelings and move on from stress and burnout:

Identify the cause. Try to pinpoint what is causing the stress

Decrease your stressors. Is it possible to change any of the causes? Focus on what is the most important to you. Think about your WHY. Ask for help and support.

Do one thing at a time. Overwhelmed? Break it down into manageable chunks! Take time to do things you enjoy. Make time for fun and relaxation. Even a small amount of time spent having fun is helpful.

Move your body. Physical activity - even just getting outside for a walk around your yard can help. Dance in your house! Pick up that hair brush and use it as a microphone to belt out your favorite song.

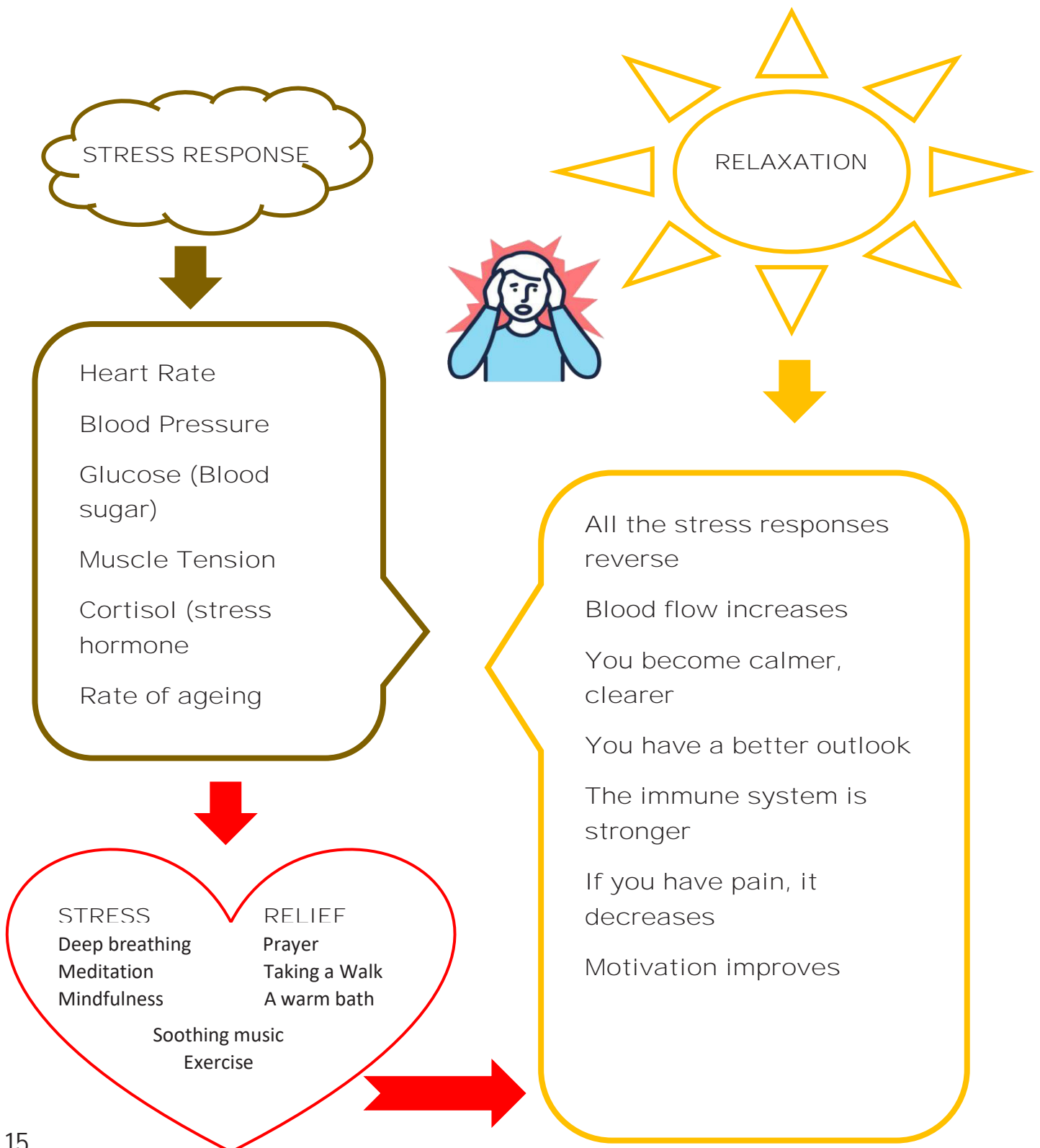
Get support. Your friends and family love you and they want you to succeed. Talking to others can be helpful. If you are feeling hopeless, call a professional therapist.

Be kind to yourself. You are doing the best you can do RIGHT NOW. A few hours or even minutes from now, your whole attitude can change. Acknowledge your feelings and let them float away.

Celebrate your success. Be sure to celebrate all your wins- small and large!

**Life Line Suicide Prevention Hotline
800-273-8255**

STRESS RESPONSE



***How do you feel when you are getting stressed? Write down a few of the ways you can tell you are getting stressed.
Being aware can help you to relax.***

Are you in the present moment or are you thinking about something in the past or future?

Do you feel overwhelmed?

Do you fall asleep easily at night?

Do you sleep a full 7-9 hours every night?

Are you having headaches or muscle tension and/or pain?

Are you having difficulty staying focused or concentrating?

Do you feel like withdrawing from family and friends?

Are you getting angry or irritated easily?

Keep in mind, stress reactions are different for everyone. Your stress symptoms may be different. The important thing is to realize you are stressed and take steps to become calm and centered.

Stress can be a huge factor in fluctuating blood sugar. What are some ways you can lower your stress levels? Circle a few to keep in mind next time you feel stressed. Put a double circle around some you might want to try.



Can you think of some more ways to soothe yourself? Write them down so you don't forget!

GOALS AND ATTITUDE

Your attitude about your health is a key to achieving a healthier lifestyle. A positive attitude will help you not only with this aspect of your life but with your entire life. Of course, no one is happy all the time. Sometimes, life can be a challenge but if you focus on the belief that you can OVERCOME any challenges you face, you will succeed!

Do you always look for the positive things in life? Test yourself. Think back over the last 24 hours. Make a list of all the things — both good and bad — that have happened to you in the past day. Which list is longer? Did you list things like waking up, having food to eat, having clothes to wear, and having a place to live? Look at your list of bad things. Is there any way to put a positive spin on those events? Do any of the black clouds have a silver lining?

Good Things

Not-so-Good Things

Knowing what is going to be the most challenging for you personally can help you. If you recognize the challenge, you can figure out the action steps you need to beat the challenge! It will also show you what is going to be pretty easy! That can give you a big boost because you will know that not everything will be difficult.

***Take a few minutes to look over this check list.
Rate the items with an C for Challenging, D for
Doable, and NP for no problem!***

- | | |
|--|---|
| _____ Add more vegetables to my diet | _____ Add more berries to my diet |
| _____ Move my body 10 minutes a day | _____ Focus on the nutrition in food |
| _____ Keep track of what I eat | _____ Move my body 15 minutes a day |
| _____ Find some diabetes friendly recipes to try | _____ Get excited about my journey to better health |
| _____ Ask for help when I need it | _____ Set goals for myself that I can achieve |
| _____ See my healthcare provider regularly | _____ Enlist my friends and family for support |
| _____ Check my glucose levels regularly | _____ Find healthy ways to deal with stress and anxiety |
| _____ Take my medication (if any) as prescribed | _____ Move my body 30 minutes a day |
| _____ Plan my meals and snacks | |

Have a look at how you rated these items. What is going to be hardest? Easiest? Where do you think you will need support and where can you get it? If you know where you need help, it makes it much easier to find. Use this space to make a few notes to inspire yourself!

Did you learn anything new about yourself? How much do you think you have to change the way you think about life to have a positive attitude?

A True Story:

A 6 year old girl loved basketball. Her Auntie took her to the playground every day after school so she could practice shooting baskets. She did well except for free throws. She grew frustrated after trying and trying and not being able to make a shot from the free throw line. On their way home, her Auntie told her, "When you are in bed tonight getting ready to go to sleep, picture yourself at the free throw line. Envision tossing the basketball into the air and see it go into the basket." The little girl scoffed but agreed to try.

The next day they went to the playground as usual. The little girl stepped up to the free throw line, shot the basketball into the air and watched as it went right into the basket. She exclaimed, "It worked, Auntie! It worked!"

To make a new healthy habit:

1. Decide on a goal - be sure it is a manageable goal
2. Choose a daily action you will do to achieve your goal
3. Plan when and where you will do this daily action - a time and a place
4. Every time you encounter this place and this time, do the action. Within 10 weeks, it is very likely it will become a habit.

An example of a daily action towards a goal:

My goal is to eat a healthy diet with more fruits and vegetables.

My plan is to eat a piece of fruit after I finish lunch every day.

Every day (where) after lunch (when) I will eat a piece of fruit.

You can track your progress on the "Tracking Your Progress" form on page 29.



You CAN Achieve your GOALS!!!!

What are the characteristics of a goal?

- **A goal is something you WANT to achieve**
- **A goal is a VISION of your FUTURE**
- **A goal is TIME SENSITIVE**
- **A goal is LARGE and can be broken down to action steps**
- **A goal gives you a SENSE OF DIRECTION**
- **A goal sees the BIG PICTURE**
- **A goal is MEANINGFUL to YOU**

Developing meaningful goals:

- 1. Write down your goal(s)**
- 2. Make them visible**
- 3. Break down the action steps needed for success**
- 4. Develop a plan**
- 5. Take action**
- 6. Keep perspective**
- 7. Identify obstacles and how you can overcome them**
- 8. Be accountable**
- 9. Ask for support**
- 10. Reflect and Adjust**

Self-Sabotage: Getting out of Your own Way

Self-sabotage happens when we have to do something that doesn't align with our own values or it is something we really don't want to do. If you aren't ready, it probably isn't going to happen.

To identify self-sabotage behavior, ask:
"I want to achieve (goal), but I keep doing (behavior)."

Common Self-Sabotage Behaviors:

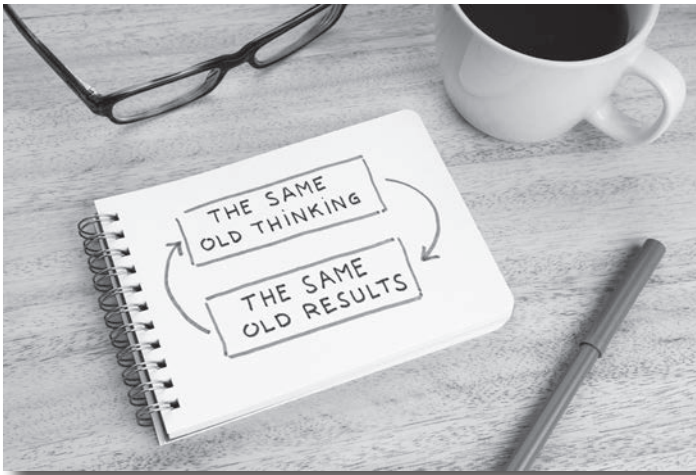
- Perfectionism
- Moderation- difficulty setting boundaries
- Running on empty- neglecting self-care
- Procrastination - lack of self-confidence
- Lack of communication - not reaching out for help
- Negative self-talk
- Reluctance to speak up for yourself
- Pointing fingers - the blame game

HOW TO STOP!

1. Develop self-awareness: Ask yourself why?
2. Write it Out: write in a journal, ask why?, identify patterns
3. Create a plan and do it: How will you address your self-sabotaging behaviors?
4. Practice mindfulness: Self-defeating behavior patterns can be difficult to break
5. Communicate: Both simplest and scariest
6. Keep working on yourself because you are worth it!!

Self-sabotage is when we say we want something and then go about making sure it doesn't happen.





Steps to Help you BE POSITIVE to Achieve Your Health Goals!

Change your Thinking to Change Your Life

1. Stop negative Self Talk: We can be our own worst enemies. We constantly tell ourselves we aren't good enough. Try to notice when this happens and change the topic.
2. Make a list of the things you admire about yourself. Look at it every day.
3. Set realistic goals for yourself.
4. Accept that change is part of life. It is neither good or bad.
5. Try to find the silver linings. Mr. Rogers' mother told him that when terrible things happen, you can always see the helpers. She advised him to "look for the helpers" to help him deal with terrible things. Excellent advice!
6. Don't give up when you have set backs. Just keep trying until you are successful. You can't have success if you don't keep trying.

GROW YOUR GOAL

You can use "Grow Your Goal" to help you identify your goals and how to achieve them. Or use another tool. Many roads lead to the same destination.

G STANDS FOR GOAL

Where do you want to be?

Describe what it would look like to achieve your goal and be where you want to be:

How many steps do you think it would take to achieve this goal? What are they?

On a scale of 1 - 10 (10 being the best), how confident are you of success?

GROW YOUR GOAL

Are there bigger goals you could reach if you achieve this one?

R STANDS FOR REACH

Where are you right now in relation to this goal?

What strengths do you have that could help you achieve this goal?

What obstacles might come up for you when reaching for this goal?

GROW YOUR GOAL

How can you overcome these obstacles that might come up for you?

O STANDS FOR OPTIONS

What are some of the options you have for reaching your goal?

Which choice makes you feel like you can succeed?

How will you strengthen this choice for yourself?

GROW YOUR GOAL

W STANDS FOR WINNER

What is your first step towards being a winner and achieving your goal?

When will you know you have won?

How can you keep feeling like the winner you are?

How will you continue to hold yourself accountable for reaching your winning goal?



GOAL LADDER

Once you identify some goals, you can use the Goal Ladder to help you focus on action steps.

Big Goal

Date to achieve

Action Steps	Date to achieve
Evaluate & Adjust	
Evaluate & Adjust	
Evaluate & Adjust	
Evaluate & Adjust	
Evaluate & Adjust	
Evaluate & Adjust	
Evaluate & Adjust	
Evaluate & Adjust	

TRACKING YOUR NEW HABIT PROGRESS

	WK 1:	WK 2:	WK 3:	WK 4:
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
Done >5 days yes or no				
How automatic did it feel? Scale of 1-10				

NOTES – How are you feeling? What roadblocks have you encountered? How could you get past these roadblocks?



**PART 2:
MONITORING &
MEDS**

**MONITORING
DIABETES**

**YOUR HEALTH
CARE TEAM**

**MEDICATION AND
HERBAL
SUPPLEMENTS**



GLUCOSE TESTING & MEDICATIONS

Along with nutrition, taking your prescribed diabetes medication exactly as instructed is a big part of controlling your blood glucose. You can't take your friend's medication. You can't substitute your medication for something else. If you make a change to your diet, the amount of exercise you get or are prescribed another medication, **LET YOUR HEALTH CARE PROVIDER KNOW.**

Here is an example for you.

Julia takes a Diabetes Self-Management class. She has been prescribed Metformin to help control her diabetes. As she learns more and more about how to self-manage her diabetes, she gets very excited and makes some major changes to her diet and begins to walk 30 minutes every day. Because she takes medication to keep her blood glucose low and she then adds dietary changes and exercise which also keep blood glucose low, she suffers a hypoglycemic episode and has to go to urgent care. By making healthy lifestyle changes without getting a change in dosage for her medication, she lowered her blood glucose too much.

This is why it is **SO IMPORTANT** for you to contact your provider when making any big changes.

MONITORING BLOOD GLUCOSE

You cannot tell what your blood glucose levels are by how you are feeling. You may be able to tell if you are hyper or hypo glycemic but even then, the symptoms may not be noticeable. The **ONLY** way to be sure what your blood glucose levels are is to monitor them. It is essential for diabetes care. The numbers determine if you need to make changes in diet or exercise and determine how your medication (if any) is working.

There are several different ways to test your blood glucose regularly:

1. Blood Glucose Meter (aka Glucometer)

This is the most widely available and affordable option. To use this device, you'll insert a test strip into the meter. You'll prick your finger to retrieve a sample of blood, and then place the sample on the edge of the test strip to check your blood sugar.

Glucometers are convenient because they're small and portable, allowing you to use them anywhere. Your blood sugar results are also accurate and instant.

2. Continuous glucose monitor (CGM)

You can also use a continuous glucose monitor (CGM) to check your blood sugar. Continuous glucose monitoring provides real-time glucose, or blood sugar, readings every few minutes. These systems involve the insertion of a tiny sensor underneath your skin (usually in the abdomen).

This sensor measures your interstitial glucose level, and then sends the information to a pager-like monitor, or an app on your phone. An alarm sounds if your blood sugar becomes too high or too low.

Even though continuous glucose monitoring systems place a sensor under the skin, most still require a finger prick at least once a day to calibrate the device.

3. Freestyle Libre

The Freestyle Libre system is another way to check your blood sugar. While this method has certain features in common with a CGM and a meter, it stands out for one reason: It doesn't require a finger prick.

You'll still have a tiny sensor inserted underneath your skin with the Freestyle Libre. It's different from a CGM in that you won't get continuous readings. But, rather than prick your finger, like you would with a meter, you'll use a reader to scan the sensor when you want to check your blood sugar level.

4. Urine test

Urine is another way to measure sugar levels. This involves inserting a test strip into your urine. The problem is that test strips can only detect sugar in your urine — they can't provide an exact blood sugar reading.

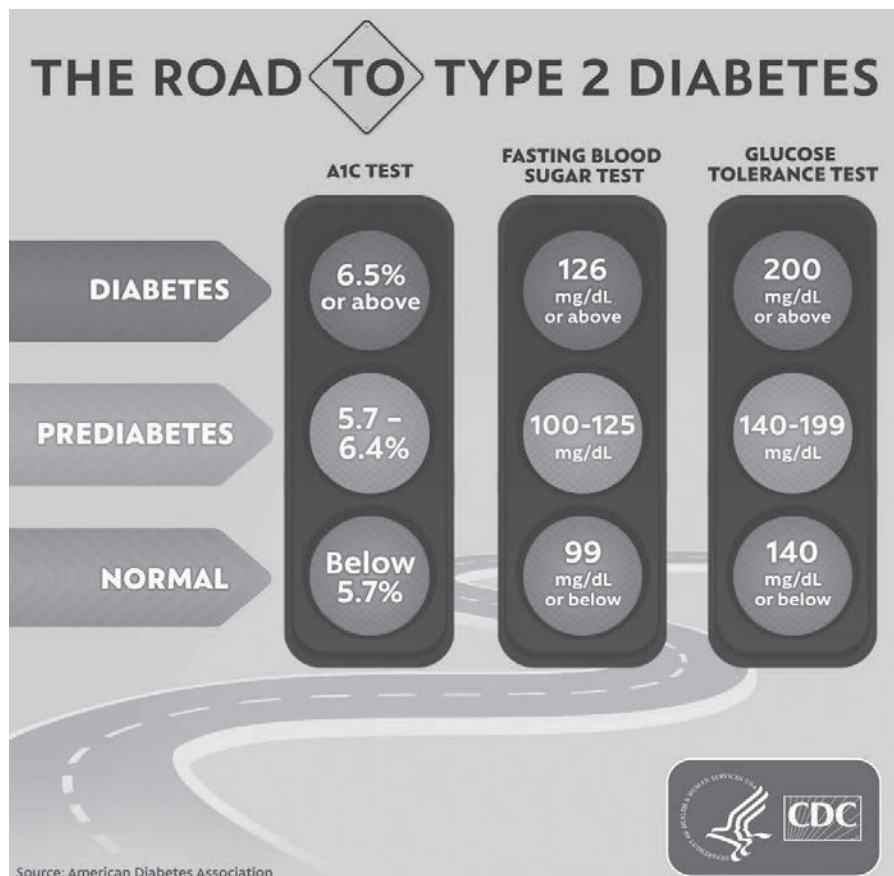
Unfortunately, this method of checking blood sugar isn't convenient since you'll need a container to collect the urine. Also, it only works when urine hasn't been sitting in your bladder for too long.

Your best bet is to discuss options with your healthcare provider. You can decide together what the best option is for you and your lifestyle.

In Conclusion:

There are a lot of Blood Sugar logs you can choose from online. We have included two on the following pages. Your healthcare provider can help you determine when to test so you have guidelines. Be sure to bring the log to any appointments you have with your provider.

Remember, every body is different. What causes a spike in blood sugar for one person can be ok for another. The only way to know for sure is to keep testing your blood glucose and compare the results with what you are eating, how much exercise you got and how you are feeling. Stress and illness really mess with blood sugar for pretty much everyone.



Basic blood glucose logbook

Date	Time	Blood sugar	Comments

Date	Time	Blood sugar	Comments

Target Ranges:

Fasting _____ to _____

Premeal _____ to _____

Post meal _____ to _____

Testing Times:


Fasting _____

Premeal _____

Post Meal _____

FOOD AND EXERCISE LOG

DATE: _____

Meal	Item / Amount
Breakfast	
Lunch	
Dinner	
Snacks	
Water	

Minutes	Physical Activity (Cardio / Strength / Flexibility)

Blood Glucose Levels			
Breakfast	Lunch	Dinner	Other

Notes

TIPS FOR STAYING MOTIVATED



1

Instead of thinking “I have to manage my diabetes to control possible complications forever,” focus on the PRESENT. What makes you happy right now? How does managing your diabetes support what makes you happy? For example, if your kids make you happy, focus on staying healthy to enjoy your time with them. When your blood sugar is out of whack, you feel grumpy, tired and sick. You deserve better and so do your kiddos.

2

Remember, your blood glucose readings are for information. You will probably have some high readings. Don't get discouraged. When your numbers are within your target range, take the credit! When they are too high or too low, blame the diabetes and make better choices tomorrow. Don't give up! Go back and read the “Self Sabotage” information page 22 for some added support.

3

Think about how your loved ones can help support you. They share in your successes and can motivate you when you have the occasional slip. Be open and honest about what is going on with you. Diabetes is challenging both physically and mentally. You need all the support you can get. If you can't find it locally, check online for support groups. This can be a big help.

4

Make your goals very public. You set some earlier. Write them down and post them where you will see them. Let your family know what they are so they can support you. Celebrate every small success! YOU DID IT!

5

Remember how lucky you are! I know, you're thinking, “Lucky? Are you joking?” But, you live in a country where diabetes is NOT a death sentence. You are here because you have been diagnosed and you are seeking the information and tools to manage your diabetes. You are working with your healthcare provider to get better! Some places, that isn't possible.

WHEN YOU ARE SICK

Illness can cause all kinds of fluctuations in your blood sugar. It is essential to take precautions when you don't feel well.

TYPE 1 Diabetes: Check your blood sugar every 2-4 hours. If your blood sugar is consistently high (above 250) after 2 or 3 checks, call your healthcare provider or seek care immediately.

TYPE 2 Diabetes: Check your blood sugar every 4-6 hours. If blood sugar is high (above 250) for 2 or 3 checks, call your healthcare provider for instructions.

Medications: Generally, you should continue taking all your medication when you are sick. Discuss with your provider what you should do if you are not able to tolerate food or drink.

Avoid Dehydration: High blood sugar, fever, diarrhea and vomiting can lead to the loss of too much body fluid. Dehydration symptoms include: dry mouth, decreased or dark urine, thirst, dry, flushed skin. Try to drink fluids every hour while you are awake. It might be easier if you are nauseous to take small sips of fluid every 5-15 minutes.

CALL YOUR HEALTHCARE PROVIDER IF:

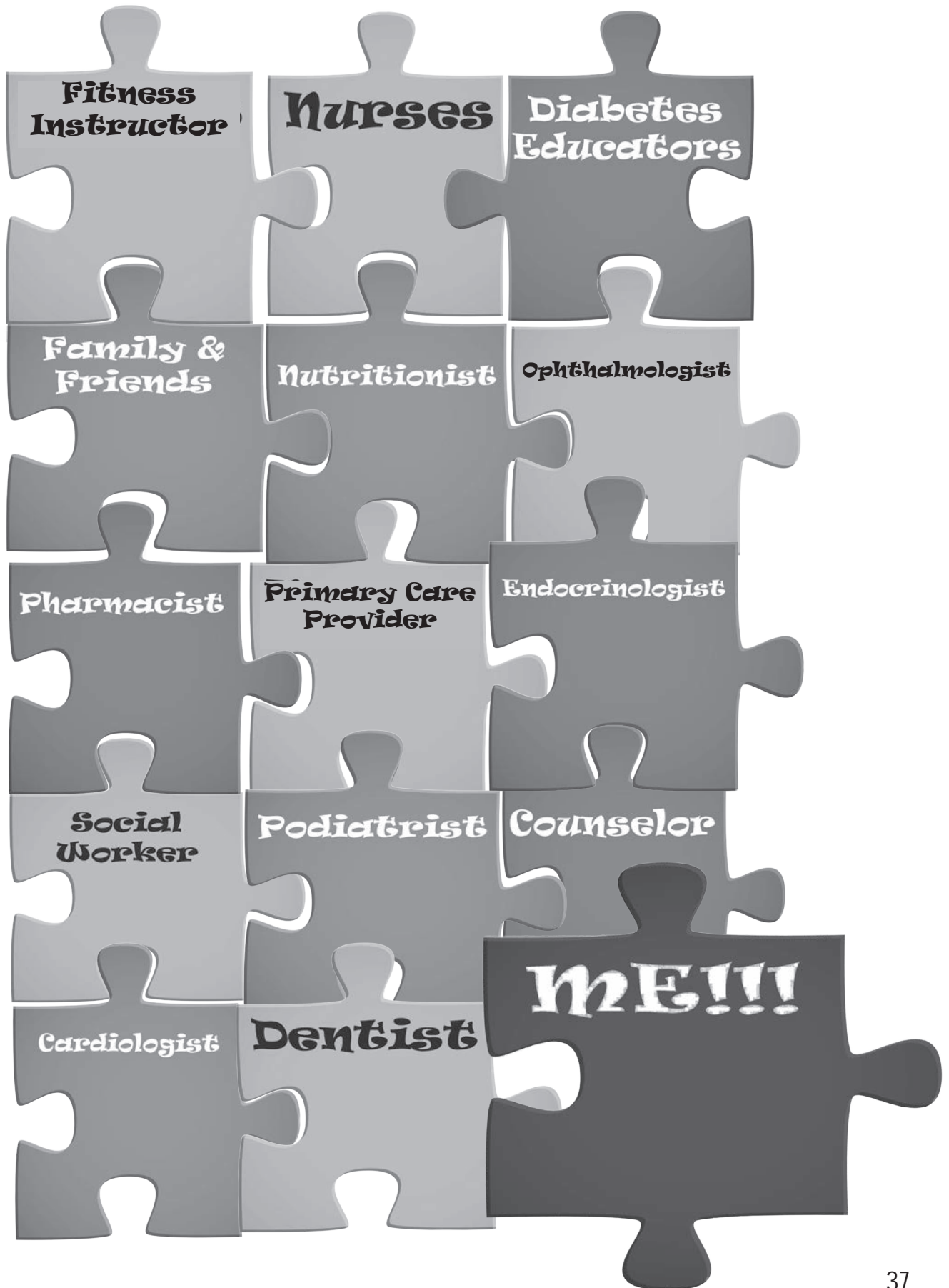
- Your fever is 100 or more
- You are vomiting or have had diarrhea for more than 6 hours
- Your blood sugar is above 250 for 24 hours
- Your blood sugar is above 300 twice in an 8 hour period
- You find ketones in your urine (Type 1)

SEEK IMMEDIATE CARE FROM 911 OR GO TO AN EMERGENCY ROOM IF:

- You cannot keep food or fluid down
- You have trouble breathing
- You are drowsy or confused
- Your eyes and mouth are dry
- You experience irregular or fast breathing, fast heartbeat and low blood pressure



THE HEALTH TEAM PUZZLE



Notice which piece of the Health Team puzzle is biggest? That's right, YOU! Ultimately, it is up to you to manage your health care. You need to make the appointments, you need to keep track of your test results, you need to provide the blood glucose log (and any other important information) to your team. You have a lot of support but YOU are the team captain!

The Road to Better Health: What to check when



Have your eyes checked **every year** to be sure your eyes are healthy.



It is very important to see a podiatrist **yearly**. They can tell you if your feet are healthy and will know if you are having any vascular problems



See your dentist at least **twice a year**.



See your health care provider or go to an urgent care or Emergency Room. Quick action is essential to maintaining your health.



Not feeling well?

Yearly Blood/Urine Tests:

- A1c
- Cholesterol HDL and LDL
- Liver Panel
- Kidney check
- Urine Check



Review results with your Primary Care Provider and determine next steps. See your PCP **every 3 to 6** months. The visits will be less frequent as you learn what to do for your health.



THE GOAL NUMBERS

Blood Pressure:	120/80	
Triglycerides:	200	
LDL Cholesterol	Less than 100	
HDL Cholesterol	50 or more	
Glucose Levels	Fasting 80-100	2-3 Hours After Eating 140 or less
A1c	7% or less	

*Your Primary Care
Provider can help you
determine how
frequently to get
medical tests*

Definitions:

Blood Pressure:	The amount of pressure your heart uses to pump blood 120 is systolic: pressure in your arteries during heart contraction 80 is diastolic: heart muscle between beats
Triglycerides:	The amount of fat in the blood
LDL Cholesterol:	"Bad" cholesterol - indicator of cholesterol build up in arteries
HDL Cholesterol:	"Heavenly" cholesterol - carries LDL cholesterol out of blood
Glucose:	Blood sugar
A1c:	Average blood sugar over 2 to 3 months

Remember, if you don't reach these perfect numbers, don't be discouraged! Just make better choices tomorrow!

I will contact my Health Care Provider if.....

- I make any big changes to my diet or exercise routine
- My blood glucose levels are swinging up and down even though I am eating the way I should
- I feel that my medication is making me feel worse (read the information provided with your prescription so you know about possible side-effects)
- When I am given another prescription from a different provider
- If I plan to get pregnant or become pregnant without planning to be
- I am having trouble with my glucometer and am not able to get a good glucose reading



GETTING THE MOST OUT OF YOUR HEALTH APPOINTMENTS

No matter how well versed you are in your situation, the doctor's office can be a place where you forget your own name. Being prepared with goals, symptoms, concerns and questions can help you get the most from your appointment. Here is a sample format that you can use or you can use the form on the next page.

- Goal(s) for this appointment
- Symptom(s) I have
- Concern(s) I want addressed
- Question(s) I want answered
- Numbers for the doctor — this may involve things like bringing your glucose monitor, or a log of when/how often you use your inhaler, or anything else that the doctor has requested or that you think might be helpful.
- Research — You can print out (or save on your phone or tablet) any research that you think you might want to bring up.

Picking the right team, and then working to communicate with them, is what being your own advocate is all about.

Remember, your health care team works for YOU. Without patients, they would have no business. You have every right to ask questions, take as much time as YOU need, and research procedures or tests before you agree to have them done. You know your body best and you know what you need. You are your own best friend!

7 QUESTIONS TO ASK YOUR HEALTH CARE PROVIDER

1. How frequently and at what times should I test my blood sugar?
2. I am making the following changes to my diet/exercise habits. Is there anything I should know?
3. Discuss: What method of blood glucose testing would be best for YOU
4. Discuss: Target Goal Numbers for blood glucose, A1c, blood pressure, etc.
5. How frequently to get tests like A1c, cholesterol, etc.
6. Possible drug interactions: prescription, over-the-counter, herbal, homeopathic.
7. What should I do when I am sick? Take my medication? Do something different?

The form on the following page could be useful to you in planning for healthcare visits.

Medical Team Appointment Checklist

Blood Glucose Testing Results for at least one week

Questions to ask:

1. _____

2. _____

3. _____

4. _____

5. _____

Results of any research you may have done on the internet or at the library

Pen to take down any notes

Tests (check the ones you feel you need):

- | | |
|---|--|
| <input type="checkbox"/> A1c (2 times per year) | <input type="checkbox"/> Oral Glucose Tolerance Test |
| <input type="checkbox"/> Urine Test (albumin, once per yr.) | <input type="checkbox"/> Ketone Tests (if levels +240) |
| <input type="checkbox"/> Cholesterol (once per year) | <input type="checkbox"/> Blood Pressure (frequently) |
| <input type="checkbox"/> Foot Exam (every visit) | <input type="checkbox"/> Eye Exam (once per year) |

NOTES: _____

Provider Visited: _____

Date: _____

Next Appointment Date: _____

There are two major ways to treat diabetes with medication. One is insulin. People who cannot produce insulin (usually Type 1 diabetics) will likely have to give themselves insulin injections. It may also be done with a pump or an inhaler. It is crucial to monitor blood glucose to make sure the insulin is doing what it should do and your blood glucose is not going too low.

NEVER, EVER TAKE SOMEONE ELSE'S MEDICATION OR MEDICATION THAT WAS NOT PRESCRIBED TO YOU. THIS CAN BE VERY DANGEROUS!

Those with Type 2 diabetes may be given oral medication(s) to keep blood glucose within an acceptable range. There are numerous types of diabetes medication.

Please note, even if your blood glucose is being maintained by medication, if you are not providing yourself with the proper nutrition, you can still do damage to your body.

YOUR PHARMACIST IS THE ABSOLUTE BEST PERSON TO EDUCATE YOU ON BOTH PRESCRIPTION AND OVER THE COUNTER MEDICATIONS. THEY KNOW ABOUT POSSIBLE DRUG INTERACTIONS, SIDE EFFECTS AND LOTS OF OTHER DRUG RELATED INFORMATION! ASK THEM QUESTIONS.



CHOOSING THE RIGHT OVER THE COUNTER DRUGS (OTC) AND HERBAL MEDICATIONS

Choosing the right OTC medication can be challenging for people with diabetes because many contain sugar and carbohydrates which may affect blood glucose levels. They may also contain ingredients which could interact with your prescription medication (if any).

ALWAYS READ THE LABEL. It should have a warning for people with diabetes. Check the ingredients for sugars. Ask the pharmacist. If you aren't sure, don't take the medication until you are certain it will not cause medical issues for you.

Over the counter and herbal medications may effect your blood glucose levels. Cold and flu medication is frequently full of sugar. Using these medications, on top of being sick already can be dangerous.

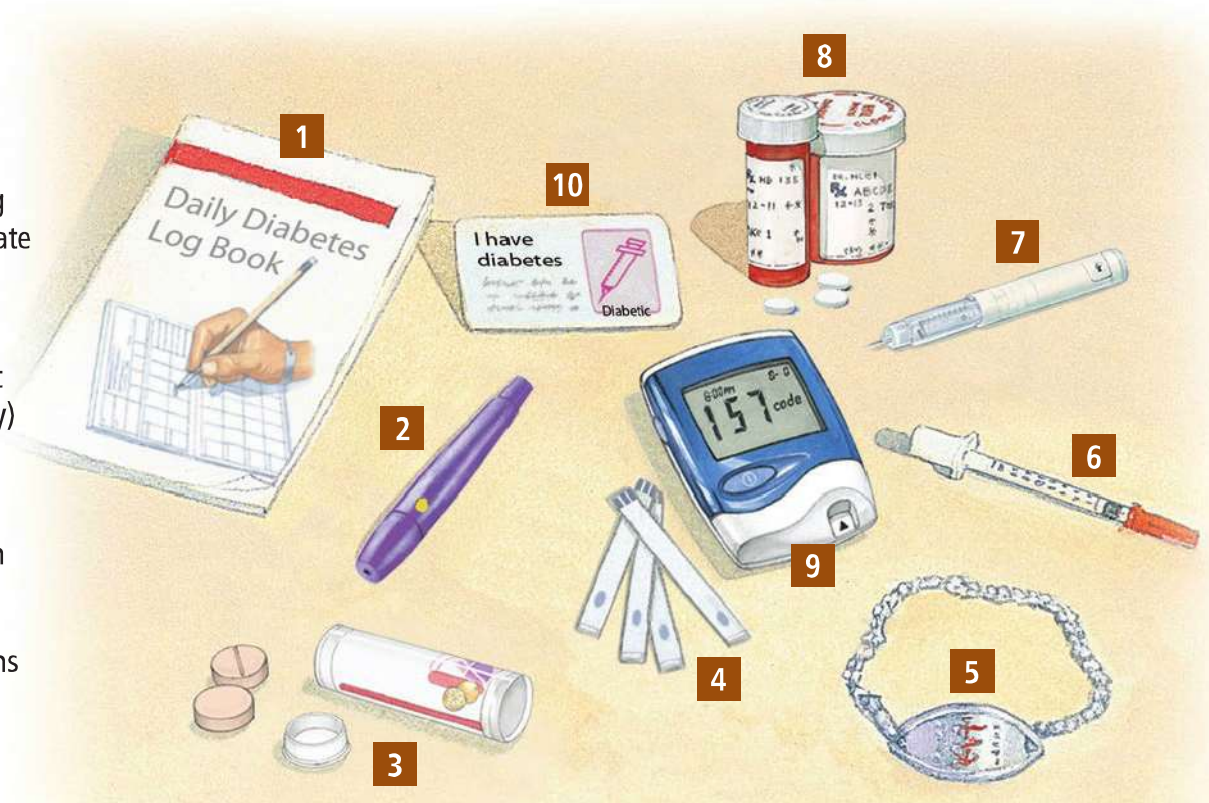
Read your labels. Your pharmacist will be the most knowledgeable person to ask about possible drug interactions. They can suggest OTC medications that will work well for you and should know what herbal remedies you should avoid. Just ask. That's what they are there for!



My Diabetes Tool Kit

Keep track of your blood glucose supplies and medications by creating a diabetes kit. A small makeup or travel bag makes an ideal “diabetes tool kit.” Include the supplies shown below, as needed. And don’t forget to include any other medications you take for diabetes-related conditions.

- 1 Log book
- 2 Lancet
- 3 Fast-acting carbohydrate
- 4 Test strips
- 5 ID bracelet (wear daily)
- 6 Syringe
- 7 Insulin pen
- 8 Diabetes medications
- 9 Meter
- 10 ID card



Don't forget any other medications you take!

In Case of Disaster

Be prepared for an emergency. Keep an insulated, waterproof diabetes disaster kit ready. Include all the same items as in your diabetes tool kit. A disaster kit should also contain prescription numbers, medication lists, and photocopies of recent lab results. Be sure to update this kit at least twice a year.

It is a good idea to wear a Medical Alert bracelet at all times. If something happens and you arrive at a hospital unconscious, knowing you have diabetes is very important information for healthcare providers to have.



**PART 3:
EATING WELL
WITH DIABETES
LABELS**

**EXPLORING FOOD
ISSUES**

NUTRITION

**HOW TO EAT WELL
WITH DIABETES**

FOOD - A FOUR LETTER WORD

Almost half of Americans (46%) eat an unhealthy diet. 41.9% of Americans are obese. The average American household spends 10% of their income on fast food. 80% of Americans don't eat enough fruits, vegetables and whole grains to provide all the nutrients their bodies need. We spend 33 BILLION dollars on weight loss products every year. It's pretty obvious that most of us have some issues around food.

Our culture is very food oriented. Holidays and birthdays are centered around food. Unhealthy food choices can appear to be cheaper than healthy choices. Fast food is EVERYWHERE. The fast food industry in the US makes nearly 279 BILLION dollars a year. Advertising focuses on unhealthy food and unhealthy diet plans to make up for eating the unhealthy food.

Food packaging is misleading. The definitions for words like "All Natural" and "Made with Fruit" can be misleading. Following are some clarifications about advertising labels on food packaging.

Reading the nutrition label is your best bet. While not perfect, they will help you see what is in the food you are about to buy.

IF YOU DO RESEARCH

With the Internet, research is a breeze. It's so rewarding to find studies proving what you believe. But, be careful. Some studies - especially food and drug studies - can be skewed.

For example, the American Society of Nutrition is a highly regarded organization. You can trust their studies, right? Not really. A recent study on the effects of beef on cholesterol showed there was no discernible effect. What? A closer look finds this organization and the study are funded by the sugar industry, the corn syrup manufacturers, the soda industry, big dairy, beef, and pork.

So, how did they get this result? They compared beef to chicken and fish - not to no beef at all.

Always be sure to check who is funding a study before you believe what it says! Happy fact hunting!



MISLEADING LABELS – Don't be Fooled!

sentientmedia.org

1. Label Says "Sugar-Free"

- Can contain up to 0.5 grams of sugar per serving
- May have added fat to make up for taste and texture



2. Label Says "Fruit-Flavored"

- Does not indicate any real fruit was used in the making of the product
- Generally flavored with chemicals

3. Label Says "Gluten-Free"

- Contains less than 20 parts per million of gluten
- Label is voluntary



4. Label Says "Light"

- Only in comparison to the average of this type of food
- Can be extremely misleading



5. Label Says "Low-Calorie"

- Must have 40 calories or less per reference amount than the average type of this food

6. Label Says "Low-Carb"

- This label can be used on literally any food
- Zero regulation



7. Label Says "Low-Fat"

- No more than 3 grams of fat per 50 grams
- For meals and main dishes, no more than 30% of calories come from fat

8. Label Says Made With Whole Grains

- Means very little
- Could be whole grains but have been refined into flour



9. Label Says “Multigrain”

- Made with more than one grain – all could be refined

10. Label Says “Natural”

- Means nothing
- Can be put on any packaging



11. Label Says “No Cholesterol”

- Cannot contain more than 2 milligrams of cholesterol per serving size
- Cholesterol containing ingredients may be used in cholesterol-free foods

12. Label Says “Organic”

- Should adhere to strict regulations regarding pesticide and fertilizer use
- Does not mean the food is necessarily higher quality or healthier

13. Label Says “Zero Trans Fat”

- May contain up to 0.5 grams of trans fat per serving



How to Read Food Labels Without Being Tricked

- Ignore Claims on the Front of Food Packaging
- Study the Ingredients List
- Look at the first few label ingredients – this is the bulk of what is in the food
- Products that have whole foods listed at the beginning are likely healthier
- Watch Out for Serving Sizes
- There are 56 different names for sugar seen on food labels
- Beware the “syrup”

An Easy Solution?

Choosing healthy foods at the grocery store can be challenging, especially when the average consumer is up against a multi-billion dollar marketing industry with expertise in selling products and misleading shoppers. One of the best ways to ensure that you’re eating a healthy diet is to avoid processed foods altogether, and instead seek out primarily **whole foods and plant-based foods** such as products made with 100 percent whole grains, fruits, and vegetables.

A Guide to Reading Food Labels

Reading food labels can help you make wise food choices. Most foods list nutrition information on the package label, called Nutrition Facts. These facts can help you compare foods and choose the healthiest option.

Sample Label

1 Serving Size

2 Calories

3 Limit These Nutrients

4 Get Enough of These Nutrients

5 Percent Daily Value

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 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 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

6 Understanding the Footnote

Make healthy choices easier by understanding the sections of the Nutrition Facts label.

1 Serving Size

The serving size is a measured amount of food. In the sample label, the serving size is one cup, and there are two servings per container. If you ate the whole container, you would eat two cups, which doubles the calories and other nutrient numbers. Check the serving size on food labels to determine if the number of servings you are eating is smaller or larger. This will help you stay within your daily calorie goal.

2 Calories

The number of calories is the total amount of energy the food provides. Pay attention to calories. If you eat more calories than your body uses, over time you will gain weight. Another important part of the label is the number of calories from fat. You should limit the number of calories from fat to 20-35% of your total daily calories. In the sample label, there are 250 calories in one serving and 110 calories from fat. This means almost 50% of the calories in a single serving of this food come from fat. Due to its high fat content, this food is not a healthy choice.

3 Limit These Nutrients

Americans typically eat too much saturated fat, trans fat, cholesterol, and sodium, which can increase the risk for heart disease, cancer or diabetes. Total fat is important to watch, but saturated fat and trans fat are particularly bad for you. They may raise your blood cholesterol level, which can increase your risk of heart disease. Choose foods containing less than 10% of calories from saturated fat.

4 Get Enough of These Nutrients

You should get more fiber, vitamin A, vitamin C, calcium, and iron in your diet. Eating enough of these nutrients can reduce your risk for certain cancers, osteoporosis or hypertension. It is recommended to consume 100% of each of these nutrients daily to prevent nutrition-related diseases.

5 Percent Daily Value

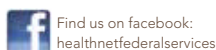
Understanding the Percent Daily Values (% DV) on a food label can help you choose foods high in good nutrients and low in bad nutrients. The % DV is based on a 2,000-calorie diet. If you eat less than 2,000 calories a day, your daily value may be lower than what is listed on the label. If you eat more than 2,000 calories a day, your daily value may be higher. Remember, 5% DV or less is low and 20% or more is high. Choose foods with a low % DV for fat, saturated fat, trans fat, cholesterol, or sodium.

6 Understanding the Footnote

The footnote refers to the Percent Daily Value, mentioned in number five. It states that the percentages are based on a 2,000-calorie diet, which does not change from product to product. This footnote also reminds consumers of the daily intake of different recommended nutrients depending on their caloric needs.

Adapted from the U.S. Food and Drug Administration, "How to Use and Understand the Nutrition Facts Labels", page last updated February 27, 2013, <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>.

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EXPLORING FOOD ISSUES

Why do we eat what we eat? Habit. Chances are you have eating habits you developed as a child. Habits are the result of neural pathways in your brain which have been formed and reinforced by repetition.

We are food suggestible creatures living in a food overabundant culture. Evolution has caused us to eat when we can but most of us don't face the food scarcity of our ancestors. Food and drink are everywhere and we are constantly bombarded with choices. When you add in the fact that eating food actually fires up the pleasure centers in our brains, it is no wonder we may have food issues.

We need to explore our food issues and be aware of some not-so-great thinking associated with food. One of the things to watch for is the what-the-heck mentality. This applies to thinking things like, 'Well, I ate a cookie. I might as well eat the whole bag and start over tomorrow.' 'I am going to start eating healthy foods on Monday so I may as well eat everything I know is bad for me this weekend.' You get the point. When you find yourself thinking this way, try to stop. 'I ate a cookie. I'm not going to beat myself up for it and tomorrow I will try some pineapple instead.'

The other thing to watch for is making moral judgments around food. Food (and exercise) should not be moral issues. When you put things into a black or white, good or bad category, it can lead to self-criticism and self-destructive behaviors. Here are some examples: I could have eaten the entire pizza but I only ate 4 slices. That's not so bad. I walked an extra five minutes yesterday so now I can eat a pint of ice cream.

Multiple studies have shown this to be true. The more healthy options there are on a fast food menu, the more customers will choose the unhealthiest option. 'I see they have salads at McDonald's. I'll eat a basket of fries this time and next time, I will eat salad.'

Try hard to be very aware of the stories you tell yourself around food. These stories are deep seated and seductive. Your own stories can keep you from adopting a better diet. Especially if you are always going to do it tomorrow.

Take a small step today by exploring your food issues and deciding how you are going to resolve them. If you believe you may have an eating disorder, please, seek professional help.

Detailed information on disordered eating can be found at: www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating

ASKING THE HARD QUESTIONS

1. What were some of your family food-related activities growing up? Think about any family member who spent a lot of time on diets. How did they affect your adult habits around food?
2. Do you crave certain kinds of food at certain times? What types and how are you feeling when you crave them?
3. Do you eat more than you know you need? When and why?
4. Do you eat to soothe yourself? How might you better soothe yourself?
5. Does your weight yo-yo? Why might that be?
6. How does what you eat affect your self-esteem?
7. Do you have an image of how you think your body “should” look? Is it realistic? Where did it come from?
8. How do you feel about yourself when you gain weight? Is it different than you feel when you lose weight? Why do you think that is?
9. What do you see when you look in the mirror? How do you talk to that person?

Have a good look at your answers. Do you see patterns? What can you do to change your thinking around food?



Changing my Food-Related Behavior- One Step at a Time



STEP ONE: Use the "Improving Eating Habits" food/feeling diary to identify your eating habits, cues and triggers. Be honest with yourself when recording the information. No one else needs to see it.



STEP TWO: Use your results to identify some areas where you would like to make some changes. Keep in mind, change is challenging. There will be some failures along the way but that is how we learn!



STEP THREE: Write your "WHY" here:



STEP FOUR: Review the TIPS FOR ACTION STEPS. Circle the tips you believe you would have no trouble following. Make a star by the tips you believe would be a bit more challenging for you. Keep these in mind when you begin to TAKE ACTION.



Even the longest journey begins with a single step.

A suggestion for making changes in your diet. Try eating for your good health one meal a day for a week. Then two meals for a week, three meals for a week, three meals and snacks. Easing in can help you succeed!

**Should you feel discouraged, think of something you have had to overcome during your life.
You are so much stronger than you know.**

IMPROVING EATING HABITS

Sunday	Time	Hungry	Bored	Stress	Happy	Angry	Tired	What did you have?
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Notes: Did you eat fast? Did you practice mindfulness? Were you watching TV?

Monday	Time	Hungry	Bored	Stress	Happy	Angry	Tired	What did you have?
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Notes: Did you eat fast? Did you practice mindfulness? Were you watching TV?

Tuesday	Time	Hungry	Bored	Stress	Happy	Angry	Tired	What did you have?
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Notes: Did you eat fast? Did you practice mindfulness? Were you watching TV?

Wednesday	Time	Hungry	Bored	Stress	Happy	Angry	Tired	What did you have?
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Notes: Did you eat fast? Did you practice mindfulness? Were you watching TV?

Thursday	Time	Hungry	Bored	Stress	Happy	Angry	Tired	What did you have?
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Notes: Did you eat fast? Did you practice mindfulness? Were you watching TV?

Friday	Time	Hungry	Bored	Stress	Happy	Angry	Tired	What did you have?
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Notes: Did you eat fast? Did you practice mindfulness? Were you watching TV?

Saturday	Time	Hungry	Bored	Stress	Happy	Angry	Tired	What did you have?
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Notes: Did you eat fast? Did you practice mindfulness? Were you watching TV?

PATTERNS/TRIGGERS

1. Did you identify any triggers for eating? Like stress or boredom?

2. Did you eat when offered food or passing by a candy dish or some doughnuts?

3. What could you try to do to address some of your triggers?

TIPS FOR ACTION STEPS

Do give yourself options and choices

Do plan your meals & snacks

Do track your daily eating habits

Do limit night eating

Do drink water

Do delay/distract yourself when you have a craving you don't care to indulge

Do exercise instead of eating when bored

Do be attentive/mindful when you eat

Do watch portion size

Do allow yourself a range of foods to eat without forbidding a particular food

Do look for support from your spouse, SO, friends, etc.

Do be gentle with yourself

Do think of healthy eating as a lifestyle change

Do make healthy food choices

Do get enough sleep

Do figure out how you can stop
58 negative patterns of behavior

Don't moralize food - no "bad" or "good"

Do eat a nutritious breakfast

Do eat meals without distractions like the TV

Learn when you are hungry and when you are full

Do eat a nutritious snack every few hours

Do be realistic

Do plan a menu you can live with

Do grill, roast, bake and poach

Do try different foods from different cultures

Do season with herbs

Do limit alcohol to 1-2 drinks daily

Do try to make fruits, vegetables, whole grains, beans and nuts 75% of your daily diet

Do manage stress

Do use spray oil and non-stick pans

Do ask yourself, "Am I hungry or is this a craving or a trigger?"

Do view every choice as a commitment to your future

I am taking action!

WEEK OF _____

WHAT I WILL ACCOMPLISH THIS WEEK:

Take one of the Tips for Action Steps (or write your own). Write it below:

How will I achieve this goal? Be very specific. The more specific, the better.

1.

2.

3.

4.

Here is how it went:

I am taking action!

WEEK OF _____

WHAT I WILL ACCOMPLISH THIS WEEK:

Take one of the Tips for Action Steps (or write your own). Write it below:

How will I achieve this goal? Be very specific. The more specific, the better.

1.

2.

3.

4.

Here is how it went:

60 *“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.” — Rumi*

I am taking action!

WEEK OF _____

WHAT I WILL ACCOMPLISH THIS WEEK:

Take one of the Tips for Action Steps (or write your own). Write it below:

How will I achieve this goal? Be very specific. The more specific, the better.

1.

2.

3.

4.

Here is how it went:

“And that is how change happens. One gesture. One person. One moment at a time.” — Libba Bray, The Sweet Far Thing

I am taking action!

WEEK OF _____

WHAT I WILL ACCOMPLISH THIS WEEK:

Take one of the Tips for Action Steps (or write your own). Write it below:

How will I achieve this goal? Be very specific. The more specific, the better.

1.

2.

3.

4.

Here is how it went:

I am taking action!

WEEK OF _____

WHAT I WILL ACCOMPLISH THIS WEEK:

Take one of the Tips for Action Steps (or write your own). Write it below:

How will I achieve this goal? Be very specific. The more specific, the better.

1.

2.

3.

4.

Here is how it went:

“The greatest discovery of all time is that a person can change his future by merely changing his attitude.” – Oprah Winfrey

I am taking action!

WEEK OF _____

WHAT I WILL ACCOMPLISH THIS WEEK:

Take one of the Tips for Action Steps (or write your own). Write it below:

How will I achieve this goal? Be very specific. The more specific, the better.

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I am taking action!

WEEK OF _____

WHAT I WILL ACCOMPLISH THIS WEEK:

Take one of the Tips for Action Steps (or write your own). Write it below:

How will I achieve this goal? Be very specific. The more specific, the better.

1.

2.

3.

4.

Here is how it went:



When it comes to Diabetes and Self-Management, nutrition is EVERYTHING. What you put into your mouth affects your entire body and is especially important when it comes to blood glucose levels. You are going to learn just what good nutrition is, what are good foods to eat to help you get control of your diabetes and how to plan meals and snacks for successfully improving your health.

The fact is, most people (even health professionals) don't know a lot about nutrition. Physicians and other health providers receive very little education on nutrition. Do not feel you are alone in not having a firm grasp on nutrition. The information changes constantly and it can be confusing because food packaging and dietary fads are very misleading. For example, just because something says "Natural" or "Healthy" on the packaging doesn't mean it is true. You learned how to read nutrition labels (page 49.) Now you really know the true value of the food you are going to eat.

It is an exciting journey especially when you know you are going to be able to use the information you get to change your life for the better. And guess what? Diabetes nutrition is good nutrition for everyone! Your whole family can benefit from your knowledge.

Are you ready? Let's talk about nutrition.

DIABETES AND NUTRITION: CARBOHYDRATES, FATS AND PROTEIN

Food provides nourishment and energy for your body. It's important to understand how different foods affect blood glucose.

CARBOHYDRATES (CARBS)

Carbohydrates are the main source of fuel for the body. Carbs raise blood glucose and are found in many types of food.



Sugars

Sugars occur naturally in foods such as fruit, milk and honey. They're often added to food and always raise blood glucose.

Starches

Starches are found in bread, cereals, pasta and many other foods. Starches also raise blood glucose.

Fiber

Fiber is found in foods such as vegetables, fruits and whole grains. Fiber doesn't raise blood glucose because it isn't digested or absorbed. It can help keep blood glucose from rising too fast and keep cholesterol at a healthy level.

FATS

Fat is an energy source that can be stored until needed. Fat doesn't raise blood glucose but can cause weight gain. Not all fat is the same.

Healthy Fats

Healthy Fats can be heart healthy and may lower LDL (bad cholesterol). They're mostly found in vegetable oils, avocados, some nuts, seeds and fish.

Unhealthy Fats

Unhealthy Fats raise LDL cholesterol and are *not* heart healthy. *Saturated* fats are found in animal products such as meats and some dairy products. *Hydrogenated oils* and *trans fats* are formed when vegetable oils are processed into solid fats. They're found in many processed foods.



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DIABETES AND NUTRITION: CARBOHYDRATES, FATS, AND PROTEIN (CONTINUED)

PROTEIN

Protein helps the body build and repair muscles and other tissues. It has little or no effect on blood glucose, but many foods that contain protein also contain saturated fat. Choose low-fat or lean protein sources to get the benefits without the extra fat.

Plant Protein

Plant protein is found in dry beans, nuts and soy products. They're typically cholesterol free and low in saturated fat.

Animal Protein

Animal protein is found in fish, meats, cheeses and milk. They contain cholesterol and can be high in saturated fat. Choose lean or lower-fat options.



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Healthy vs Unhealthy

Put an "H" next to all the Healthy choices and a "U" next to the Unhealthy choices

Fruit Juice

Mexican Food

Milk

Beans

Tortillas

Rolls

Hamburger

Soda

Diet Soda

Nuts

Peanut Butter

Chocolate

Beef

Potatoes

Bananas

Canned Veggies

Pizza

Cake

Cookies

Pork

Berries

Lunch meat

Cheese

Chicken

Salad

Peas

Cereal

Rice

Pasta

Apples

Turkey

Soup

Tuna

Ice Cream

Pancakes

Spinach



Healthy vs Unhealthy

The answers

- Fruit Juice:** In general, you want to avoid large glasses of fruit juice. BUT, if your blood glucose drops, a little juice can bring it back up.
- Mexican Food:** It is all about the choices you make! Choose smaller corn tortillas and don't eat as many. Use meat that is low in fat. Choose cheese that is lower in fat. Eat beans that are not fried in lard. There is absolutely nothing unhealthy about Mexican food if you make the right choices.
- Dairy Products:** If you choose cheese, yogurt (watch the sugar), sour cream and milk, make sure they are low fat. There is no reason you can't include it in your meal plan. Portions and fat levels are the key!
- Bread/Tortillas:** You can eat bread and tortillas. You only have to make a different choice. Go for whole grain bread, smaller tortillas and watch your portions.
- Beans:** While it is true legumes (beans, peas and peanuts) may have a lot of carbohydrates, they also have a lot of fiber. This means you can eat beans! Just watch your portions and be conscious of what you put on your beans.
- Soda & Diet:** Soda is not something you should include in your meal planning for optimal health. Even diet soda isn't a great choice. BUT, if you have a craving for carbonation, there are a LOT of flavored carbonated drinks without added sugar available. Why not try one of those instead?
- Nuts & Nut Butters:** Nuts are a great choice for a quick snack. Just watch your portion size. The same holds true of nut butters.
- Fruit:** There are so many fruits to eat! The best choices are berries. Any kind of berry is going to be lower in sugar than other fruit. You can still eat fruit higher in sugar (like bananas) just watch your portions.
- Chocolate:** YES!!! You can have chocolate! Pick a dark chocolate with 70% cocoa or more and watch the portion size.

I think by now you are probably seeing a trend: Choice and Portions. It is important when making changes to the way you eat not to think in terms of “Good” and “Bad.” Yes, some foods are high in sugar and low in nutrients (cake, cookies, candy bars, donuts) but you can make better choices for your body. Pick the whole grain option. Choose the whole wheat or cauliflower pizza crust. Try some brown rice instead of white. Eat some oven fried potatoes instead of French fries. Once you make a food “forbidden” it is all you will want! Nothing is forbidden. It’s all about making delicious choices for better health.

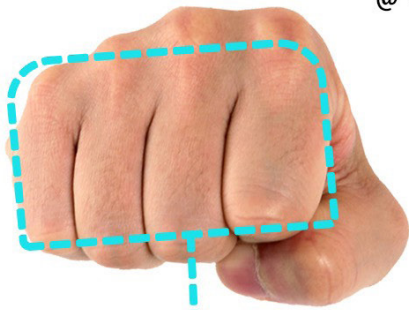
Portion control is also very important to nutrition. Even foods that are good for you can be unhealthy. Take salad for example. Everyone knows salad is healthy, right? Wrong! Drenching your salad in high calorie, high sugar salad dressing is not healthy. The greens are healthy but what you put on them and how much of it you eat can turn a healthy food into an unhealthy one.

I am willing to make some different choices about what foods I put in my body. I can choose to....

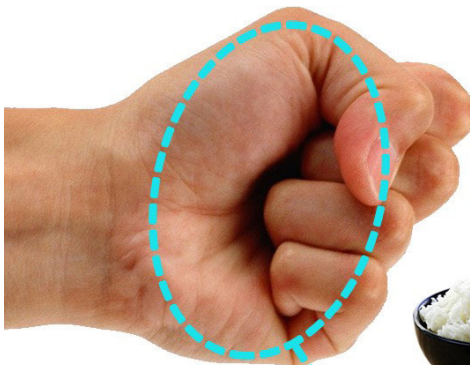
What are some food choices you feel ready to make?

VISUAL HAND GUIDE TO PORTION SIZES

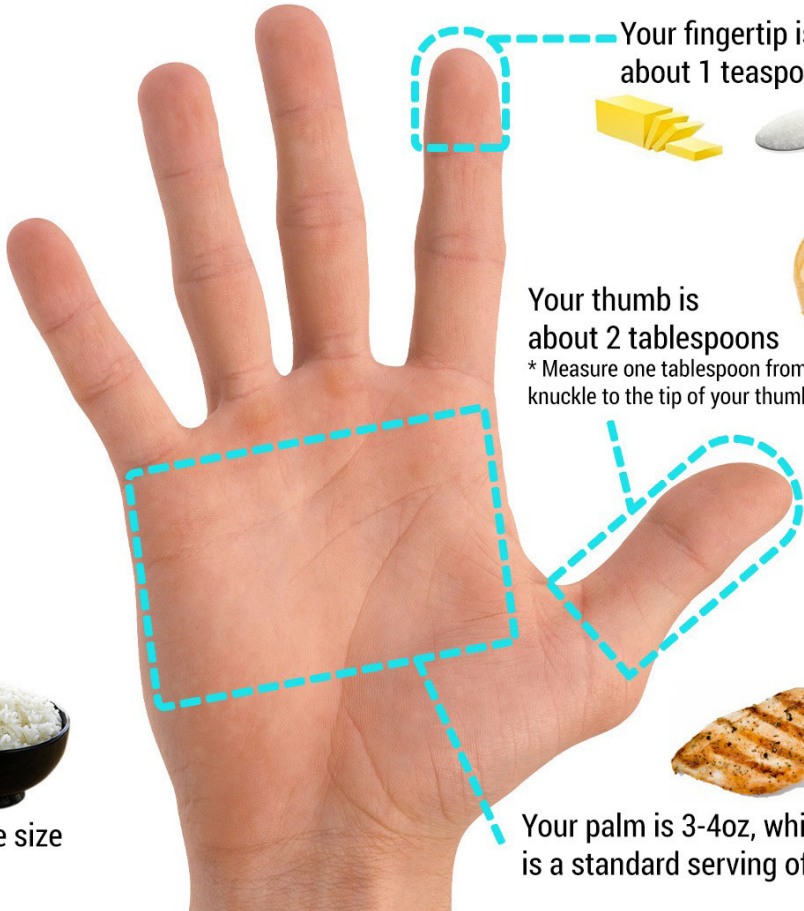
@THEFLEXIBLEDIETINGLIFESTYLE



The front of your closed fist is about 1/2 cup



A clenched fist is the size of a 1 cup serving



Your fingertip is about 1 teaspoon



Your thumb is about 2 tablespoons

* Measure one tablespoon from your knuckle to the tip of your thumb



Your palm is 3-4oz, which is a standard serving of meat

Café Portion Distortion

Welcome to Café Portion Distortion

What is a **PORTION**? It's the amount of food that you eat for a meal or snack. It can be big or small—you decide. A **SERVING** is a measured amount of food or drink, such as a slice of bread or a cup (eight ounces) of milk. Many foods that come labeled as a **SINGLE PORTION** actually contain **MULTIPLE SERVINGS**. Average portion sizes have grown so much over the past 20 years that sometimes there's enough food for two or even three people on a plate. **Are you eating more than you realize?**



One Cheeseburger?

Portion sizes offered by fast food chains are two to five times larger than when first introduced. One of the first hamburgers, in 1955, weighed around 1.6 oz.; now, one of the larger hamburger patties weighs 8 oz., an increase of 500 percent.*

How much time to burn off just the **EXTRA** calories?

Lift weights for 1 hour and 39 minutes - to burn approximately 257 calories.**



: 10 minutes (depending on your personal physical statistics and level of effort!†)

Today's Out of Control Portions!

Take a look at some examples of how much portions have grown over the past 20 years.



Beware of Monster Portions!

Some common food **portion** totals can equal the amount recommended for an entire day. For example, on a 1,600 calorie Daily Food Plan, a Chinese restaurant order of battered & fried chicken with rice is about 1,500 calories*** - almost the entire day's calorie allotment!



Some Information on a Plant Based Diet from Kaiser Permanente

One way to eat healthier is to follow a plant-based diet, which focuses on whole grains, legumes (beans and peas), fruit, and vegetables and limits meat and dairy. While popular wisdom would tell you that diabetes and plant-based eating don't mix — plant foods have carbs, after all — numerous studies point toward the diabetes-protective benefits of a plant based diet.

Here are several ways plant-based eating may help:

Weight management — Vegetarians tend to have a lower body mass index or BMI. While cutting out meat doesn't guarantee weight loss, plant foods are high in fiber and volume, making it easier to feel full on fewer calories. Weight loss reduces insulin resistance, meaning your body can use its own insulin more effectively.

Heart health — Whole food, plant-based diets can help reduce inflammation and lower cholesterol and blood pressure. Managing these risk factors is essential because people with diabetes and pre-diabetes have a significantly higher risk of heart disease. In addition to lowering cholesterol and blood pressure and reducing inflammation, swapping out mostly animal-based saturated fats with plant-based unsaturated fats may also reduce insulin resistance.

Protective nutrients — Nuts, seeds, deep green veggies, and whole grains are especially high in magnesium, a nutrient linked with a lower risk of diabetes. Plant foods in general are packed with phytochemicals that have antioxidant effects, which can help with insulin sensitivity. Our gut microbiome also plays a role in diabetes risk. Many plant foods, including oats, asparagus, onions, and garlic, are good sources of prebiotics that feed a healthy gut microbiome.

Choosing the best plant foods - Plant-based foods include kale chips and sugar snap peas, but also potato chips and sugary fruit drinks. The benefits of plant-based eating come from minimally processed plant foods. The best options include whole grains, nuts, seeds, legumes (beans and peas), fruits, and vegetables.

Non-beneficial plant-based foods include fruit juices, sweetened beverages, and refined grains. It's wise to limit these foods, whether you have diabetes or not.

Talk with your dietitian or doctor if you have diabetes and are interested in trying a plant-based diet.

Dining by Traffic Light: Green Is for Go, Red Is for Stop

Written By Michael Greger M.D. FACLM
on December 21, 2021
From: NutritionFacts.org

Every time we eat, we have an opportunity to enjoy something even healthier. I use a traffic light system when I look at food to quickly rank their relative healthfulness: green means go, yellow means caution, and red means stop and think before you put it into your mouth.

Green-light foods (unprocessed plant foods) should be maximized, yellow-light foods (processed plant foods and unprocessed animal foods) should be minimized, and we should avoid red-light foods (ultra-processed plant foods and processed animal foods).

The best available balance of evidence suggests the most healthful diet maximizes consumption of fruits, vegetables, legumes (beans, split peas, chickpeas, and lentils), whole grains, nuts and seeds, mushrooms, and herbs and spices. Plant foods, which are typically more healthful than animal-based foods, are higher in protective nutrients, such as phytonutrients, antioxidants, potassium, and fiber, and lower in disease-promoting factors, including saturated fat, cholesterol, trans fat, and sodium. And, unprocessed foods tend to be more healthful than processed foods.

The classic example is a processed food is the milling of grains from whole wheat to white flour.

Processing doesn't always lower the healthfulness of a food. For instance, tomato appears to be the one common juice that may be more healthful than the whole fruit because the processing of tomato products boosts the availability of its antioxidant red pigment by as much as five-fold.

In terms of my traffic light system, I think of “unprocessed” as nothing bad added and nothing good taken away.

There is a role for yellow-light foods, albeit a limited one—to promote the consumption of green-light foods. For example, if adding a yellow-light food to a green-light food is the only way you will eat it, then it's worthwhile. Add almond milk to oatmeal, for example, if plain oatmeal isn't creamy enough for you to eat it.

Ultra-processed foods have no redeeming nutritional qualities, don't resemble anything that grew out of the ground, and often have added badness—e.g., Bac-Os, with their added trans fats, salt, sugar, and even Red 40, a food dye that may cause thousands of thyroid cancers every year. As a red-light food, it should ideally be avoided, but if the alternative to a spinach salad with Bac-Os is KFC, then sprinkle on some Bac-Os to avoid the even worse red-light meal. Your regular routine determines your long-term health, so don't place great significance on a special occasion meal here or there. Our body has a remarkable ability to recover from sporadic insults—just don't constantly, habitually assault it with a fork.

I prefer the term “whole food, plant-based nutrition” to “vegetarian” or “vegan” because you can be veg*n without being health-promoting in your diet. Generally speaking, the line in the sand between health-promoting foods and disease-promoting foods may be less plant-sourced versus animal-sourced foods, and more whole plant foods versus most everything else.



LOW-CARBOHYDRATE FOOD OPTIONS

People living with diabetes can and should eat food containing carbohydrates (carbs). Carbs are the body's primary source of energy and fuel for the brain, muscles and other organs. How many carbs you require varies from person to person. A registered dietitian can help you select a variety of healthy options.

The following list can help you choose and include low-carb vegetables to compliment balanced meals and snacks.

VEGETABLE	PORTION SIZE	CARBS (G)
Artichoke, cooked	1 heart	3.3
Arugula, raw	½ cup	0.4
Asparagus, cooked	1 cup	7.4
Bamboo shoots cooked	1 cup	9.9
Bell peppers, raw slices/cooked slices	1 cup	3.7 / 9
Beet greens, cooked	1 cup	7.8
Beets, cooked, one whole	2-inch diameter	5
Bok choy, shredded, cooked/raw	1 cup	3 / 1.5
Broccoli cooked, flowerets	½ cup	7
Broccoli, raw, flowerets	1 cup	4.7
Broccoli, Chinese, cooked	1 cup	3.4
Broccoli rabe (Rapini)	¾ cup	3.1
Brussels sprouts, cooked	1 cup	10.9
Cabbage (green), cooked/raw, chopped	1 cup	8.2 / 5.2
Cabbage (Napa), cooked	1 cup	2.4
Cabbage (red), cooked/raw, chooped	1 cup	10.3 / 6.6
Carrots, cooked slices	½ cup	6.4
Carrots, raw	5 ½ inches long	4.8
Cauliflower, cooked/raw	1 cup	5.1 / 5.3
Celery (diced), cooked/raw	1 cup	6 / 3.6
Chives	1 Tbsp	0.1
Collard greens, cooked/raw	1 cup	7 / 2
Crookneck (summer) squash, cooked slices	½ cup	2.4
Crookneck (summer) squash, raw slices	1 cup	3.5
Daikon radish, cooked slices	1 cup	5
Dandelion greens, cooked slices	1 cup	6.7
Eggplant, cooked, 1-inch cubes	1 cup	8.3

Continued on the other side

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VEGETABLE	PORTION SIZE	CARBS (G)
Endive raw	¾ cup	3.4
Escarole, cooked	1 cup	4
Escarole, raw	2 cups	3
Green onion, raw	1 stalk	0.7
Jicama, cooked	¾ cup	8.8
Jicama, raw slices	1 cup	10.6
Kale, cooked/raw	1 cup	7.3 / 2.2
Kimchi	1 cup	3.6
Kohlrabi, cooked	¾ cup	6.7
Kohlrabi, raw	1 cup	8
Leeks, cooked, bulb and lower leaf	1 leek	9.4
Lettuce, cooked	1 cup	2.4
Lettuce, raw chopped/raw shredded	1 cup	1.7 / 2.1
Mushrooms, cooked pieces/raw slices	1 cup	8.3 / 3
Mustard greens, chopped, cooked/raw	1 cup	2.9 / 2.7
Okra, cooked slices	½ cup	3.9
Onions, cooked	¾ cup	10.1
Onions, raw	1 cup	10.7
Parsnips, cooked	2 oz. (56 g)	9.6
Radicchio, raw, shredded	1 cup	1.8
Radish, raw	1 cup	4
Swede (Rutabaga), cooked	¾ cup	6.8
Sauerkraut	1 cup	6
Seaweed, cooked/dried/regular	1 cup	4.9 / 7 / 6.1
Shallots	1 Tbsp	1.7
Spaghetti squash, cooked	1 cup	10
Spinach, cooked/raw	1 cup	6.7 / 1
Swiss chard, cooked	1 cup	6
Tomatillo, raw, chopped/diced	½ cup	3.9
Tomatoes (red), cooked/raw chopped or sliced	1 cup	9.6 / 7
Turnips, cooked pieces	1 cup	7.8
Watercress, cooked/raw, chopped	1 cup	1.8 / 0.5
Water chestnut, cooked/raw	1 oz.	9.5 / 6.8
Zucchini, cooked slices	½ cup	2.4
Zucchini, raw slices	1 cup	3.5

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HEALTHY SNACK IDEAS

When looking for a healthy snack between meals, include low carbohydrate options, balanced with recommended carbs from milk, yogurt, fruits and grains. Add lean protein and healthy fats to compliment your choices.

TIPS

- Portion size matters. Measure out food so you won't "eat mindlessly."
- Eat in designated areas.
- Drink non-caloric beverages including water to stay well hydrated.
- Keep a shopping list going so you won't be without healthy snacks when you run out.
- Never shop for food while hungry.
- Shop the outside perimeter of the grocery store for healthy items such as produce, dairy and proteins. Limit the inner aisles to food prep items, add-ins/spices and non-food needs.
- Incorporate walking for exercise while grocery shopping (park far away from the store entrance when possible).

LOW CARBOHYDRATE IDEAS (LESS THAN 5 GRAMS)

- One cup of fresh vegetables (carrots, cucumbers, salad greens, etc.) with 1 tablespoon (Tbsp.) creamy or 2 Tbsp. vinaigrette salad dressing
Refer to our Low-Carb Food Options sheet for additional ideas.
- Protein such as 1 Tbsp. peanut butter, ½ cup low-fat cottage cheese, 1-3 string cheese, ½ cup water packed tuna or 2 Tbsp. hummus
- 1 cup homemade kale chips
- 14 goldfish crackers
- ½ lavash bread
- ½ cup sugar-free Jell-O or pudding
- ¼ cup (4 Tbsp.) salsa
- Nuts such as 2 Tbsp. of almonds, 9 cashews, 17 shelled walnut halves, 19 pecan halves, 23 shelled peanuts or 25 shelled pistachios

CARBOHYDRATE IDEAS (15 TO 20 GRAMS)

- Three 2½ inch square graham crackers with 1 Tbsp. peanut butter
- ¼ cup hummus with 1 cup fresh vegetables
- 1 apple, tangerine, nectarine, orange, peach or ½ a fresh pear or 2 plums
- 2 rice cakes with 1 Tbsp. peanut butter or ½ cup low-fat cottage cheese
- ½ cup ice cream
- ½ cup oatmeal with ¼ cup chopped nuts
- 3 Lindt chocolates
- 1 slice of bread or 1 whole lavash bread to make a sandwich

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LIST SOME OF YOUR CURRENT FAVORITE SNACKS THAT CAN BE MADE HEALTHIER WITH LESS CARBOHYDRATES.

HELPFUL RESOURCES

- umassmed.edu/dcoe/diabetes-education
- diabetes.org/nutrition/meal-planning/quick-meal-ideas
- diabetesfoodhub.org
- eatingwell.com/recipes/17899/health-condition/diabetic

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Diabetes Center of Excellence
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Looking at Shopping with New Eyes

Some grocery shopping tips to help you with your good choices



Fill your basket with items from the produce section. Try something new! There are so many choices you can make and pretty much everything fresh is healthy.



Stick to the outside aisles. This is where you will find the most fresh, unprocessed foods. Produce, meats, dairy. In most stores, these items are found on the outside aisles.



The closer your food is to its natural state, the healthier it is. For example, a fresh apple is full of vitamins and minerals, naturally sweet, and has fiber. An apple fruit roll up is full of sugar.



Take a list. When meal planning, it is essential to shop for what you need. Your list should include everything you need to fulfill your meal planning snacks and meals and to promote your health.



Read the labels. You really have to read the nutrition labels to make sure what you are buying is actually a good choice. Bring this booklet with you so you can refresh your memory on how to read the labels effectively or put the label reading information on your phone.



Take enough time. It's going to take a little longer to grocery shop at first. Once you have it down and know what your best choices are, it will be just as quick as it is now!





MEAL PLANNING FOR YOUR GOOD HEALTH

Meal Planning has been mentioned a few times already. What is it? It is pre-planning what you are going to eat every day so you know you are eating foods that will help you feel better. It isn't as complicated as you might think.

On the following page is a template for you to use when planning the food you will eat for the week. There is also a sample menu to help. Why go to all this bother? Because it is an effective tool for controlling your diabetes. The New Diabetes Food Pyramid can help you figure out what to eat. There is also the Diabetes Plate Method which we will discuss soon.



New Diabetes Food Pyramid



Enjoy a variety of foods and be active every day!

*Inspired from Dr. Mark Hyman's Pegan Food Pyramid

MEAL PLANNING FOR YOUR HEALTH

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

GROCERY LIST

MEAL PLANNING FOR YOUR HEALTH THIS IS A 1600 CALORIE MENU

	Breakfast	Lunch	Dinner	Snacks
Monday	One poached egg and half a small avocado spread on one slice of whole grain toast 1 small orange	Mexican bowl: 2/3 c pinto beans, 1 c chopped spinach, 1/4 c tomatoes, 1/4 c peppers, 1 oz cheese, 1 TBSP salsa	1 c lentil penne pasta, 1.5 c veggie tomato sauce into it), 2 oz ground lean turkey	20 baby carrots w/ 2 TBSP hummus 1/2 c plain yogurt w/ 1/4 c berries
Tuesday	1 cup cooked oatmeal, three-quarters of a cup blueberries, 1 oz almonds	2 c fresh spinach 1/2 c chickpeas, 1/2 small avocado, 1/2 c sliced strawberries, 1/4 c shredded carrots, 2 tbsp dressing.	Chicken breast (palm sized), 1 c mixed veggies, 1/2 c sweet potato	1 small peach & 1/3 c cottage cheese 1 stalk of celery with 1 TBSP nut butter
Wednesday	2 egg veggie omelet, 1/2 c black beans, 3/4 c blueberries	2 slices whole grain bread, 2 oz canned tuna mixed with 1 T yogurt, 1/4 c shred carrots, relish, tomato, 1 sm apple	Pork tenderloin (palm sized), 1 c broccoli, 1/2 c pineapple	1 c plain yogurt mix with 1/2 banana Handful of walnuts
Thursday	Breakfast Pita: 1 whole grain pita with 1 oz goat cheese, spinach and 1 T salsa	Chicken (palm size), 1 c raw cauliflower, 1 TBSP dressing, 1 c fresh strawberries	Stir fry: bok choy, carrots, broccoli, spinach, Pork (palm sized), 2/3 c brown rice	1 c plain yogurt mix with 1/2 banana Handful of walnuts
Friday	1/3 c Grape-nuts, 1/2 c blueberries, 1 c unsweetened nut milk	Tacos: 2 corn tortillas, 1/3 c black beans, 1 oz low fat cheese, 2 TBSP avocado, 1 c coleslaw, salsa as dressing	1/2 medium potato, 2 oz broiled beef, 1 tsp butter, 1 1/2 c broccoli, 1 tsp butter, 3/4 c strawberries	1 oz of 70% cocoa chocolate Raw veg and 2 TBSP hummus
Saturday	1 c low-fat plain Greek yogurt with 1/2 mashed banana and 1 c strawberries	2 c spinach, 1/4 c tomatoes, 1 oz cheese, 2 TBSP yogurt dressing, 1/4 c grapes	2 oz salmon filet, medium baked potato, 1 tsp butter, 1 1/2 c steamed asparagus	2 oz roasted chickpeas 1 small apple
Sunday	1 c cooked oatmeal, 1 scoop chocolate protein powder, 1 TBSP peanut butter	1 whole grain pita, 1/2 c cucumber, 1/2 c tomatoes, 1/2 cup beans, 1/2 c leafy greens, salsa	3 oz boiled shrimp, 1 c green peas, 1 tsp butter, 1/2 c cooked beets, 1 c spinach, 1 tsp balsamic vinegar	1 Kiwi Handful of cashews

Produce

3 avocados
small oranges
large container of fresh spinach
5 tomatoes
Baby carrots
Berries (fresh or frozen)
Shredded carrots
Bag of coleslaw
1 sweet potato
bell pepper
leafy greens

celery

bananas
canned pineapple
small apples
bok choy
broccoli
cauliflower
asparagus
medium potatoes
green peas (frozen)
grapes
cucumber
beets
peach

Meat

Chicken breast
shrimp
pork loin
salmon
beef
ground turkey
tuna in water
Grains & Nuts
Cereal
oatmeal
brown rice
whole grain pita
corn tortillas

nut butter

cashews
almonds
walnuts
lentil penne pasta
whole grain bread
Beans
Canned black beans
Canned pinto beans
Dairy
Nut milk
Low fat Greek yogurt
Low fat cottage cheese
eggs

goat cheese

low fat cheddar
butter
Misc
pasta sauce
chocolate protein powder
70% chocolate
relish
canned pineapple
hummus
roasted chickpeas

The Diabetes Plate Method

Using the Plate Method

Use the picture of the Healthy Plate to remind yourself of how to eat a healthy, balanced meal.



One cup of milk or yogurt (low fat)



1/2 cup of fresh or canned fruit

Watch for added sugar in canned fruit

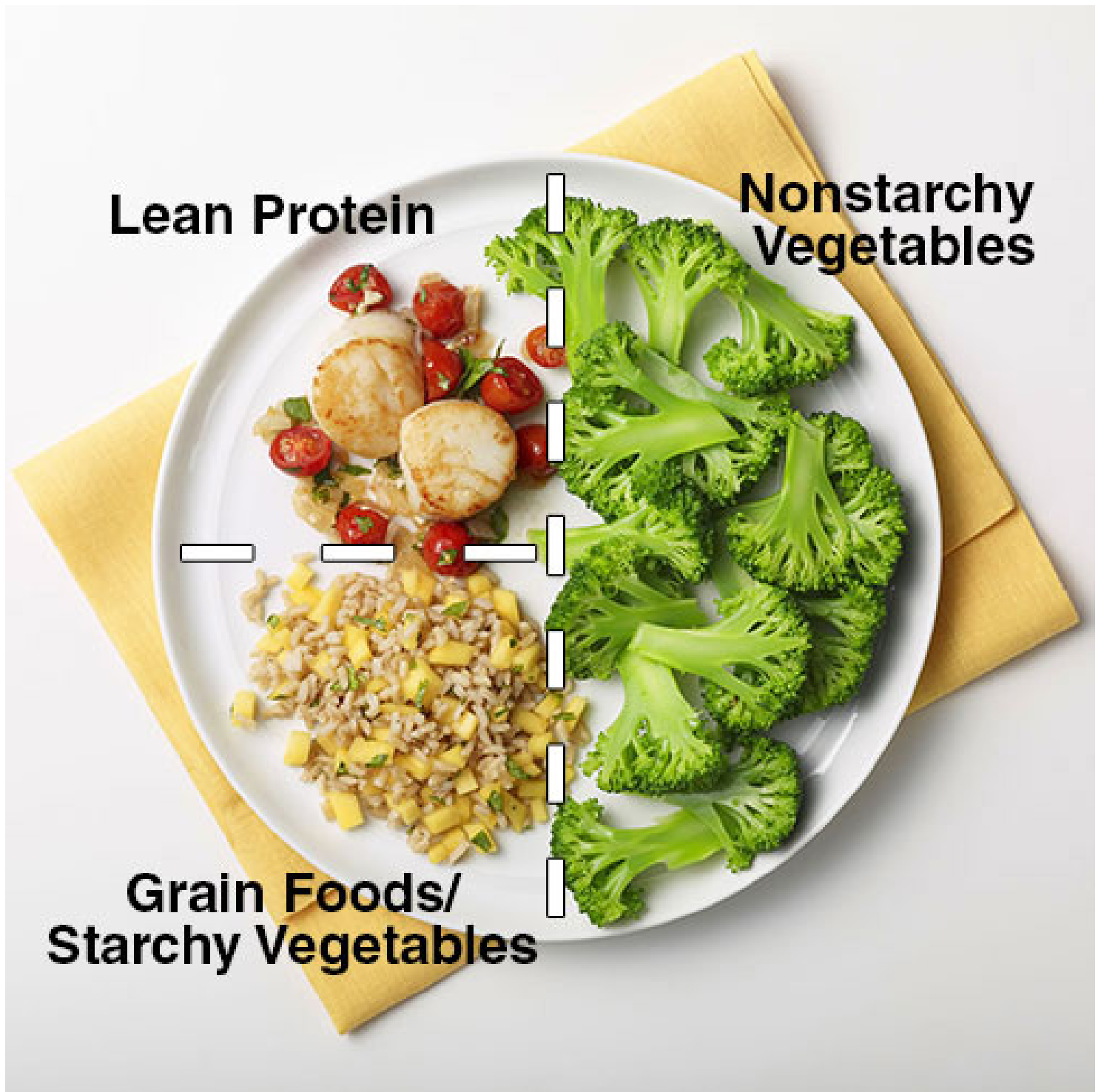


Fill **1/4** of your plate with a starchy choice such as 1/2 cup of mashed potatoes or 1/3 cup rice or pasta

Fill **1/4** of your plate with lean meat, chicken or fish; about 3 ounces

tofu, beans, legumes, tempeh and plant based proteins may also be used

Fill **1/2** of your plate with non-starchy vegetables such as broccoli, carrots, cauliflower, and salad



Lean Protein

Nonstarchy Vegetables

**Grain Foods/
Starchy Vegetables**

I Can do This!

Write down a few notes about the Plate Method.
Do you think you could make this work for you?



The Plate Method is the simplest to follow. All you have to do is decide what you want to eat at each meal by planning on how you are going to fill your plate.

There are lots of places to find healthy recipes. You can go online if you have access, go to your local library, order some recipe books or ask friends who practice healthy eating for some recipes. The information is out there, you just have to get it!

TIPS FOR HEALTHIER LATINO CUISINE

While fad diets come and go, there are a few basic tips on good nutrition that are important to remember. Try these tips when planning your meals¹⁴:

- For protein sources, look for fresh seafood, lean poultry, and beans. Consider foods such as ceviche, a veggie black bean wrap, baked empanadas, or chicken fajitas/tortas.¹²
- When preparing traditional dishes that have ground meat in the recipe, choose 93% lean ground turkey or ground sirloin beef when possible.¹²
- If you eat salsa, choose fresh salsa over store-bought. While the store brand may be low in calories, it usually has a high amount of salt.¹²
- Be conscious of your portions.¹²
- Choose brown rice over white. As a whole grain, brown rice has more nutrients.¹²
- Try to keep the fat you use when cooking to a minimum and avoid unhealthy fats like lard and butter. A little vegetable or olive oil or cooking spray are better options.¹²
- Use healthy cooking methods like grilling, baking, steaming, or broiling to prepare your food.¹²
- Choose dried beans when you can. They generally have less sodium than canned.¹²
- If you eat refried beans, look for the fat-free options at the supermarket. You can also make your own by blending whole black or pinto beans in the food processor with your own spices.¹²
- Be aware of your cheese portions. Cheese can be high in saturated fat and sodium. Look for reduced-fat cheeses when shopping.¹²
- In dishes that call for sour cream, consider using nonfat Greek yogurt or nonfat plain yogurt instead. They have less calories and fat than sour cream but with a similar taste and texture.¹²





PART 4

**MOVEMENT AS
EXERCISE**

**GETTING OVER
EXCUSES**

SIT TO FIT

EXERCISE & DIABETES

To get control of diabetes, you have to move your body. Some health experts are even saying that “sitting is the new smoking” as far as negative health impacts are concerned. By observation, it seems as if there are few in between people. People are either sedentary couch potatoes or dedicated exercise people. But, together we are going to create a middle ground - PEOPLE WHO MOVE THEIR BODIES.

The word “exercise” can have negative connotations for people. Maybe, like me, you always despised gym class, were rather uncoordinated, wouldn't run unless being chased by Michael Myers and Freddy Kruger together, and always got picked last for any kind of team. However, I had a dad who loved cross country skiing, canoing, biking, hiking and camping. He took us with him on some incredible adventures. I never saw these activities as exercise. They were fun, exciting adventures where we went to interesting, beautiful places and saw wild animals. This kept me from becoming a total couch potato and gave me some wonderful memories.

Here's the thing. The trick is to find something you actually enjoy doing. Forcing yourself to participate in an activity you hate (like going to the gym or jogging) isn't going to help in the long run because chances are good you won't stick with it.

It can also help to recruit a friend who would want to join you in the activity of your choice. Maybe you and your partner can go line dancing. Perhaps you could find a friend who wants to kayak with you. Maybe your dog would care to join you for a daily walk (mind the hot sidewalks and pavement in the summer!) There may be hiking or walking groups in your neighborhood. Join the mall walkers when it is just too hot to be outside.

Pick something. Try it. If you like it, keep doing it. If you don't, try something else! The possibilities are endless!



YOU ARE ALREADY EXERCISING!!!!

**Any movement counts. What do you do every day?
How long do you participate in the activity?**

Biking

Bowling

Bringing in groceries

Charades

Cleaning the bathroom

Cooking

Dancing

Dusting

Fishing

Frisbee

Gardening

Hiking

Jumping rope

Kayak/Canoe

Laundry

Mopping

Mowing the lawn

Organizing the closet

Paint ball

Picking up dog poo

Playing an instrument

Playing catch

Playing with the dog or cat

Playing with Kids

Putting away groceries

Scooping litter boxes

Scooter riding

Shopping

Skateboarding

Skating

Sweeping

Swimming

Taking the Stairs

Trampoline

Twister

Vacuuming

Walking

Washing dishes

Washing the car

Washing windows

Window shopping

Yard Work

What other activities can you think of?

Everything you checked is exercise! You are probably already getting some exercise. It's just a matter of possibly getting a little bit more. The key is to DO SOMETHING YOU ENJOY. If you do not enjoy the body movement, you won't keep doing it. Dance during commercials on the TV. Walk your dog in the neighborhood. Try an active hobby like gardening or wood-working. There are so many things that can help your body get into motion. As Nike says, "Just do it!"

Make a list below of your excuses to not exercise. Then, come up with the solution to your excuses. We started you off with an example.

EXCUSES TO NOT EXERCISE

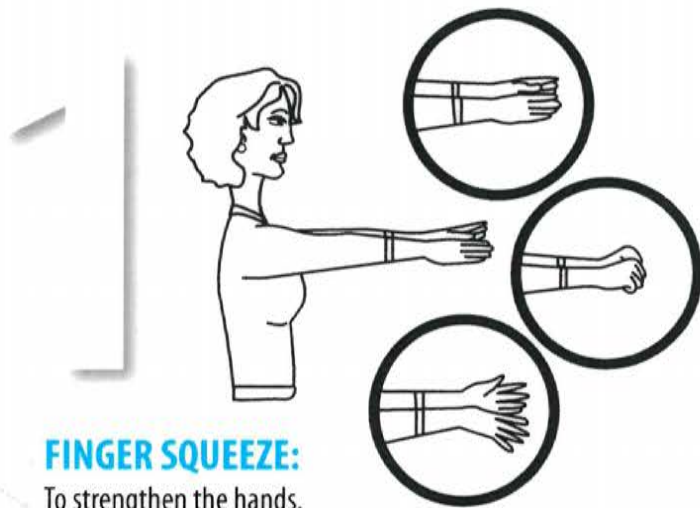
1. It's too hot

SOLUTIONS

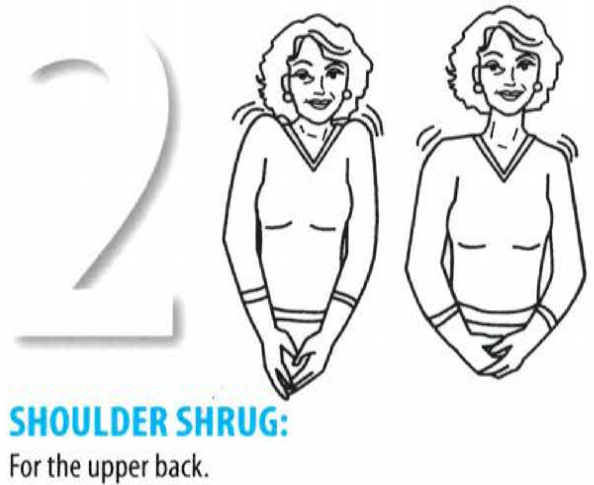
1. Walk at the mall or swim

Sit to Fit

If you have mobility issues or are concerned about falling, you can exercise mostly from the safety of a chair! Check out these exercises to see if they might work for you. Once you get them memorized, you can even exercise while you watch a movie. Following that is an article with some tips on how to stick with keeping your body in motion!



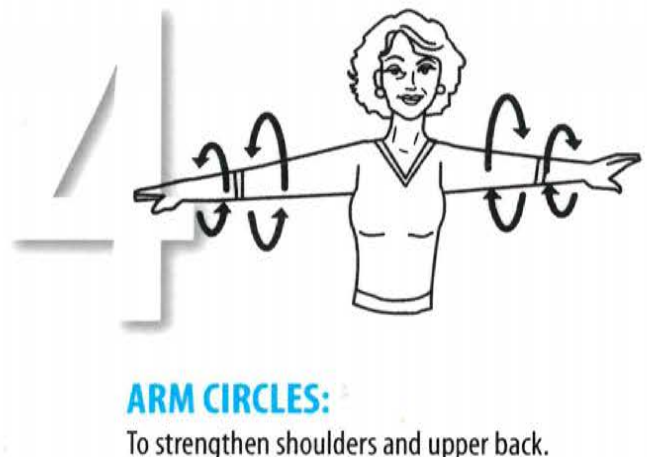
FINGER SQUEEZE:
To strengthen the hands.



SHOULDER SHRUG:
For the upper back.



TOUCH SHOULDERS:
To increase flexibility of the shoulders.



ARM CIRCLES:
To strengthen shoulders and upper back.

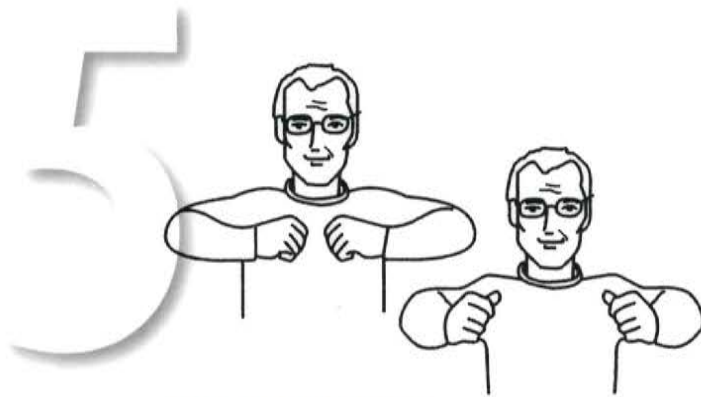
Sit and be fit

Module 4

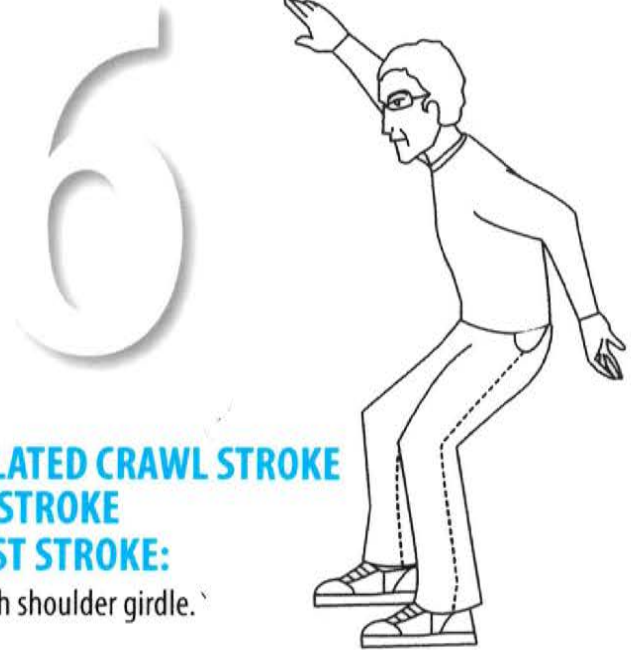
Gateway Community Health Center, Inc.



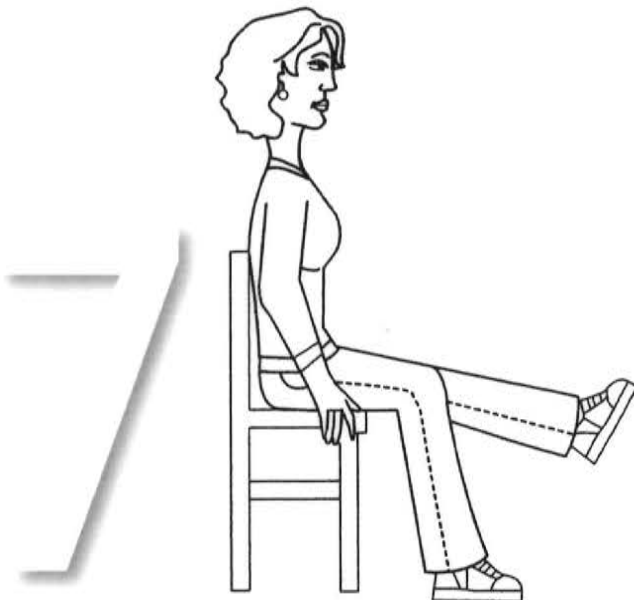
Empowering Communities For Better Health



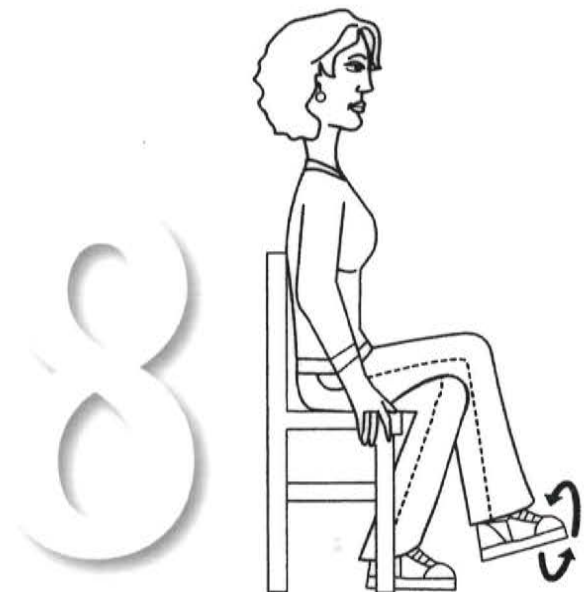
CHAIN BREAKER:
To stretch chest muscles.



**SIMULATED CRAWL STROKE
BACK STROKE
BREAST STROKE:**
To stretch shoulder girdle.



LEG EXTENSIONS:
To tone the upper leg muscles.



ANKLE AND FOOT CIRCLING:
To improve flexibility and range of motion of ankles.



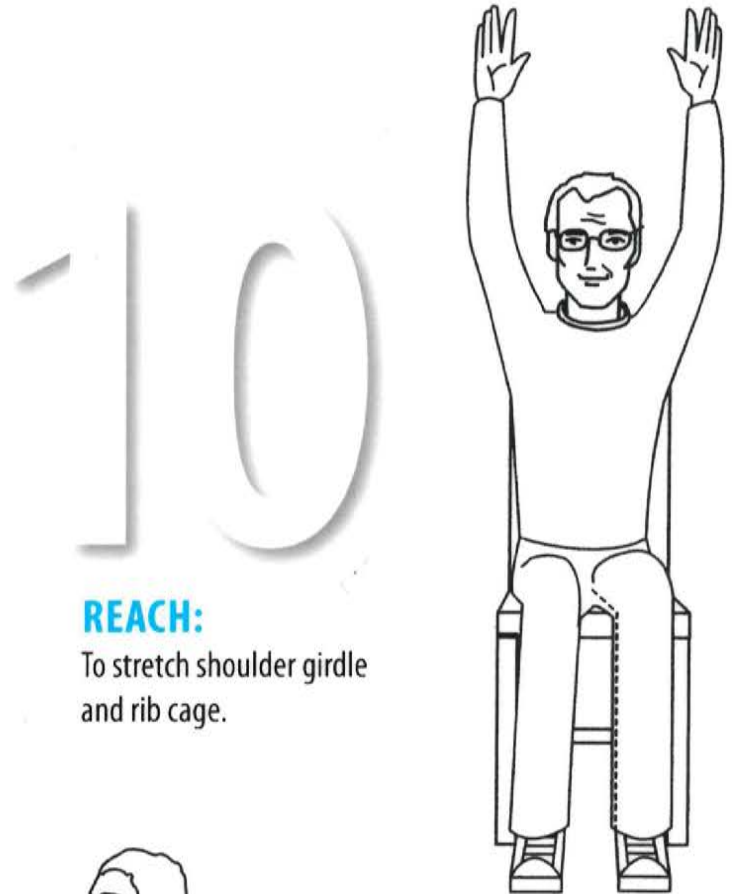
Sit and be fit

Module 4



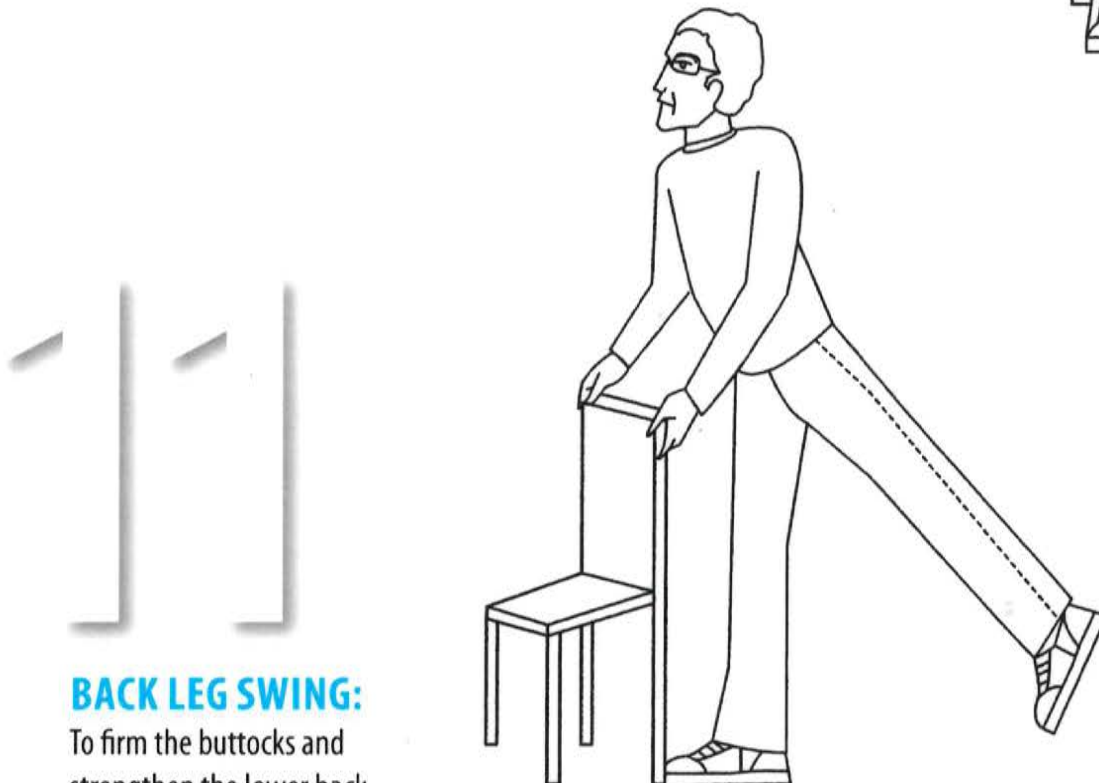
BACKSTRETCH:

To improve the flexibility of the lower back.



REACH:

To stretch shoulder girdle and rib cage.



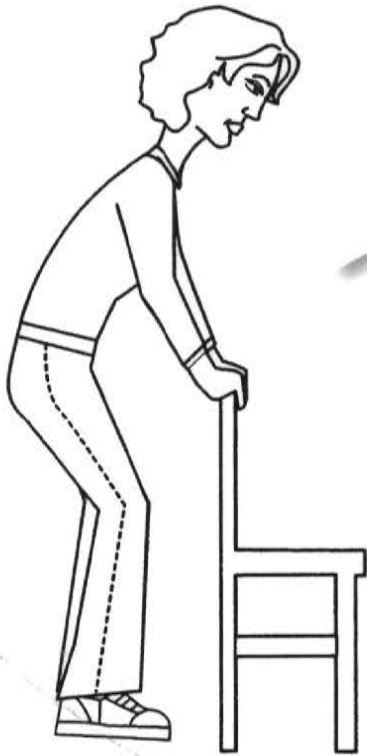
BACK LEG SWING:

To firm the buttocks and strengthen the lower back.



Sit and be fit

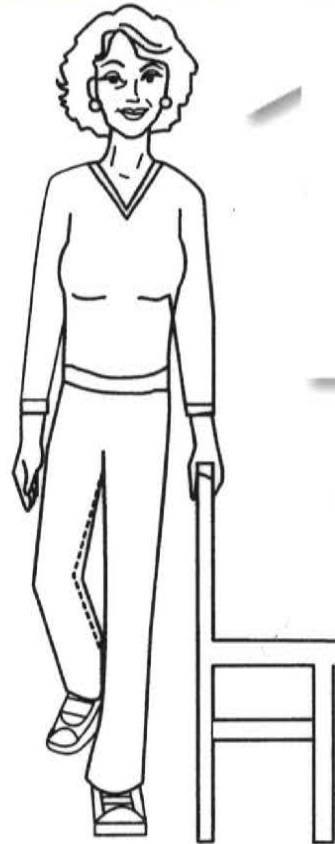
Module 4



12

QUARTER SQUAT:

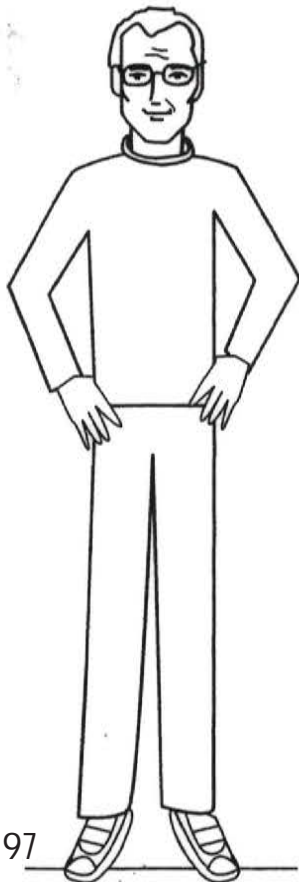
To tone and strengthen lower leg muscles.



13

KNEE LIFT:

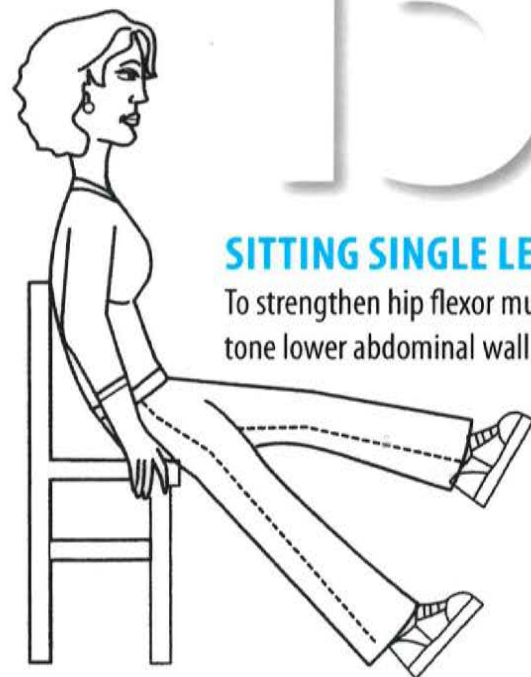
To strengthen hip flexors and lower abdomen.



14

HEEL RAISES:

To strengthen the calf muscles and ankles.



15

SITTING SINGLE LEG RAISES:

To strengthen hip flexor muscles and tone lower abdominal wall.



My Physical Activity Diary Day _____

Day of week	Time of Day	Description of Activity (Type and Intensity Level)	Duration

How to Start Exercising and Stick to It

Making exercise an enjoyable part of your everyday life may be easier than you think. These tips can show you how.



What's keeping you from exercising?

If you're having trouble beginning an exercise plan or following through, you're not alone. Many of us struggle getting out of the sedentary rut, despite our best intentions.

You already know there are many great reasons to exercise—from improving energy, mood, sleep, and health to reducing anxiety, stress, and depression. And detailed exercise instructions and workout plans are just a click away. But if knowing how and why to exercise was enough, we'd all be in shape. Making exercise a habit takes more—you need the right mindset and a smart approach.

While practical concerns like a busy schedule or poor health can make exercise more challenging, for most of us, the biggest barriers are mental. Maybe it's a lack of self-confidence that keeps you from taking positive steps, or your motivation quickly flames out, or you get easily discouraged and give up. We've all been there at some point.

Whatever your age or fitness level—even if you've never exercised a day in your life—there are steps you can take to make exercise less intimidating and painful and more fun and instinctive.



“I’m too tired.”

It may sound counterintuitive, but physical activity is a powerful pick-me-up that actually reduces fatigue and boosts energy levels in the long run. With regular exercise, you’ll feel much more energized, refreshed, and alert at all times.

“I’m too fat,” “I’m too old,” or “My health isn’t good enough.”

It’s never too late to start building your strength and physical fitness, even if you’re a senior or a self-confessed couch potato who has never exercised before. Very few health or weight problems rule exercise out of the question, so talk to your doctor about a safe routine.

“Exercise is too difficult and painful.”

“No pain, no gain” is an outdated way of thinking about exercise. Exercise shouldn’t hurt. And you don’t have to push yourself until you’re soaked in sweat or every muscle aches to get results. You can build your strength and fitness by walking, swimming, or even playing golf, gardening, or cleaning the house.

“I’m not athletic.”

Still have nightmares from PE? You don’t have to be sporty or ultra-coordinated to get fit. Focus on easy ways to boost your activity level, like walking, swimming, or even working more around the house. Anything that gets you moving will work.

How much exercise do you need?

The key thing to remember about starting an exercise program is that something is always better than nothing. Going for a quick walk is better than sitting on the couch; one minute of activity will help you lose more weight than no activity at all. That said, the current recommendations for most adults is to reach at least 150 minutes of moderate activity per week. You’ll get there by exercising for 30 minutes, 5 times a week. Can’t find 30 minutes in your busy schedule? It’s okay to break things up. Two 15-minute workouts or three 10-minute workouts can be just as effective.



Listen to your body. If you feel pain or discomfort while working out, stop! If you feel better after a brief rest, you can slowly and gently resume your workout. But don't try to power through pain. That's a surefire recipe for injury.

How to make exercise a habit that sticks

There's a reason so many New Year's resolutions to get in shape crash and burn before February rolls around. And it's not that you simply don't have what it takes. Science shows us that there's a right way to build habits that last. Follow these steps to make exercise one of them.

Start small and build momentum

A goal of exercising for 30 minutes a day, 5 times a week may sound good. But how likely are you to follow through? The more ambitious your goal, the more likely you are to fail, feel bad about it, and give up. It's better to start with easy exercise goals you know you can achieve. As you meet them, you'll build self-confidence and momentum. Then you can move on to more challenging goals.

Make it automatic with triggers

Triggers are one of the secrets to success when it comes to forming an exercise habit. In fact, research shows that the most consistent exercisers rely on them. Triggers are simply reminders—a time of day, place, or cue—that kick off an automatic reaction. They put your routine on autopilot, so there's nothing to think about or decide on. The alarm clock goes off and you're out the door for your walk. You leave work for the day and head straight to the gym. You spot your sneakers right by the bed and you're up and running. Find ways to build them into your day to make exercise a no-brainer.

Reward yourself

People who exercise regularly tend to do so because of the rewards it brings to their lives, such as more energy, better sleep, and a greater sense of well-being. However, these tend to be long-term rewards. When you're starting an exercise program, it's important to give yourself immediate rewards when you successfully complete a workout or reach a new fitness goal. Choose something you look forward to, but don't allow yourself to do until after exercise. It can be something as simple as having a hot bath or a favorite cup of coffee.



For many, simply getting outside makes all the difference. You may enjoy running outdoors, where you can enjoy alone time and nature, even if you hate treadmills.

Just about everyone can find a physical activity they enjoy. But you may need to think beyond the standard running, swimming, and biking options. Here are a few activities you may find fun:

1. horseback riding
2. ballroom dancing
3. rollerblading
4. hiking
5. paddle boarding
6. kayaking

7. gymnastics
8. martial arts
9. rock climbing
10. Zumba
11. Ultimate Frisbee
12. fencing



Make it a game

Activity-based video games such as those from Wii and Kinect can be a fun way to start moving. So-called “exergames” that are played standing up and moving around—simulating dancing, skateboarding, soccer, bowling, or tennis, for example—can burn at least as many calories as walking on a treadmill; some substantially more. Once you build up your confidence, try getting away from the TV screen and playing the real thing outside. Or use a smartphone app to keep your workouts fun and interesting—some immerse you in interactive stories to keep you motivated, such as running from hordes of zombies!

Pair it with something you enjoy

Think about activities that you enjoy and how you can incorporate them into an exercise routine. Watch TV as you ride a stationary bike, chat with a friend as you walk, take photographs on a scenic hike, walk the golf course instead of using a cart, or dance to music as you do household chores.



TIME TO YOGA
VECTOR ILLUSTRATION

life

If you're not the kind of person who embraces a structured exercise program, try to think about physical activity as a lifestyle choice rather than a task to check off your to-do list. Look at your daily routine and consider ways to sneak in activity here and there. Even very small activities can add up over the course of a day.

Make chores count. House and yard work can be quite a workout, especially when done at a brisk pace. Scrub, vacuum, sweep, dust, mow, and weed—it all counts.

Look for ways to add extra steps. Take the stairs instead of the elevator or escalator. Park farther from a building entrance, rather than right out front. Get off your train or bus one stop early. The extra walking adds up.

Ditch the car whenever possible. Instead of driving everywhere, walk or bike instead when the distance is doable.

Move at work. Get up to talk to co-workers, rather than phoning or sending an email or IM. Take a walk during your coffee and lunch breaks. Use the bathroom on another floor. Walk while you're talking on the phone.

Exercise during commercial breaks. Make your TV less sedentary by exercising every time commercials come on or during the credits. Options include jumping jacks, sit-ups, or arm exercises using weights.

How getting a dog can boost fitness

Owning a dog leads to a more active lifestyle. Playing with a dog and taking him for a walk, hike, or run are fun and rewarding ways to fit exercise into your schedule. Studies have shown that dog owners are far more likely to meet their daily exercise requirements than non-owners. One year-long study found that walking an overweight dog helped both the animals and their owners lose weight (11 to 15 pounds). Researchers found that the dogs provided support in similar ways to a human exercise buddy, but with greater consistency and without any negative influence.

In another study, public housing residents who walked therapy dogs for up to 20 minutes, five days a week, lost an average of 14.4 pounds in a year, without changing their diets. If you're not in a position to own a dog, you can volunteer to walk homeless dogs for an animal shelter or rescue group.

Authors: Lawrence Robinson, Jeanne Segal, Ph.D., and Melinda Smith, M.A. Last updated: June 2019.

I can do this!!!!

List a few ways you can add more movement to your daily life.



Physical Activity

What can physical activity do for me?

Physical activity

- helps keep your blood glucose (sugar), blood pressure, and cholesterol levels on target
- lowers your risk for heart disease and stroke
- relieves stress
- helps insulin work better
- strengthens your heart, muscles, and bones
- improves your blood circulation and tones your muscles
- keeps your body and your joints flexible

Even if you've never exercised before, you can find ways to add physical activity to your day. You'll get benefits, even if your activities aren't hard to do. Once physical activity is a part of your routine, you'll wonder how you did without it.

If I haven't been very active lately, what should I do first?

Start with a check up. Your health care provider will check your heart, blood vessels, eyes, kidneys, feet, and nervous system. If you have health problems, your provider can recommend



Find an activity you enjoy, such as walking.

physical activities that will help you but won't make your conditions worse.

What kinds of physical activity are best?

A complete physical activity routine includes 3 different kinds of activities:

- activity—walking, using the stairs, moving around—throughout the day
- aerobic exercise, such as brisk walking, swimming, or dancing
- strength training, such as lifting light weights

Being active throughout the day

Being active helps burn calories. Get up and move every 90 minutes if you sit for long periods of time. Place a check mark next to the things you'd like to try:

- Walk instead of drive whenever possible.
- Take the stairs instead of the elevator.
- Walk around while you talk on the phone.
- Work in the garden, rake leaves, or wash the car.
- Play with the kids.
- Park at the far end of the shopping center lot and walk to the store.
- Others things I can do: _____

Aerobic exercise

Aerobic exercise makes your heart and bones strong, relieves stress, helps your insulin work better, and improves blood circulation. It also lowers your risk for heart disease by keeping your blood glucose, blood pressure, and cholesterol levels on target.

For most people with diabetes, it's best to aim for a total of about 30 minutes a day, at least 5

continued on page two



Once physical activity is a part of your routine, you'll wonder how you did without it.



continued from previous page

days a week (a total of at least 150 minutes each week). If you haven't been very active recently, start with 5 or 10 minutes a day. Then work up to more time each week. Or split up your activity for the day—try a brisk 10-minute walk 3 times a day. Your health care team can show you how to warm up and stretch before aerobic exercise and how to cool down afterward.

Here are some ways to get aerobic exercise:

- Take a brisk walk every day.
- Go dancing or take a dance aerobics class.
- Swim or do water aerobic exercises.
- Take a bicycle ride outdoors or use a stationary bicycle indoors.

My plan for aerobic exercise:

What I'll do:

What I need to get ready:

Which days and times:

How long each session will be:

How I'll warm up and cool down:

Strength training

Strength training helps build strong bones and muscles and makes everyday chores like carrying groceries easier for you. With more muscle, you burn more calories, even at rest. Strength training also helps your insulin work better.

Do your strength routine 3 times a week. Here

are some things to try:

- Lift light weights at home.
- Join a strength training class that uses weights, elastic bands, or plastic tubes.
- When you travel, make time to use the hotel fitness center.

My plan for strength training:

What I'll do:

What I need to get ready:

Which days and times:

How long each session will be:

How to keep a record of your progress

Keep track of your efforts to be active. You might find that writing everything down helps keep you on target. Think about what works best for you:

- Keep a small notebook with you all day. Write down what kind of physical activity you've done and for how long.
- Mark your activity program on a calendar or daily planner and chart your progress.
- Surf the web and find an Internet-based exercise-tracking log and record how you are doing online.

How a support system can help

You might find it helpful to meet on a regular basis with people who are also trying to be active. Think about joining a group for exercise or general support. Or find a walking buddy. Then work together to reach your goals.

For more information from the American Diabetes Association, visit professional.diabetes.org/PatientEd or call 1-800-DIABETES (342-2383).

Tips for Being Active With Diabetes

How Much Activity?

- Start by doing what you can do, and then look for ways to do more until you reach 150 minutes a week of activity.
- Find the time that works best for you to add up to 150 minutes. For example:
 - 30 minutes at one time five times a week.
 - 15 minutes at a time 10 times a week.
 - 10 minutes at a time several times a day.



Do It Your Way

- Brisk walking is a great way to be active.
- Try dancing, gardening, following a video, or taking a class.
- Be active with a friend or family member.
- Start with 10 minutes a day and build up over time.

Be Safe

- Check your blood sugar before you are physically active.
- Carry a snack with you in case your blood sugar goes too low.
- Carry identification that says you have diabetes.
- Wear shoes that fit well and are made for the kind of activity you do.
- Check your feet every day. Call your doctor or nurse if a cut, sore, blister, or bruise on your feet or toes does not go away after 2 days.



Ask Your Doctor or Nurse:

1. What physical activities are safe for me?
2. Are there any special things I need to do to protect my feet?
3. Do I need to make any changes in my medicines before I raise my level of physical activity? Do I need to eat a snack before I'm active?

One thing I will do to be more active before my next appointment:

Other notes from the doctor or nurse:

MY WEEKLY MOVEMENT GOALS

Week of _____

Long term goals to keep in mind:

- Daily movement
- Aerobics 30 minutes/day
- Strength 3 times per week

HOW I WILL MOVE MORE (DAILY):

WHAT AEROBIC ACTIVITIES I WILL DO THIS WEEK:

Activity	Day	Length
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

STRENGTH ACTIVITIES THIS WEEK:

Activity	Day	Length
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

DAY	ACTIVITY Movement - M Aerobic - A Strength - S	LENGTH OF TIME
SUN	M	
	A	
	S	
MON	M	
	A	
	S	
TUE	M	
	A	
	S	
WED	M	
	A	
	S	
THU	M	
	A	
	S	
FRI	M	
	A	
	S	
SAT	M	
	A	
	S	

NOTES:

MY WEEKLY ACTIVITY GOALS SAMPLE

Week of June 19 - 25

Long term goals to keep in mind:

- Daily movement
- Aerobics 30 minutes/day
- Strength 3 times per week

HOW I WILL MOVE MORE (DAILY):

Take stairs at work

Park further from door at work

Grocery shopping on weekend

household chores on weekend

WHAT AEROBIC ACTIVITIES I WILL DO THIS WEEK:

Activity	Day	Length
Swim	MWF	15 min
walk	T, Th	15 min
Garden	Sa, Sun	15 min
House chores	Sa, Sun	1 hour

STRENGTH ACTIVITIES THIS WEEK:

Activity	Day	Length
Sit to Fit	T, Th, Sa	15 min

DAY	ACTIVITY Movement - M Aerobic - A Strength - S	LENGTH OF TIME
SUN	M parking	2 hours
	A gardening/chores	
	S	
MON	M park/stairs	20 min
	A swim	
	S	
TUE	M park/stairs	15 min
	A walk	
	S Sit to fit	15 min
WED	M	25 min
	A swim	
	S	
THU	M park/stairs	10 min
	A walk	
	S	
FRI	M park/stairs	30 min
	A swim	
	S	
SAT	M grocery/park	1 hour
	A Garden /chores	
	S sit to fit	15 min

NOTES: I did well this week. I didn't use the stairs or park further on Wednesday because I was late. I missed a strength session but was doing some heavy lifting in the garden so I think that counts. Obviously, I enjoy swimming and gardening. Next week I feel like I can add a few more minutes to walking.

SUMMING IT UP...



YOU DID IT!!!!

Celebrate your victory! You now have all the tools and information you need to take control of your health and manage your diabetes. You have done some challenging self-exploration, you have learned about setting goals and actions, you know how to break things down into achievable actions. You have learned about monitoring and medication, your health care team and who to see when. You know about nutrition and how to dig through the nonsense to find the food that will make your body thank you. You have found ways to move your body that make you joyful! You should be really proud of yourself.

Keep up the good work. You deserve everything that will come with improved health.

If you ever need support, information or anything else, call, email or text your diabetes educator.

ELIZABETH ROCKEY
elizabeth.rockey@vvrnc.org
830-313-3363 (mobile)
830-778-3848 (office)



PART 5

**TIPS & TRICKS FOR
GETTING IT ALL
TOGETHER**

HOW TO PUT IT ALL TO WORK FOR YOU

So, now what? You are probably still digesting all the information you have received. It's a lot to absorb and process. Self-exploration in itself is a time consuming activity. Perhaps a few suggestions on how to organize everything you want to do to get healthy might help.

If you have a clear idea of where you are headed and how to get there, go no further. This is just a section for those of us who might not be sure what direction to take.

FIRST:

Identify your "WHY." No doubt your "WHY" will evolve and change over time but it should serve as your beacon. It is your lighthouse. It is where you look when you feel discouraged. Know it. Feel it. Be it!

SECOND:

Check your attitude and your challenges. Knowing what is going to be challenging is the first step to conquering it.

THIRD:

Grow Your Goals - This exercise can help you take your why and figure out where you want to be and what steps it will take to get there. The more you learn, the more specific your goals will get.

Pick a habit you want to develop. Start small. Maybe it is walking 15 minutes a day. Track yourself with the "Tracking Your New Habit" form.

You will be doing a lot of tracking of things. Why? Because you can see right there on that piece of paper (or on your electronic device) how well you are doing. You are holding yourself accountable. You will not have to do all this tracking forever, just until you get the hang of your new, improved lifestyle.

FOURTH:

The one thing you must do is monitor your blood glucose. You just have to. It is the best way to determine how your body is functioning. It is extremely important. Please, commit to monitoring your blood glucose so you can share the information with your healthcare providers. It will help them guide you and help you self-manage your diabetes.

FIFTH:

Get out your phone or your paper calendar. Write down reminders for making appointments with your primary care provider, ophthalmologist, podiatrist, and dentist. Make any appointments you need to make. Prepare for visits using the Medical Team Appointment Checklist.

SIXTH:

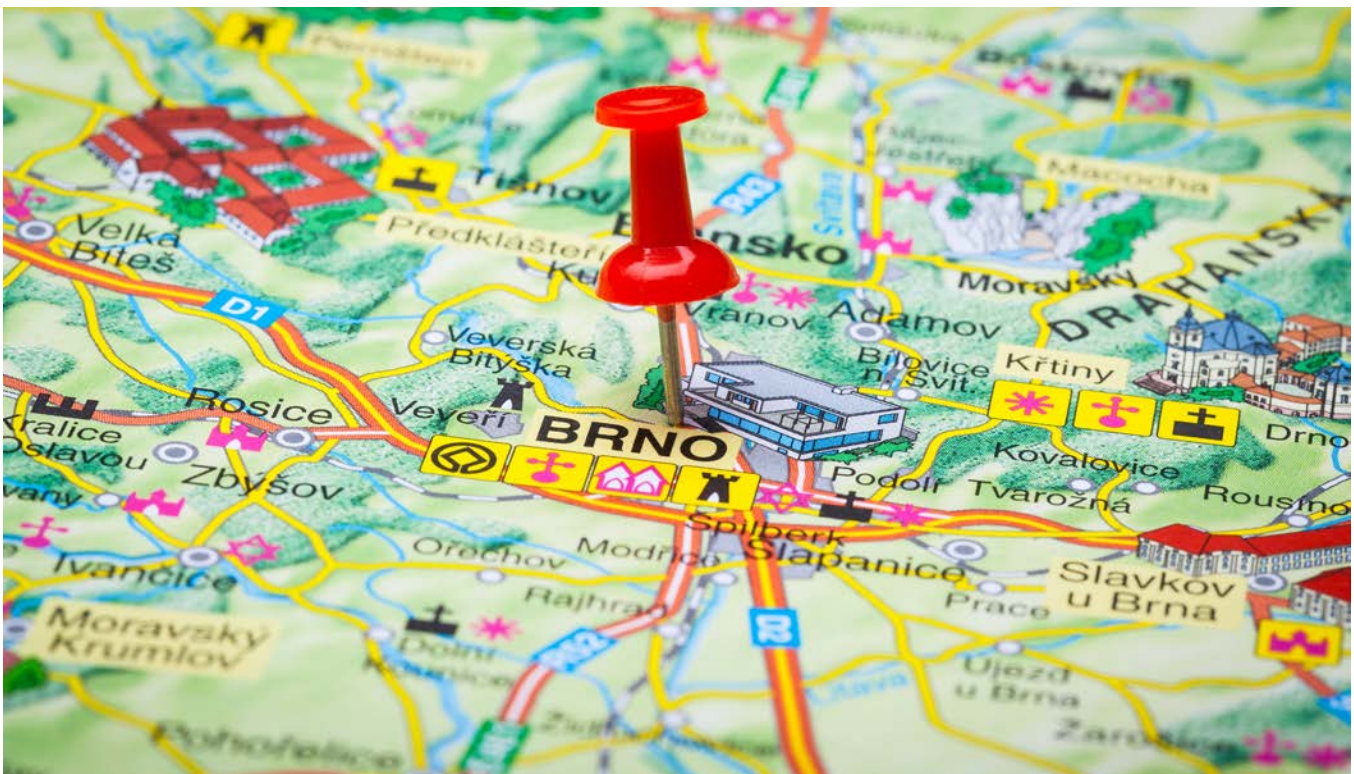
Explore your food issues. Really dig deep. Then, use the Improving Eating Habits form to track your eating for a week. When you see the patterns, figure out some steps you can take to change those patterns. Use the I am taking action! forms.

SEVENTH:

Make a meal plan every week until eating the right foods, at the right times, in the right amounts becomes a habit.

EIGHTH:

Identify your excuses for not exercising (moving your body). Be sure to include the solutions! Fill out the My Weekly Activity Goals worksheet to help you stick to moving your body.



STEP
1

WHAT IS YOUR WHY?

EXAMPLE: Why do you want to get control of your diabetes?

I want to be able to play with my children and be here for them.

WHY? Because it is important to me and I love them.

WHY? Because I didn't feel important growing up and I want my kids to have a different experience.

WHY? Because it gave me an excuse not to take care of myself because I felt I wasn't worth it.

"WHY" can help you identify the core of your reasons for controlling your diabetes and may even help you identify the reason behind it being a challenge. Identifying an issue is the first step towards resolving it.

I want to get control of my diabetes because

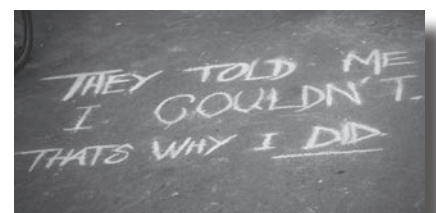
WHY?

WHY?

WHY?

WHY?

Did you discover any core issues? If so, how can being aware of them help you commit to your "WHY?"



STEP
2

GOALS AND ATTITUDE

Your attitude about your health is a key to achieving a healthier lifestyle. A positive attitude will help you not only with this aspect of your life but with your entire life. Of course, no one is happy all the time. Sometimes, life can be a challenge but if you focus on the belief that you can OVERCOME any challenges you face, you will succeed!

Do you always look for the positive things in life? Test yourself. Think back over the last 24 hours. Make a list of all the things — both good and bad — that have happened to you in the past day. Which list is longer? Did you list things like waking up, having food to eat, having clothes to wear, and having a place to live? Look at your list of bad things. Is there any way to put a positive spin on those events? Do any of the black clouds have a silver lining?

Good Things

Not-so-Good Things

STEP *Take a few minutes to look over this check list.*
2a *Rate the items with an C for Challenging, D for Doable, and NP for no problem!*

- | | |
|--|---|
| _____ Add more vegetables to my diet | _____ Add more berries to my diet |
| _____ Move my body 10 minutes a day | _____ Focus on the nutrition in food |
| _____ Keep track of what I eat | _____ Move my body 15 minutes a day |
| _____ Find some diabetes friendly recipes to try | _____ Get excited about my journey to better health |
| _____ Ask for help when I need it | _____ Set goals for myself that I can achieve |
| _____ See my healthcare provider regularly | _____ Enlist my friends and family for support |
| _____ Check my glucose levels regularly | _____ Find healthy ways to deal with stress and anxiety |
| _____ Take my medication (if any) as prescribed | _____ Move my body 30 minutes a day |
| _____ Plan my meals and snacks | |

Have a look at how you rated these items. What is going to be hardest? Easiest? Where do you think you will need support and where can you get it? If you know where you need help, it makes it much easier to find. Use this space to make a few notes to inspire yourself!

GROW YOUR GOAL

You can use “Grow Your Goal” to help you identify your goals and how to achieve them. Or use another tool. Many roads lead to the very same destination.

G STANDS FOR GOAL

**STEP
3**

Where do you want to be?

Describe what it would look like to achieve your goal and be where you want to be:

How many steps do you think it would take to achieve this goal? What are they?

On a scale of 1 - 10 (10 being the best), how confident are you of success?

GROW YOUR GOAL

Are there bigger goals you could reach if you achieve this one?

R STANDS FOR REACH

Where are you right now in relation to this goal?

What strengths do you have that could help you achieve this goal?

What obstacles might come up for you when reaching for this goal?

GROW YOUR GOAL

How can you overcome these obstacles that might come up for you?

O STANDS FOR OPTIONS

What are some of the options you have for reaching your goal?

Which choice makes you feel like you can succeed?

How will you strengthen this choice for yourself?

GROW YOUR GOAL

W STANDS FOR WINNER

What is your first step towards being a winner and achieving your goal?

When will you know you have won?

How can you keep feeling like the winner you are?

How will you continue to hold yourself accountable for reaching your winning goal?

TRACKING YOUR NEW HABIT PROGRESS

	WK 1:	WK 2:	WK 3:	WK 4:
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
Done >5 days yes or no				
How automatic did it feel? Scale of 1-10				

NOTES – How are you feeling? What roadblocks have you encountered? How could you get past these roadblocks?

Basic blood glucose logbook

STEP
4



Date	Time	Blood sugar	Comments

Date	Time	Blood sugar	Comments

The Road to Better Health: What to check when

STEP 5



Have your eyes checked **every year** to be sure your eyes are healthy.



It is very important to see a podiatrist **yearly**. They can tell you if your feet are healthy and will know if you are having any vascular problems



See your dentist at least **twice a year**.



Not feeling well?

See your health care provider or go to an urgent care or Emergency Room. Quick action is essential to maintaining your health.



Yearly Blood/Urine Tests:

- A1c
- Cholesterol HDL and LDL
- Liver Panel
- Kidney check
- Urine Check



Review results with your Primary Care Provider and determine next steps. See your PCP **every 3 to 6 months**. The visits will be less frequent as you learn what to do for your health.



STEP
5a

Medical Team Appointment Checklist

Blood Glucose Testing Results for at least one week

Questions to ask:

1. _____

2. _____

3. _____

4. _____

5. _____

Results of any research you may have done on the internet or at the library

Pen to take down any notes

Tests (check the ones you feel you need):

- | | |
|---|--|
| <input type="checkbox"/> A1c (2 times per year) | <input type="checkbox"/> Oral Glucose Tolerance Test |
| <input type="checkbox"/> Urine Test (albumin, once per yr.) | <input type="checkbox"/> Ketone Tests (if levels +240) |
| <input type="checkbox"/> Cholesterol (once per year) | <input type="checkbox"/> Blood Pressure (frequently) |
| <input type="checkbox"/> Foot Exam (every visit) | <input type="checkbox"/> Eye Exam (once per year) |

NOTES: _____

Provider Visited: _____

Date: _____

Next Appointment Date: _____

ASKING THE HARD QUESTIONS

1. What were some of your family food-related activities growing up? Think about any family member who spent a lot of time on diets. How did they affect your adult habits around food?

STEP 6

2. Do you crave certain kinds of food at certain times? What types and how are you feeling when you crave them?

3. Do you eat more than you know you need? When and why?

4. Do you eat to soothe yourself? How might you better soothe yourself?

5. Does your weight yo-yo? Why might that be?

6. How does what you eat affect your self-esteem?

7. Do you have an image of how you think your body “should” look? Is it realistic? Where did it come from?

8. How do you feel about yourself when you gain weight? Is it different than you feel when you lose weight? Why do you think that is?

9. What do you see when you look in the mirror? How do you talk to that person?

Have a good look at your answers. Do you see patterns? What can you do to change your thinking around food?

STEP 6a

Saturday	Time	Hungry	Bored	Stress	Happy	Angry	Tired	What did you have?
Breakfast								
Snack								
Lunch								
Snack								
Dinner								

Notes: Did you eat fast? Did you practice mindfulness? Were you watching TV?

PATTERNS/TRIGGERS

1. Did you identify any triggers for eating? Like stress or boredom?
2. Did you eat when offered food or passing by a candy dish or some doughnuts?
3. What could you try to do to address some of your triggers?

STEP
7

I am taking action!

WEEK OF _____

WHAT I WILL ACCOMPLISH THIS WEEK:

Take one of the Tips for Action Steps (or write your own). Write it below:

How will I achieve this goal? Be very specific. The more specific, the better.

1.

2.

3.

4.

Here is how it went:

“And that is how change happens. One gesture. One person. One moment at a time.” — Libba Bray, The Sweet Far Thing

MEAL PLANNING FOR YOUR HEALTH

STEP
7a

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

GROCERY LIST

Everything you checked is exercise! You are probably already getting some exercise. It's just a matter of possibly getting a little bit more. The key is to DO SOMETHING YOU ENJOY. If you do not enjoy the body movement, you won't keep doing it. Dance during commercials on the TV. Walk your dog in the neighborhood. Try an active hobby like gardening or wood-working. There are so many things that can help your body get into motion. As Nike says, "Just do it!"

STEP 8

Make a list below of your excuses to not exercise. Then, come up with the solution to your excuses. We started you off with an example.

EXCUSES TO NOT EXERCISE

1. It's too hot

SOLUTIONS

1. Walk at the mall or swim

STEP
8a

MY WEEKLY MOVEMENT GOALS

Week of _____

Long term goals to keep in mind:

- Daily movement
- Aerobics 30 minutes/day
- Strength 3 times per week

HOW I WILL MOVE MORE (DAILY):

WHAT AEROBIC ACTIVITIES I WILL
DO THIS WEEK:

Activity	Day	Length
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

STRENGTH ACTIVITIES THIS WEEK:

Activity	Day	Length
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

DAY	ACTIVITY Movement - M Aerobic - A Strength - S	LENGTH OF TIME
SUN	M	
	A	
	S	
MON	M	
	A	
	S	
TUE	M	
	A	
	S	
WED	M	
	A	
	S	
THU	M	
	A	
	S	
FRI	M	
	A	
	S	
SAT	M	
	A	
	S	

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