

What about blood sugar testing at home?



- Ask your doctor about testing. It is very easy. Keeping track of your blood sugar helps you know how you are doing with your meals, exercise and medicine. Ask your doctor to give you **your** blood sugar goals.
- Write down your blood sugar numbers in a logbook. It usually comes with the meter.
- Show your logbook to your doctor at each visit.

You are not alone. You, your doctor and other providers work as a team to manage your diabetes. You are the key person on this team!

- See your doctor as you have been told.
- Keep all scheduled appointments.
- Take off your shoes and socks at each visit.
- Get your eyes checked for changes due to diabetes.
- Learn all you can about diabetes. The American Diabetes Association can help:

1 (800) 232-3472



The goal of living well with diabetes is to keep your blood sugar at a healthy level. Your blood sugar goes up and down depending on what you eat, how much you eat and how active you are each day. Here are some tips to keep your blood sugar within a healthy range.



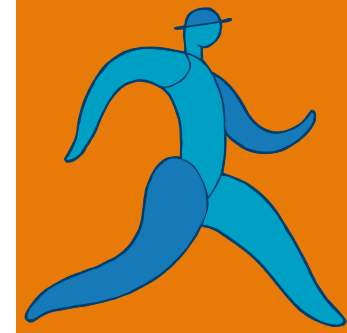
If you have any questions about your diabetes program call:

California 1-800-526-8196 x 7532

Michigan 1-888-898-7969 x 5568

Utah 1-888-483-0760 x 186

Washington 1-800-423-9899 x 1428



First Steps in Taking Care of Your Diabetes

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What are the simple rules for eating?

- Try to eat 3 meals and maybe a bedtime snack at the same time each day. Eat 1 to 2 servings of starch such as bread, potato or rice at each meal. (Starches change quickly into sugar. Eating too many starches at one meal can make your blood sugar rise too high).
- Do not skip meals. Never go more than 4 to 6 hours without eating.
- Choose foods high in fiber. High fiber foods such as oatmeal, whole wheat bread and green vegetables help control your blood sugar.
- Choose a variety of foods each day. Eat foods from all the food groups. Eat protein, starch and vegetables at each meal to help control blood sugar.
- Cut down on portion size if you are trying to lose weight.

Fill two parts of your plate with your vegetables.

Your starch choice should fit on one of the four parts.



An easy way to eat “balanced” meals is to pretend your plate is cut into four equal parts.

Your protein choice should fit on one of the four parts.

What are some healthy choices from each of the food groups?

Starch	Whole grains, corn, potatoes, rice and beans	
Vegetables	Fresh, frozen or canned (rinse to lower the salt)	
Fruit	Fresh, frozen or canned (without extra sugar added)	
Milk	Nonfat or low-fat (1%) milk or yogurt	
Protein	Lean meat, chicken, fish, eggs and low-fat cheese	
Fats	Small amounts of olive oil, margarine (no “trans” fats) and salad dressing	

What about candy and desserts?

It is best to eat dessert as part of your meal. Do not eat sweet desserts or candy alone. Ask your dietitian how to fit desserts into your meals. Any food you enjoy can fit into your meal plan. You can use sugar substitutes like Nutrasweet®, Equal® (aspartame) or Splenda® to sweeten your food or drinks.

What about exercise?



- Your body uses sugar to move. Exercise may help control your blood sugar.
- Always check with your doctor before starting to exercise. Ask your doctor if you need to take any special steps to exercise safely.
- Start slowly if you have not been active. Choose something you enjoy. Walking is easy and can be fun. Try walking after dinner with a friend or your spouse.
- Always wear comfortable shoes and socks.

What about medicine?



- Take your diabetes medicine (pills or insulin) as prescribed. Ask your doctor or pharmacist if you are not sure how to take your medicine.
- Talk to your doctor before you take over-the-counter medicine or herbs.
- You may not need medicine at this time. This is good news! Some people with type 2 diabetes can control their blood sugar by eating balanced meals and exercising.