



A knowledge & support program for managing type 2 diabetes

Daily Diabetes Management Book

This book belongs to:

Name _____

Address _____

Your Diabetes Health Care Team

Primary Health Care Provider
Diabetes Educator
Specialist
Dietitian/Nutritionist
Pharmacy
Insurance Provider

Telephone Numbers

Medication List

Blood Sugar Medications	Cholesterol Medications	Blood Pressure Medications	Other Medications



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? Questions to ask your health care providers

1. What should my ABC target numbers be?

A1C _____ **Blood pressure** _____ **Cholesterol** _____

2. What are my ABC numbers?

	Appointment 1	Appointment 2	Appointment 3	Appointment 4
A for A1C				
B for blood pressure				
C for cholesterol				

3. How often should I test my blood sugar and at what times?

4. Will I notice any warning signs if my blood sugar is too high?

5. Will I notice any warning signs if my blood sugar is too low?

6. Should I attend a class taught by a diabetes educator?

7. Should I see a registered dietitian to review what I eat and to develop an individual meal plan?

8. Which exercises are best for me?

9. How often should I exercise and for how long?

10. What is my weight goal short term? _____ Long term? _____

11. According to American Diabetes Association (ADA) Guidelines, which tests do I need to take (and how often) to check my

Eyes: _____

Feet: _____

Kidneys: _____

Nerves: _____

Heart: _____



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Managing Diabetes

A main goal of treating diabetes is to lower your blood sugar. Lowering and controlling blood sugar may help prevent or delay problems caused by diabetes. Diet, exercise, and certain medications can help lower blood sugar. It is important to take an active role in managing your diabetes.

To help prevent high and low blood sugar levels:

- Stay as close as possible to your schedule of eating, activity, and medication.
- Check your blood sugar as directed and share your tracking records with your health care providers.
- Set goals with your health care team for weight, activity, blood sugar level, and A1C level.

For additional information and diabetes management tools and resources, go to StepsToBalance.com or see the list of additional Web sites on the last page.

Work with your health care provider to determine your individual health care goals. Taking this important step is essential to managing your diabetes.

Health Care Goals

Blood Glucose Target Before Meals (Fasting Plasma Glucose [FPG]): _____

Blood Glucose Target 2 Hours After Meals (Postprandial Glucose [PPG]): _____

A1C: _____

Blood Pressure: _____

Total Cholesterol: _____

LDL* Cholesterol: _____

HDL† Cholesterol: _____

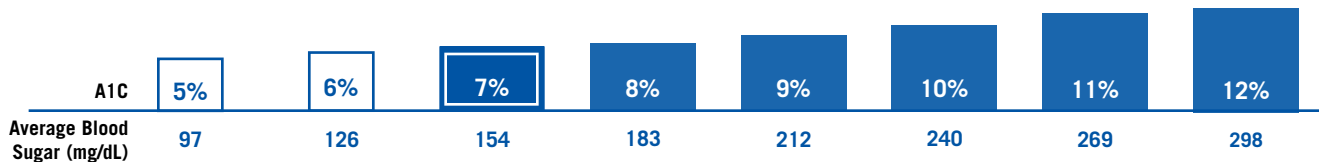
Triglycerides: _____

Weight: _____

Daily Calorie Intake: _____

Activity/Exercise: _____

Relationship between A1C and average blood sugar levels



Your blood sugar levels vary throughout the day. Self-checking your blood sugar every day shows you how you are doing at a moment in time. An A1C test shows your blood sugar average for the past 3 months. The American Diabetes Association (ADA) recommends that many patients with diabetes aim for an A1C of less than 7%. Your health care provider may suggest a different A1C goal. This figure shows how A1C and average blood sugar are related.

Blood Glucose Tracker

Enter Your Goal									
Date	Before Breakfast	1-2 Hours After Breakfast	Before Lunch	1-2 Hours After Lunch	Before Dinner	1-2 Hours After Dinner	Before Bed	Exercise	Notes
10/01	133	185 ^{††}	140	124	115	155 [§]		Vacuumed for 10 min.	^{††} Ate pancakes and syrup. [§] Celebrated Sam's birthday.
10/02	69	115	110	110	115	165 ^{§§}		Cut grass for 30 min.	^{§§} Forgot bedtime snack.
10/03	90	120	110	130	120	140	130	Walked for 30 min.	Good day. Ate at home.

*LDL=low-density lipoprotein; "bad" cholesterol, the type that can lead to accumulation of cholesterol in the arteries, and promotes cardiovascular disease.

†HDL=high-density lipoprotein; "good" cholesterol, the type that works to clear LDL ("bad") cholesterol from the blood, helping to keep the arteries healthy.

Understanding Food Nutrition Labels

Serving Size

Check to see if your serving is the same size as the one on the label. If you eat double the serving size listed, you need to double the nutrient and caloric values. If you eat one-half the serving size shown here, the nutrient and caloric values should be halved.

Calories

Look here to see what a serving of food adds to your daily calorie total. A person's size and activity level help determine total calories needed per day. For example, a 138-lb active woman needs about 2,000 calories each day, while a 160-lb active woman needs about 2,300. Talk to your health care provider to determine the calorie intake that is right for you.

Total Carbohydrates

Carbohydrates are found in foods like bread, potatoes, fruits, and vegetables. They are a key element in your diet, giving you nutrients and energy. Talk to your health care provider to determine the carbohydrate intake that is right for you.

Dietary Fiber

It is important to consume fiber in your diet. Fiber (also called "roughage") can be soluble or insoluble (unabsorbed) dietary fiber. Fruits, vegetables, whole-grain foods, beans, and legumes are all good sources of fiber.

Protein

Most adults get more protein than they need. Protein from animal sources contains both fat and cholesterol, so eat small servings of lean meat, fish, and poultry. Use skim or low-fat milk, yogurt, and cheese. You also can get your protein from beans, grains, and cereals.

Vitamins & Minerals

Make it your goal to get 100% of the daily allowance of vitamins and minerals from the foods you eat.

Nutrition Facts

Serving Size 1/2 cup (114 g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3 g **5%**

Saturated Fat 0 g **0%**

Cholesterol 0 mg **0%**

Sodium 300 mg **13%**

Total Carbohydrate 13 g **4%**

Dietary Fiber 3 g **12%**

Sugars 3 g

Protein 3 g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • 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	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Additional nutrients may be listed on some food labels:

g=grams (about 28 g=1 ounce).

mg=milligrams (1,000 mg=1 g).

Other Terms You May See on Packages:

Reduced—This means that the product has been nutritionally altered so that it now contains 25% less of a specific nutrient, such as fat, calories, sugar, or sodium.

Free—This means that the product contains none or almost none of the specified nutrient. For example, sugar-free foods have less than 0.5 gram of sugar per serving. However, sugar-free does not mean carbohydrate free. Compare the total carbohydrate content of a sugar-free food with that of the standard product. If there is a big difference in carbohydrate content between the 2 foods, buy the sugar-free food.

Percent (%) Daily Values

Indicates how much of a specific nutrient a serving of food contains compared to a 2,000-calorie diet. A product is considered a good source of a particular nutrient if 1 serving provides 10% to 19% of the Daily Value and is considered high in a given nutrient if it contains 20% or more of the Daily Value. If the Daily Value is 5% or less, the food is low in that nutrient.

Daily Value Tables

This table lists the US recommended daily values of specific nutrients for 2,000- or 2,500-calorie diets. Recommended daily intake for some nutrients (cholesterol and sodium) are lower for people with diabetes. Talk to your health care provider to determine the daily value that is right for you.

Total Fat

Try to limit your calories from fat. Choose foods with less than 25%–35% of calories derived from fat. Foods with more than 30% fat are considered high fat. Intake of trans-fatty acids should be as low as possible.

Saturated Fat

The ADA recommends consuming less than 7% of calories from saturated fatty acids by replacing them with monosaturated and polysaturated fatty acids.

Cholesterol

Challenge yourself to keep your cholesterol to less than 300 mg of cholesterol each day. Consuming less than 200 mg per day can further help individuals at high risk of heart disease.

Sodium

Too much sodium (salt) can add up to high blood pressure in some people. The USDA recommends reducing daily sodium intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.



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Diabetes Organizations and Resources

American Association of Diabetes Educators

diabeteseducator.org
1-800-338-3633

American Diabetes Association

diabetes.org
1-800-DIABETES (1-800-342-2383)

Academy of Nutrition and Dietetics

eatright.org
1-800-877-1600

American Heart Association

americanheart.org
1-800-AHA-USA1 (1-800-242-8721)

Centers for Disease Control and Prevention

cdc.gov/diabetes
1-800-CDC-INFO (1-800-232-4636)

National Diabetes Education Program

ndep.nih.gov
1-888-693-6337

National Diabetes Information Clearinghouse

diabetes.niddk.nih.gov
1-800-860-8747

