



Health tips and information for Diabetics

Having diabetes doesn't mean you need to buy food in a special section or look for special foods. But you'll need to select healthy foods. Product comparison and reading food labels is key. This can help you find the healthiest foods for you and your family.



Product comparison

When shopping, compare the products to find the right ones for your needs. Remember this information:

"No sugar added" does not mean that the product does not contain sugar.

"Sugar-free" means less than 1/2 gram of sugar per serve.

"Fat free" means that it contains less than half a gram of fat per part. This does not necessarily mean that the product is low in calories.

"Low fat" means that it contains 3 grams or less fat per serving. "Reduced fat" or "less fat" means that it contains 25% less fat than the normal version. Some of this fat can be saturated or trans. And the number of calories per part may be like that of the normal version of the product.

Make changes little by little.

Don't try to change all your eating habits at the same time. Here are some tips to get you started:

- Select low-fat or fat-free cheese, milk, and yogurt. Also select lean meat. This will help you reduce saturated fat intake.
- Try eating whole meal bread, brown rice and whole meal pasta.
- Buy plenty of fresh or frozen vegetables. If you buy canned vegetables, select the ones that are low in sodium.
- Avoid processed foods as much as possible. These are usually low in fiber and high in trans fats and salt.
- Try tofu, soy milk or meat substitutes. These products can help you lower cholesterol and saturated fats.

How to read food labels

Sunrise Wellness Program

www.sunrisewellnesscare.com

Adapted from the American Diabetes association

www.diabetes.org



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To find healthy foods that help you control your blood sugar, it's important to read and understand food labels. Look for the nutrition information label on packaged foods. This will tell you how many portions are in the package. It will also tell you how much carbohydrates, sugar, fat and fibers in each part. This way, you can decide whether that food is right for your meal plan.

How to use food labels

Once you have read a food label, what should you do with the information? The food label can be useful in several ways. Use it to:

Compare products. Decide which one is best for your health needs.

Keep an account of the amount of carbohydrates your portions contain.

Calculate how many servings of a food you can eat without exceeding the amount of carbohydrates planned for that meal.

Meal planning

For good blood sugar control, plan the content and time of your meals. Start by making a meal plan that includes all food groups. Then schedule your meals and exercise schedules to keep your blood sugar level stable. You may need to adjust your plan for special situations. But 3 of the best ways to control your blood sugar level are:

- Eat meals and snacks at the same time every day.
- Eat the same amount of food.
- Exercise every day.

Eat food from all groups

The basis of a healthy meal plan is variety (eating many different types of foods). Look for lean meats, fresh fruits and vegetables, whole grains, and low-fat or fat-free dairy products. Eating a variety of healthy foods provides the nutrients your body needs. In addition, it can help prevent boredom with the meal plan.

Reduce liquid sugars

Additional calories from soft drinks, sports drinks and fruit juices make it difficult to maintain optimal blood sugar. Remove liquid sugars from your meal plan as much as possible. This includes most fruit juices, which are usually high in natural or added sugar. Instead, drink plenty of water or other sugar-free liquids.

Eat less fat



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If you need to lose weight, try reducing the amount of fat in your diet. This can also help you lower your cholesterol level to keep your blood vessels healthier. One way to reduce fat is to use only small amounts of cooking oil. Read food labels carefully. This can help you avoid foods with unhealthy fats.

Mealtimes

To control your blood sugar level, it's important not only what you eat, but also when you eat it. You may need to eat several small meals, spaced regularly throughout the day, to stay within recommended limits. So, you shouldn't skip breakfast or wait up to an hour longer in the day to consume most of your calories. This can cause too strong increases or decreases in blood sugar.

Cook in a healthy way

Cook meats and vegetables baked, grilled or steamed instead of fried.

Season meals with vegetable puree, lemon or lime juice, or aromatic herbs. Do not use cream-based sauces or glazed sweets.

Remove the skin from the chicken and turkey before serving.

Look for easy recipes in cookbooks to prepare low-fat, low-sugar meals. When preparing your usual recipes, halve the sugar. Reduce 1/3 of the fat.

Mealtimes



You can help keep your blood sugar level within recommended limits if you eat a healthy diet. Your health care team can help you create a nutritious, low-fat meal plan. You need to be actively involved in the control of your diabetes. Follow your meal plan and collaborate with your health care team.

Set up a meal plan

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A meal plan sets guidelines for the classes and amounts of food you should eat. The goal is to balance food and insulin (or other diabetes medications). That way, it will keep your blood sugar level within normal values. Your nutritionist will help you come up with a flexible plan that includes many of the foods you like.

Check portion sizes

Your meal plan will group food by portion. To learn what the size of a serving is, start by measuring the portions of food at each meal. You will soon learn how to visually identify the correct size of a part on your plate. Ask your health care provider how to balance different portions of food.

Eat food from all groups

The basis of a healthy meal plan is variety (eating different types of foods). Choose lean meats, fresh fruits and vegetables, whole grains, and low-fat or fat-free dairy products. Eating a wide variety of foods provides the nutrients your body needs. In addition, it can help prevent boredom with the meal plan.

Learn about carbohydrates, fats, and proteins

There are three types of carbohydrates: starches, sugars and fibers. These are found in many foods, such as fruits, bread, pastas, milk and sweets. Of all the foods you eat, carbohydrates have the greatest effect on your blood sugar level. Your nutritionist can teach you a method for counting carbohydrates. This is a good way to keep track of the amount of carbohydrates present in a meal.

Fats have the most calories and the most important effect on your weight and your risk of heart disease. If you have diabetes, it's important to manage your weight to protect your heart. High-fat foods include whole milk, cheese, snacks and desserts. You can eat more "heart-healthy" fats, such as those found in avocados, salmon, tuna and olive oil.

Proteins are important for generating and repairing muscles and bones. Choose foods with low-fat protein, such as fish, egg whites, and skinless chicken.

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This includes most fruit juices, which are usually high in natural or added sugar. Instead, it is recommended that you drink plenty of water or other sugar-free liquids.

Eat less fat

If you need to lose weight, try reducing the amount of fat in your diet. This can also help you lower your cholesterol level to keep your blood vessels healthier. One way to reduce fat is to use only small amounts of cooking oil. Read food labels carefully. Avoid foods with unhealthy trans fats.

To control your blood sugar level, it's important not only what you eat, but also when you eat it. You may need to eat several small meals, spaced regularly throughout the day, to stay within recommended limits. So, you shouldn't skip breakfast or wait up to an hour longer in the day to consume most of your calories. This can cause too strong increases or decreases in blood sugar.

Living your life with Diabetes



Having diabetes may require you to make certain changes to your work and social life. But these changes don't have to stop you from succeeding in your job and enjoying your spare time.

Your family and friends

Your family and friends may have questions about diabetes and find it difficult for them to understand why you need to change certain aspects of your life. Invite them to learn about diabetes with you. Spend time with friends who support your attempts to take good care of yourself.

Special occasions



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Social gatherings and holiday times are often accompanied by meals and drinks other than usual or in larger quantities. You can continue to enjoy special occasions:

At parties, focus on enjoying music, dancing or chatting with your friends.

When you go to a party, bring snacks or snacks that you can eat. Other guests may also like low-calorie versions of their favorite foods.

Before the next holiday season, learn how to incorporate traditional meals into your eating plan.

Some religious festivities require fasting or making other changes to their usual meals. Talk to your health care provider, nutritionist, or clergyman to find out how you can celebrate your festivities safely.

Diabetes at work

Lunch meetings, shift changes, and business travel can affect diabetes management.

Make diabetes management a priority. If your work schedule changes often or if you have difficulty performing your day-to-day tasks, talk to your health care provider and your boss.

You may need to make special arrangements to perform your daily diabetes control tasks, such as measuring your blood sugar while at work. Some helpful tips:

- Keep emergency supplies at work such as a glucometer.
- Get information on the emergency protocol at work
- Keep small snacks at work

Healthy Meals for Diabetes



A healthcare provider will help you develop a meal plan that fits your needs.

Ask your healthcare team to help you make a meal plan that fits your needs. Your meal plan tells you when to eat your meals and snacks, what kinds of foods to eat, and how much of each food to eat. You don't have to give up all the foods you like. But you do need to follow some guidelines.

Choose healthy carbohydrates

Starches, sugars, and fiber are all types of carbohydrates. Fiber can help lower your cholesterol and triglycerides. Fiber is also healthy for your heart. You should have 20 to 35 grams of total fiber each day. Fiber-rich foods include:

<ul style="list-style-type: none"> • Whole-grain breads and cereals • Bulgur wheat • Brown rice 	<ul style="list-style-type: none"> • Whole-wheat pasta • Fruits and vegetables • Dry beans, and peas
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Keep track of the amount of carbohydrates you eat. This can help you keep the right balance of physical activity and medicine. The amount of carbohydrates needed will vary for each person. It depends on many things such as your health, the medicines you take, and how active you are. Your healthcare team will help you figure out the right amount of carbohydrates for you. You may start with around 45 to 60 grams of carbohydrates per meal, depending on your situation.

Here are some examples of foods containing about 15 grams of carbohydrates (1 serving of carbohydrates):

- 1/2 cup of canned or frozen fruit
- A small piece of fresh fruit (4 ounces)
- 1 slice of bread
- 1/2 cup of oatmeal
- 1/3 cup of rice
- 4 to 6 crackers
- 1/2 English muffin
- 1/2 cup of black beans

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Healthy Meals for Diabetes

- 1/4 of a large baked potato (3 ounces)
- 2/3 cup of plain fat-free yogurt
- 1 cup of soup
- 1/2 cup of casserole
- 6 chicken nuggets
- 2-inch-square brownie or cake without frosting
- 2 small cookies
- 1/2 cup of ice cream or sherbet

Choose healthy protein foods

Eating protein that is low in fat can help you control your weight. It also helps keep your heart healthy. Low-fat protein foods include:

- Fish
- Plant proteins, such as dry beans and peas, nuts, and soy products like tofu and soymilk
- Lean meat with all visible fat removed
- Poultry with the skin removed
- Low-fat or nonfat milk, cheese, and yogurt

Limit unhealthy fats and sugar

Saturated and trans fats are unhealthy for your heart. They raise LDL (bad) cholesterol. Fat is also high in calories, so it can make you gain weight. To cut down on unhealthy fats and sugar, limit these foods:

<ul style="list-style-type: none">• Butter or margarine• Palm and palm kernel oils and coconut oil• Cream• Cheese• Bacon• Lunch meats	<ul style="list-style-type: none">• Ice cream• Sweet bakery goods such as pies, muffins, and donuts• Jams and jellies• Candy bars• Regular sodas
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How much to eat

The amount of food you eat affects your blood sugar. It also affects your weight. Your healthcare team will tell you how much of each type of food you should eat.

- Use measuring cups and spoons and a food scale to measure serving sizes.
- Learn what a correct serving size looks like on your plate. This will help when you are away from home and can't measure your servings. For example, a serving of meat is about the palm of your hand.
- Eat only the number of servings given on your meal plan for each food. Don't take seconds.

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Healthy Meals for Diabetes

- Learn to read food labels. Be sure to look at serving size, total carbohydrates, fiber, calories, sugar, and saturated and trans fats. Look for healthier alternatives to foods that have added sugar.
- Plan for parties so you can still have a good time without going overboard with unhealthy food choices. Set a good example yourself by bringing a healthy dish to potlucks.

Choose healthy snacks

When it comes to snacks, we usually think about foods with added sugar and fats. But there are many other options for healthier snack choices. Here are a few snack ideas to choose from:

Snacks with less than 5 grams of carbohydrates

- 1 piece of string cheese
- 3 celery sticks plus 1 tablespoon of peanut butter
- 5 cherry tomatoes plus 1 tablespoon of ranch dressing
- 1 hard-boiled egg
- 1/4 cup of fresh blueberries
- 5 baby carrots
- 1 cup of light popcorn
- 1/2 cup of sugar-free gelatin
- 15 almonds

Snacks with about 10 to 20 grams of carbohydrates

- 1/3 cup of hummus plus 1 cup of fresh cut no starchy vegetables (carrots, green peppers, broccoli, celery, or a combination)
- 1/2 cup of fresh or canned fruit plus 1/4 cup of cottage cheese
- 1/2 cup of tuna salad with 4 crackers
- 2 rice cakes and a tablespoon of peanut butter
- 1 small apple or orange
- 3 cups light popcorn
- 1/2 of a turkey sandwich (1 slice of whole-wheat bread, 2 ounces of turkey, and mustard)

Portion sizes are important to controlling your blood sugar and staying at a healthy weight. Stock up on healthy snack items so you always have them on hand.

When to eat

Your meal plan will likely include breakfast, lunch, dinner, and some snacks.

- Try to eat your meals and snacks at about the same times each day.

Healthy Meals for Diabetes

- Eat all your meals and snacks. Skipping a meal or snack can make your blood sugar drop too low. It can also cause you to eat too much at the next meal or snack. Then your blood sugar could get too high.

The 10 Best and Worst Foods for Health and Longevity

The Best:



Green Leafy Vegetables
(e.g. kale, collard greens, mustard greens, spinach, lettuce)



Non-Leafy Cruciferous Vegetables (e.g. broccoli, cauliflower, Brussels sprouts, cabbage)



Berries



Beans



Mushrooms



Onions



Seeds (e.g. flax, chia, hemp, sesame, sunflower, pumpkin)



Nuts (e.g. walnuts, pistachios, pine nuts, almonds, cashews)



Tomatoes



Pomegranates

The Worst:



Sweetened Dairy Products
(e.g. ice cream, low-fat ice cream, frozen yogurt)



Trans Fat Containing Foods (e.g. stick margarine, shortening, fast foods, commercial baked goods)



Donuts



Sausage, Hot Dogs, and Luncheon Meats



Smoked Meat, Barbecued Meat and Conventionally-Raised Red Meat



Fried Foods including Potato Chips and French Fries



Highly-salted Foods



Soda



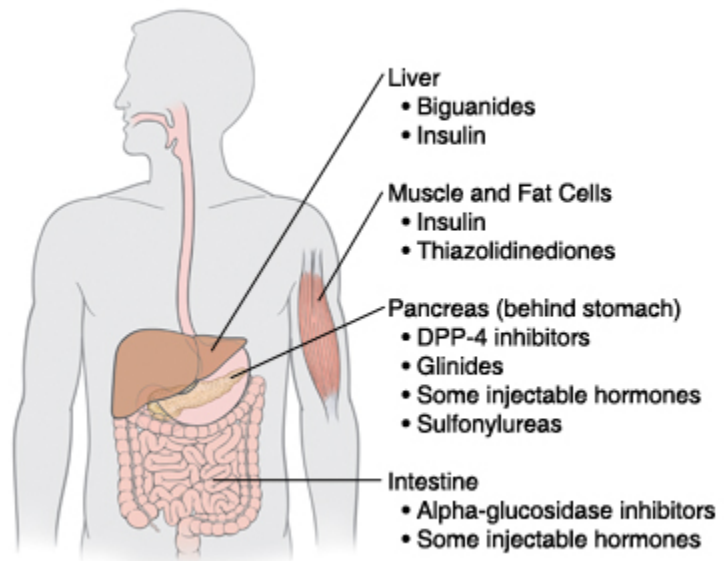
Refined White Sugar



Refined White Flour

Understanding medications for Diabetes

Taking Medicine for Diabetes



Medicines can't cure diabetes. But they can delay or prevent health problems. They do this by helping you manage your blood sugar. Taking medicines every day, especially shots, may seem hard. But they are powerful tools. And they can help you stay in control of your health.

Where the medicines work

Diabetes medicines act on different parts of the body. Many of them affect how the pancreas makes insulin. Others increase how sensitive muscle and fat cells are to insulin. Or they keep the liver from releasing too much glucose. And some cause carbohydrates to break down more slowly. Another type of medicine stops the kidneys from reabsorbing glucose from the urine. The diagram on this sheet shows where each class of medicine works in the body.

Getting familiar with shots

Insulin can't be taken as a pill. It is often injected through the skin to reach the blood. It's not hard to give yourself shots. You may find that they aren't as bad as you fear. And there are new devices for injecting or breathing in insulin. Ask your healthcare provider for more information.

Sticking to your medicine routine

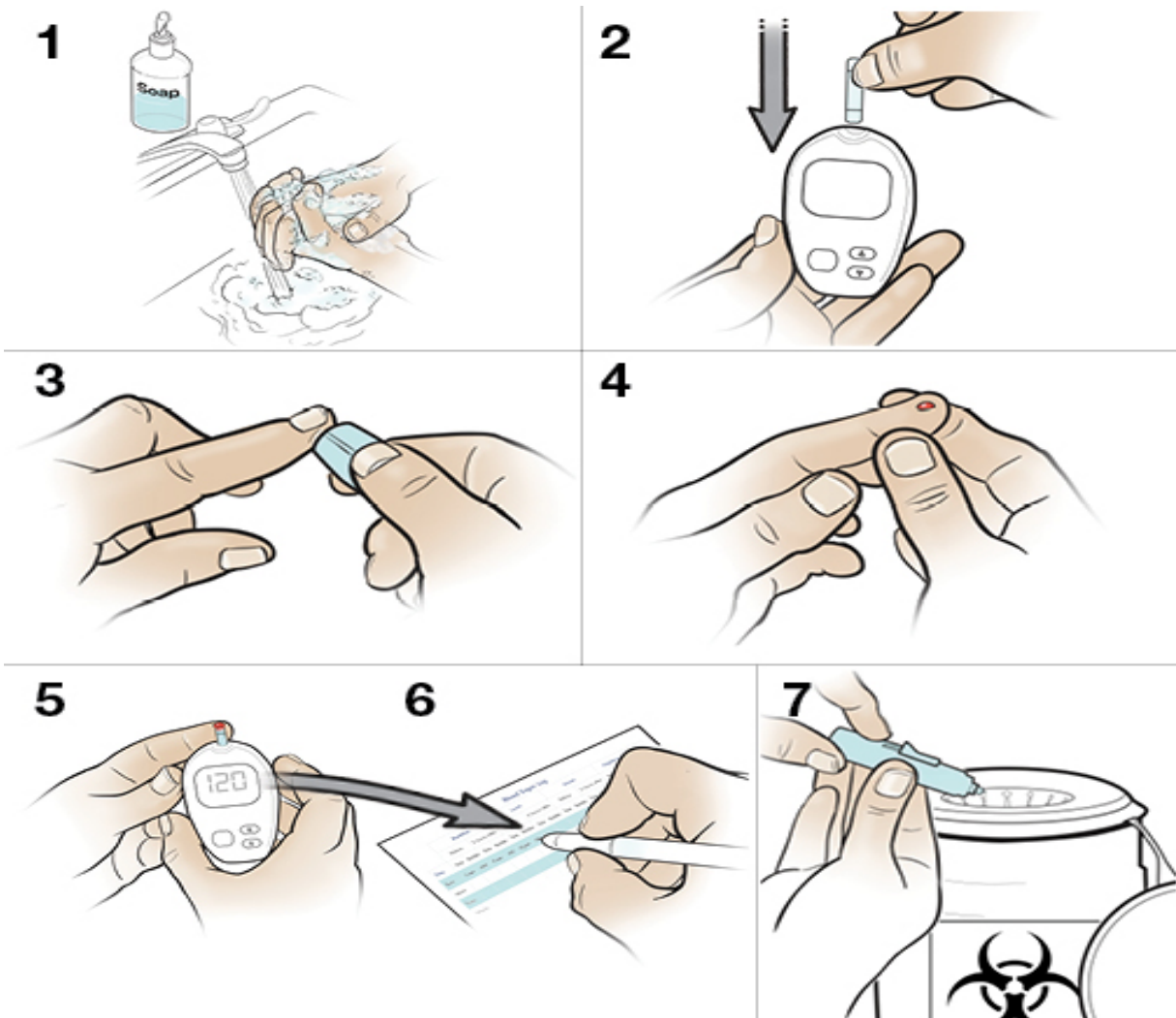
It's important to take your medicines at the right times. This will give you the best control over your blood sugar. Having a medicine routine can help keep your blood sugar steady. Keep track of medicines with a pill organizer. And make a daily schedule. Ask your family to help you stick to a medicine routine. Make it a priority.

Understanding medications for Diabetes

If you take other medicines

Medicines of all types can affect blood sugar. This includes over-the-counter medicines. And, medicines prescribed for other health problems. Tell your healthcare provider about all the medicines you take. This includes herbs, vitamins, and other supplements. And always tell the pharmacist that you have diabetes when buying other medicines.

Wear a medical ID alert bracelet or necklace. And carry a list of your medicines with you. This is helpful in case of an emergency. When you see your provider, bring your medicine list. Check that your health records are up to date. They should have your current medicines and dosages.



Diabetes: Ways to Take Medicine

There are many kinds of diabetes medicines. Some are pills. Others must be given as a shot. Some can be taken in more than 1 way. Pills and insulin are two of the main ways of taking these medicines.

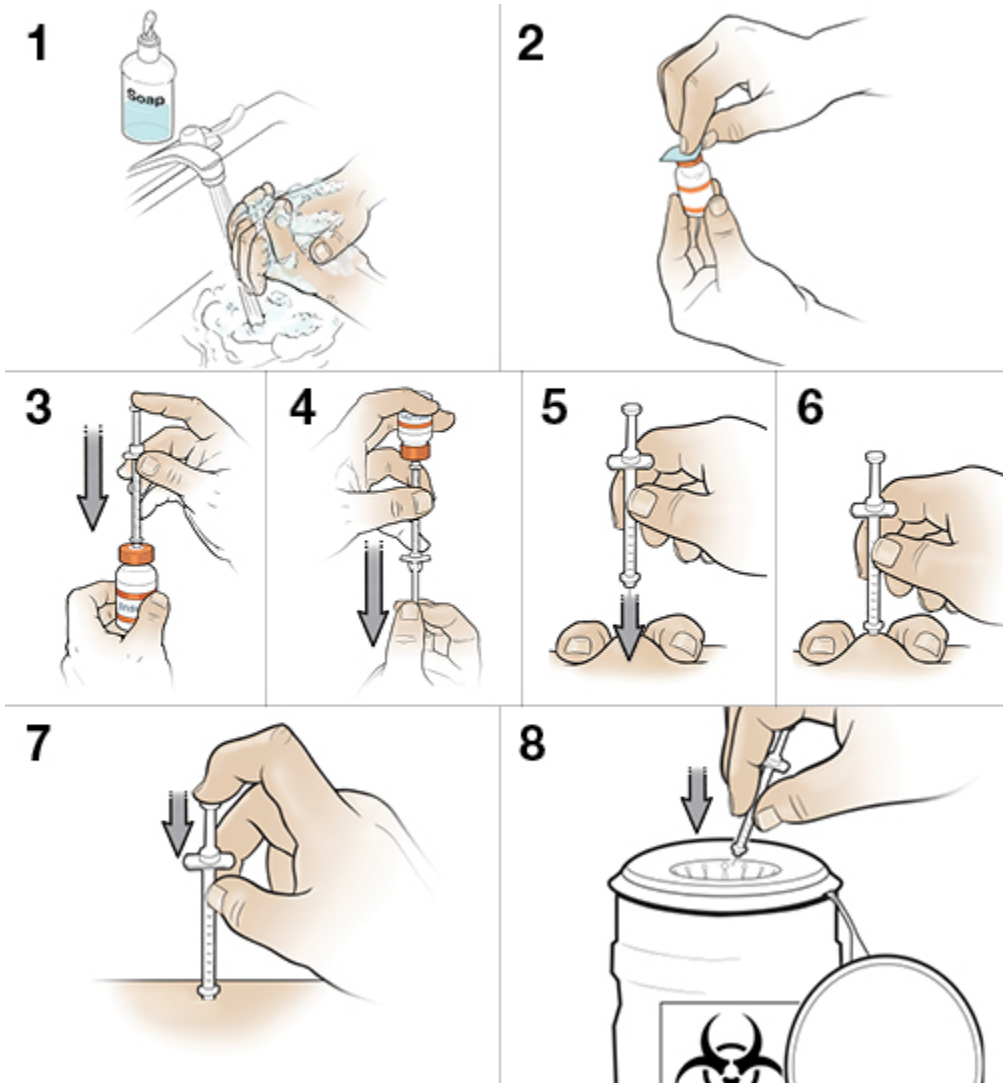
Understanding medications for Diabetes

Take your diabetes medicine as directed. If you have any questions, talk with your healthcare provider. Or ask your pharmacist.

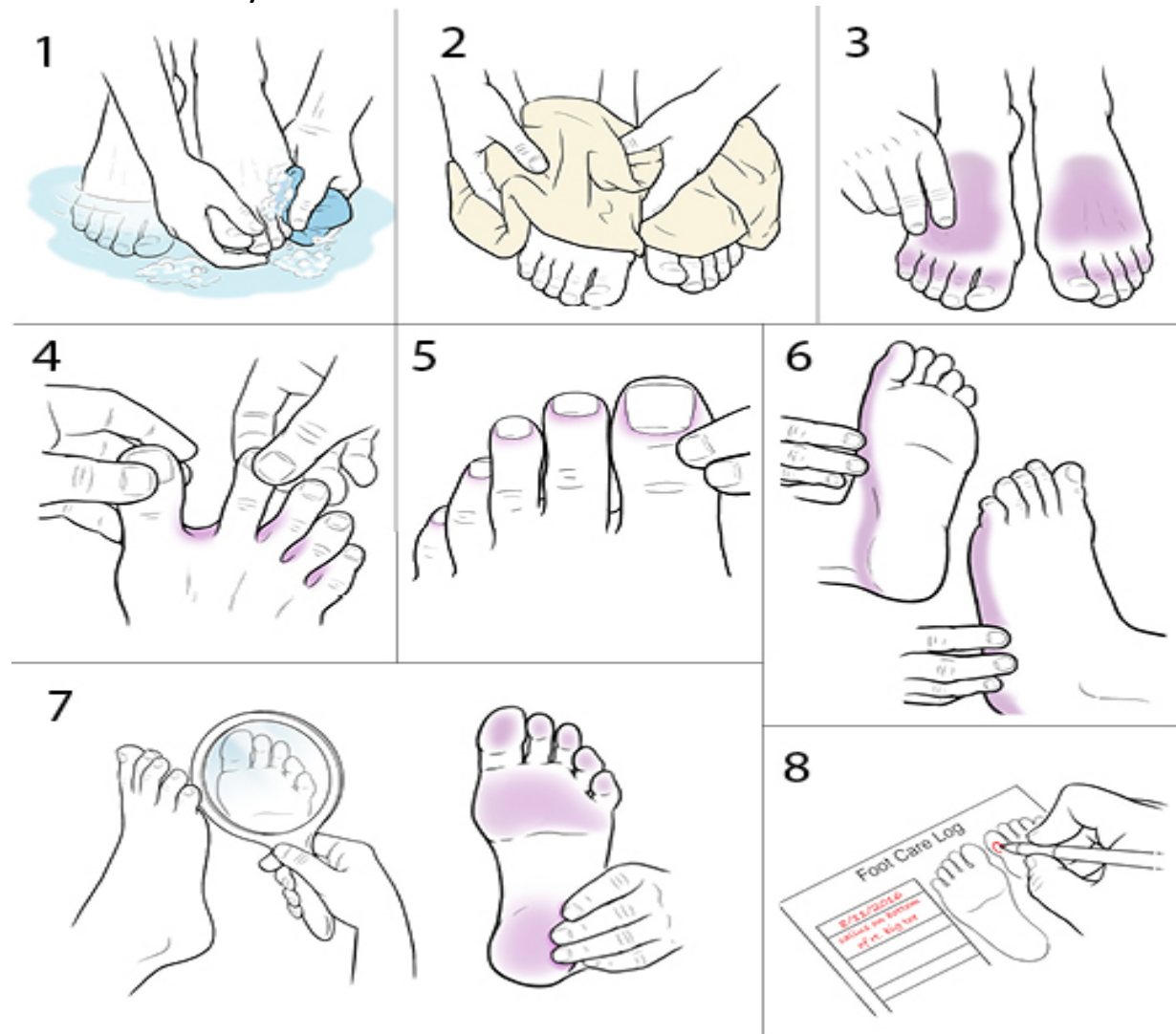


Giving Yourself an Insulin Shot

Step-by-Step



How to check your feet



Diabetes increases the chances of developing foot problems. It is important to inspect your feet every day for skin irritations before they become serious ulcerations. If you find it difficult to see the floor of your feet, use a mirror or ask one of your family or friends for help.

How to check your feet

The following tips will help you examine your feet to see if you're having problems. Try to examine your feet at the same time every day, for example, when you get out of bed in the morning.

- Check the top of each foot. The upper parts of the toes, the back of the heel and the outer edge of the foot may be exposed to a lot of friction from uncomfortable shoes.



How to check your feet

- Check the floor of each foot. Wear and daily use often cause problems at pressure points.
- Check your fingers and nails. Fungal infections usually occur between your fingers. Nail problems can also be a sign of fungal infections or cause cuts to the skin.
- Check your shoes, too. The foot may be injured when there are loose objects inside a shoe. Feel the inside of your shoes with your hand to check for pebbles, loose seams, or rough areas that may irritate your skin.

Warning signs

See if you have any color changes in your foot. Red strip stains are a sign that there may be a serious infection that requires immediate medical attention. Call your health care provider immediately if you have any of these problems:

- Swelling with color changes can be a sign of poor blood circulation or infection. Possible symptoms include excessive sensitivity and increased foot size.
- Hot areas in the feet may be a sign of infection, while a cold foot may indicate a lack of blood circulation.
- Certain sensations such as stinging, tingling or punctures may be a sign that there is a problem. Also check for areas of the foot that are tender or "asleep".
- Hot spots are caused by friction or pressure. See if there are hot spots in areas where there is a lot of rubbing. Hot spots can develop into blisters, calluses, or injuries.
- Cracks and lesions are caused by dryness or skin irritation and indicate that the skin is breaking, which can lead to infection.
- Toenails can create problems when embedded in meat and cause redness or pain. Nails that are too thick, yellow, or discolored can be a sign of a fungal infection.
- If lesions or ulcers are left untreated, they can cause suppuration or odor. Call your health care provider right away if you notice yellowish discharge or drainage, bleeding, or odor.

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Weekly Diabetes Record

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			