

Seniors Taking Charge of Diabetes!

Background and Goals

This manual was developed as an important part of the “Live Healthy Georgia – Seniors Taking Charge!” campaign. It is designed to be used in community education settings offered to older adults participating in the Older Americans Act Nutrition Program.

“Seniors Taking Charge of Diabetes!” is part of this campaign and is a joint initiative among the Governor’s Wellness Initiative, the Georgia Division of Aging Services, the Georgia Department of Public Health, the Diabetes Association of Atlanta, and the Department of Foods and Nutrition at the University of Georgia.



The overall goal of “Seniors Taking Charge of Diabetes!” is to improve self-management of diabetes among older adults.

Educational Intervention and Evaluation

“Seniors Taking Charge of Diabetes!” includes eight lessons on diabetes self-management that emphasize six important self-management skills called the “Six Daily Do’s for Diabetes,” stress healthy eating, provide menus and recipes, and include physical activities such as walking and chair exercises. The menus and recipes provided illustrate healthy food patterns for people with or without diabetes. The menus provide about 1800 calorie sand the number of carbohydrate-containing foods (15 grams per serving) is three to four in the meals and one to two in the snacks.

Target Audience

The target audience of older adults at senior centers includes many individuals with low socioeconomic status and few skills and resources to manage their diabetes. Even people with advanced skills in managing their diabetes may benefit from the program by improving their eating and physical activity habits, and may enjoy the Diabetes Bingo that will be played at most lessons. Those enrolled in the program may benefit from having a family member, friend, and/or caregiver attend as well to help the participant improve their self-management of diabetes.

Setting

The program can be delivered at senior centers. Community-based interventions conducted at senior centers were effective in changing nutrition and health knowledge and behavior among older adults in Georgia, including their management of diabetes (Burnett, 2003; Cheong et al., 2003; Ellis et al., 2005; McCamey et al., 2003; Redmond, 2004). These materials may benefit seniors in other settings as well.

Educators

The lessons are designed to be delivered by a person with a background in health and wellness, but not necessarily a certified diabetes educator, registered dietitian, nurse, pharmacist, physician, or other health professional. To improve their knowledge about diabetes self-management, educators may want to attend diabetes education programs at their local hospitals and professional meetings about diabetes. Also, educators may want to invite a variety of health professionals to present some of the lessons.



Seniors Taking Charge of Diabetes!

- Lesson One: Six Daily Do's for Diabetes
- Lesson Two: Be Physically Active Everyday
- Lesson Three: Check Your Feet
- Lesson Four: Taking Medications and Testing Blood Sugar
- Lesson Five: Eat Healthy – Plan Your Portions and Plates
- Lesson Six: Eat Healthy – Meal Timing and Carbohydrate Counting
- Lesson Seven: Eat Healthy – Take Down Fat, Cholesterol, and Sodium
- Lesson Eight: Get Checked for Your A, B, Cs



Seniors Taking Charge of Diabetes!

Lesson One: Six Daily Do's for Diabetes

Getting Ready

1. Review lesson plan before each session.
2. Copy the handouts that best meet the needs of your audience.
3. Gather supplies.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the "Six Daily Do's for Diabetes."
2. Pens or pencils for participants interested in writing on handouts.
3. Step counters for participants (if they don't already have one).

Supplies When Preparing a Recipe for Participants (recommended, but note that this lesson introduces step counters, so time for tasting the recipe will be limited)

1. Ingredients to prepare the recipe provided or another healthy fruit and vegetable recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Learn about the "Six Daily Do's for Diabetes."
2. Learn the importance of daily physical activity.
3. Learn how to use a step counter and record steps on a Step Count Chart.

Script

For the next several weeks, we will meet regularly to talk about ways for you to take charge of your diabetes. Topics will include talking to your doctor, taking your medications properly, eating healthy, and being physically active everyday. All of these are very important to maintaining health and well-being for those with diabetes – no matter what your age!

What does having diabetes mean to you? *Gather and discuss responses.* More than 18 million people in the United States have diabetes, and about 5 million of these people do not know they have diabetes. People with diabetes cannot make or use insulin correctly. Insulin is a hormone made in your body that helps move glucose (or sugar) from your blood into your cells to help give you energy.

How do you know if you have diabetes? Symptoms for diabetes are not always obvious, which is why some people have diabetes for many years without knowing it. Symptoms may include feeling tired and having excessive fatigue, thirst, hunger, and urination. A fasting blood glucose test is usually used to diagnose diabetes. This test measures the amount of sugar in your blood after fasting for at least six hours. How many of you were diagnosed with diabetes with the fasting blood glucose test?

Diabetes is diagnosed when your blood sugar levels are too high. There are two main types of diabetes - type 1 diabetes and type 2 diabetes. Type 2 diabetes is the most prevalent form of diabetes in older adults. With type 2 diabetes your pancreas, an organ found just below your liver, may still produce some insulin, but not enough to keep your blood sugar levels within the normal range. Or, your body cannot use the insulin that your body is making. With type 2 diabetes you may control your blood sugar levels with only diet and exercise, with diet, exercise, and medication, or with diet, exercise, and insulin. In people with type 1 diabetes the body is unable to produce any insulin and they must take insulin by injection to survive. Remember: just because you use insulin does not mean you have type 1 diabetes; insulin is a common treatment in type 2 diabetes. Not all people with diabetes have to take insulin. Instead, many must take tablets to control their blood sugar. These tablets work either by increasing the insulin made by the body or they make insulin work better. Your doctor is the one who decides which treatment will work best for you, but it's up to you to take care of yourself and manage your diabetes.

Diabetes can have serious and life-threatening effects on your health if you do not take care of yourself. Even if you have diabetes, you may still feel normal or healthy. Because of this, you may forget that there are things you need to do each day to stay healthy, such as eating healthy, being physically active, and taking your medications as directed.

In the following lessons we are going to discuss ways to care for and treat diabetes. Thanks to many medical advances, people with diabetes can lead healthy lives, especially when they keep their blood sugar (glucose) levels under control!

Measuring your Blood Sugar

Keeping your blood sugar in the proper range is very important. Check with your doctor about how to and how often to check your blood sugar. Also, talk with your doctor about your target blood sugar levels, because the target blood sugar varies among people. So, be sure to follow your doctor's advice. Because blood sugar goals and blood testing are different for each person, we will not discuss each person's different blood sugar goals in our lessons – this is something for you and your doctor to decide.

Six Daily Do's for Diabetes

Give participants their handouts.

In our lessons, we will discuss six important things that you should do each day to take charge of your diabetes. *Ask participants to refer to handout titled "Six Daily Do's for Diabetes" and review the "Six Daily Do's" and "Get Checked" with them.*

Your doctor might also review all of your medicines, ask whether you had your yearly dilated eye exam, do urine tests to make sure your kidneys are working correctly, and ask about any falls, memory problems, depression, and pain you may have had recently.

If you smoke or use any other tobacco products – stop – because tobacco increases many health problems. Be sure to have a flu shot each year. You will also need a shot to prevent pneumonia at least one time.

Remember that you can do the "Six Daily Do's for Diabetes" everyday. We'll be reviewing these each time we meet.

Menu and Recipe

In each lesson, we will look at a menu and some recipes for us to enjoy. *Ask participants to refer to the handout titled "Day One Menu."* As you can see, the menu has seven or more servings of fruits and vegetables, three servings of whole grain foods, such whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. All these foods help keep us healthy. Also, notice that there is a carbohydrate-containing food at every meal or snack. This helps space out your carbohydrates evenly throughout the day, rather than eating them all at one meal.

The menu has some new ideas and a recipe you can make at home. *If a recipe is provided for participants to try, encourage them to describe the flavors and the healthy parts of the menu and the recipe. Be sure to tell participants what is in the recipe, in case any one is allergic to any of the ingredients.*

Another wonderful part of today's lesson is about physical activity.

Next, we are going to work on another one of our key messages. This message is:

Be Physically Active Everyday!

Physical activity helps keep our heart, muscles, bones, and joints healthy. Regular physical activity helps prevent and manage diabetes, high blood pressure, excess weight gain, heart disease, and some types of cancer. Physical activity also lowers the risk of depression and anxiety and improves our sense of well-being and self-esteem.

Does anyone know how much physical activity we should get each day? *Have participants share their answers.* The 2005 Dietary Guidelines for Americans recommends at least 30 minutes of moderate physical activity on most, and preferably all, days of the week. Even more health benefits are gained from more physical activity at higher intensities.

How many of you are already getting 30 minutes of moderate physical activity everyday? *Wait for show of hands.* If so, what do you consider your daily physical activity? Well, it looks as though some of us need a little encouragement and ideas to be more physically active.

Every time we meet, we are going to discuss some ways to be more physically active and actually do some activities right here together.

Step Counter to Help Be Physically Active Everyday

Our goal is to do a little more walking – not to run a marathon! Each time we meet, we will set a new personal step goal and try to walk a few more steps than we did the previous week.

Some people may be afraid of doing more physical activity. But, the real danger is in NOT being physically active! A moderate and gradual walking program is safe for most people.

It's important to talk with your doctor before increasing your physical activity. So, to receive a new step counter, you should have completed the form titled "*Physician's Clearance to Participate in Physical Activity and Walking.*" If you haven't completed this form or have not yet received clearance from your doctor, then please talk with me after our session so we can complete this paperwork.

People who have severe peripheral neuropathy, which can cause pain, tingling, numbness, or a lose of feeling in their feet, may want to ask their doctor about doing another kind of physical activity, such as a stationary bike or swimming. Also, people with retinopathy, which impairs eyesight, may also need to consider these other forms of physical activity.

We will use step counters, which are a fun and easy way to watch our progress. Another name for a step counter is a pedometer. Some of you may already have a step counter and have learned how to use it. We're going to review using a step counter again to be sure everyone is comfortable with using one.

Let's review the handout called "*Using My Step Counter Everyday!*" This handout will show us how easy it is to use a step counter.

Next, let's review the handout called "*Step Count Chart.*" *Show participants where to record their step counts everyday.*

Be sure to write down your steps at the end of everyday, or pick another time when it is easy to remember to write down your steps, such as right after your evening meal, when you take the last of your medications each day or when you brush your teeth before you go to bed.

You may ask your senior center if you can keep your Step Count Chart at the senior center and then you can write down your steps before you leave each day.

Let's take a walk around the room to be sure our step counters are working. *Depending on the participants and the site, you may want to go outside for a walk.*

I am going to write down your number of steps for next week, so be sure to record your steps in your Step Count Chart. Be sure to bring your Step Count Chart back the next time we meet so I can help follow your progress throughout our lessons. *Give participants a "Step Count Chart."*

Well that's all for today. Remember to work on your "Six Daily Do's for Diabetes" until we meet again soon! Be sure to come to our next session, because we are going to play a special game of BINGO!

Six Daily Do's for Diabetes

1. Take medications

- Medications help control blood sugar, blood pressure, and other problems
- Goal is to follow my doctor's recommendations everyday

2. Test blood sugar

- Ask my doctor how often to check my blood sugar
- Goal is to follow my doctor's recommendations everyday

3. Eat healthy

- Control portions during meals and snacks
- Eat fruits, vegetables, whole grains, and other low-fat and low-sodium foods
- Goal is to follow my healthy meal schedule everyday

4. Be physically active

- Be physically active everyday
- Goal is at least 30 minutes of moderate physical activity everyday

5. Check feet

- Check my feet for sores, blisters, or injuries everyday
- Goal is to check my feet everyday

6. Be positive

- Having diabetes is hard and can be stressful
- Goal is to develop a positive attitude with help from my family, friends, a support group, and my doctor

Get Checked!

Check blood pressure

- Check at each doctor's visit
- Goal is less than 130/80 mm Hg

Check blood A1c

- Ask my doctor how often I should have this blood test
- Goal is less than 7% (according to the American Diabetes Association)

Check blood cholesterol

- Ask my doctor how often I should have this blood test
- Goals include LDL less than 100 mg/dl

Ask my doctor about other tests I should have



Day One Menu

Breakfast

Whole grain ready-to-eat unsweetened cereal,
fortified, $\frac{3}{4}$ cup
Milk, 1%, 1 cup
Almonds or pecans, 2 tablespoons
Whole wheat bread, toasted, 1 slice



Snack

Orange, 1 medium serving
Swiss cheese, low-fat, 1 $\frac{1}{2}$ ounces

Lunch

Turkey on whole wheat sandwich made with 2 ounces turkey, 2 slices of whole wheat bread, 1 teaspoon mustard, 1 tablespoon fat-free mayonnaise
Mixed greens salad made with 1 cup greens, $\frac{1}{2}$ cup diced tomato, 1 tablespoon Italian dressing
Corn on the cob, 1 small ear

Snack

Smoothie ($\frac{1}{2}$ cup frozen fruit, 1 cup 1% milk, blended until smooth)

Evening Meal

Baked chicken, 3 ounces, with lemon juice for seasoning
Sweet potato, baked, 1 small
1 teaspoon margarine (for sweet potato)
Black beans, canned, rinsed, drained, and cooked, $\frac{1}{2}$ cup
Okra, 4 pods, sautéed in 1 teaspoon olive oil
Dinner roll, 1 each

Snack

Broiled peaches with cottage cheese, 1 serving (recipe provided)

Broiled Peaches

Serves 2

Ingredients:

- 2 fresh ripe, medium peaches
OR 4 canned peach halves, drained
- ½ tablespoon red pepper flakes and garlic powder
- Non-stick cooking spray
- ½ cup cottage cheese



Directions:

1. Peel peaches, cut in half, and remove pits. Dust well with spice mixture. Cover and let sit for 30 minutes. Before cooking, spray peaches lightly with non-stick cooking spray.
2. Broil until lightly browned on each side, turning often. Cook only until slightly softened. This will take about five to ten minutes. Remove and cool briefly.
3. Cut peaches into large wedges and top with cottage cheese
4. Optional: serve with crisp crackers.

Adapted from www.5aday.gov

Using My Step Counter Everyday!



1. Wear the step counter everyday, starting in the morning when I get up. Take it off in the evening before I go to bed.
2. Wear the step counter on my waist directly above the knee. Attach the safety strap to a belt loop or buttonhole or attach it with a safety pin to my clothes.
3. It won't work in my pocket! So clip it to a belt or waistband, and make sure it is close and flat against my body.
4. It is OK to pin it to my clothing so that it will not fall off.
5. Avoid getting the counter wet. Take it off when bathing or sleeping.
6. At the start of each day, press the "reset" button to set the counter to zero.
7. At the end of each day, write the total daily steps on my Step Count Chart. Or write down the counts at another convenient time each day.
8. For an average stride, 2000 steps is one mile.

Setting Goals

During the first week, just see how many steps I usually do. Then, after each week, set a new goal to walk a few hundred more steps each day. Write my goals in the Step Count Chart.

For example, if the first week I walked about 1,200 steps each day, then the next week, try to walk about 1,400 to 1,500 steps each day.

Problems and Solutions

If the display is blank or has funny characters:

- Then the battery may be run down, so replace the battery.

Or the display was broken because it may have been dropped, hit, got too hot, or got wet, so ask my instructor for a new step counter.



Enjoy My Success and a Healthier Me!

Replace this page with Step Count Chart

Replace this page with

“Physician’s Clearance to Participate in Physical Activity and Walking.”



Senior Taking Charge of Diabetes!

Lesson Two: Be Physically Active Everyday

Getting Ready

1. Review lesson plan before each session.
2. Copy the handouts that best meet the needs of your audience.
3. Copy Diabetes Bingo game cards and pieces.
4. Gather supplies.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Six Daily Do’s for Diabetes.”
2. Pens or pencils for participants interested in writing on handouts.
3. Step counters for participants (for participants that may have broken or lost theirs).
4. If you plan to play Diabetes Bingo, then have some prizes available (e.g., measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels).

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy fruit and vegetable recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Begin the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by stating the objectives.
3. Let the group know the lesson will be informal and they can ask questions at any time.

Objectives for Participants

1. Learn the benefits of being physically active with diabetes.
2. Discuss progress using the step counter, review Step Count Charts, and set new physical activity goals.

Script

Six Daily Do's for Diabetes

Give participants their handouts.

It's wonderful to see everyone again. We are going to continue talking for the next few weeks about how to control diabetes by talking to your doctor, taking your medications properly, eating healthy, and being physically active everyday. No matter what your age -- all of these are very important to staying as healthy as possible for people with diabetes.

Who remembers our "Six Daily Do's for Diabetes?" *Wait for answers and review the handout with the participants.* Let's take a few minutes to check how often you followed each "Daily Do" and make a new goal for next week.

Did anyone follow at least one of the "Six Daily Do's" everyday this past week? *If yes, congratulations!* Are there some things that keep you from following these important health habits? *Wait for answers and discuss with the group.* Can you think of some ways to reach your goals to follow more of the Six Daily Do's? *Wait for answers and discuss with the group.*

Today we are going to talk more about using a step counter and being physically active everyday.

Menu and Recipe

Let's look at a menu and a recipe for us to enjoy. *Ask participants to refer to the handout titled "Day Two Menu."* As you can see the menu has seven or more servings of fruits and vegetables, three servings of whole grain foods, such whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. Notice that there is at least one carbohydrate-containing food at each meal and snack. It is important to space out your carbohydrates evenly throughout the day, rather than eating them all in just one meal.

The menu has some new ideas and a recipe that I hope you will make at home. *Encourage participants to describe the flavors and the healthy parts of the menu. If a recipe is prepared for taste testing, then lead a group discussion about the healthy aspects of the recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

The next fun part of our lesson today is physical activity. Who can remember the key message about being physically active? *Encourage participants to offer suggestions.* The message is:

Be Physically Active Everyday!

Can you name some of the many benefits of physical activity? *Collect and discuss answers.* The benefits include helping keep our heart, muscles, bones, and joints healthy. Regular physical activity helps prevent and manage diabetes, high blood pressure, excess weight gain, heart disease, and some types of cancer. Physical activity also lowers the risk of depression and

anxiety and improves our sense of well-being and self-esteem. Being physically active helps improve your balance, strength and flexibility, which may help prevent falls.

If you have pain or a physical problem, then you might think you can't be physically active. However, there are many kinds of exercise that nearly everyone can do and we will see some examples when we learn about chair exercises at one of our next sessions.

Ask participants for ideas on how to keep moving and be more active. Discuss and then review the handout "It's Time to Keep Moving!"

Who knows how much physical activity we should get each day? *Have participants share their answers.* The 2005 Dietary Guidelines for Americans recommends at least 30 minutes of moderate physical activity on most, and preferably all, days of the week. Even more health benefits are gained from more physical activity at higher intensities.

It is easy to start by doing any new activity for five or ten minutes daily or every other day. Add a few more minutes each week. Spread the 30 minutes of physical activity out over the whole day when all at once is too much. Walking ten minutes before or after each meal is a good way to spread out your physical activity. Be sure to remember to warm up first with a couple minutes of slower walking. Cool down after walking with a few stretches that you are comfortable doing. We will learn some stretching exercises at some of our next lessons.

Drink plenty of water before, during, and after physical activity, especially in hot weather and when you feel hot. You may sweat more than you realize when you start, but the sweat is worth it! So remember to drink plenty of water.

People with diabetes need to take some extra precautions when they are physically active. We will talk about these precautions now.

Physical Activity For People with Diabetes

People with diabetes who are physically active should always carry a light snack such as three graham crackers, six saltines, six lifesavers, a small box of raisins, or two to three glucose tablets. Carry this light snack in your pocket to use in case your blood sugar gets too low. Physical activity usually lowers blood glucose. Be sure to check your blood glucose before doing an activity. If your measurements are low, then you may want to eat a small snack, such as a piece of fruit, a glass of milk or a few crackers. If your blood glucose is 300 or more, then you may want to wait because activity can also increase blood sugar in some people (such as those with type 1 diabetes). So, talk with your health care provider about physical activity when your blood sugar is high. Also, get and wear a diabetes I.D. bracelet to wear if you do not already own one. Make sure it is visible so a person wanting to help you will find it easily. Those worn on the wrist or neck are usually more visible. A wallet card is not visible. You may also want to have an exercise partner. This makes physical activity more enjoyable and safer.

People with diabetes need to pay very close attention to their feet and check them daily. If you cannot check your feet easily, then get someone to look for you. Some people also tape a mirror

at a 45 degree angle to a long stick so they can see under their feet. When being physically active, you may easily develop blisters or other injuries on your feet. Buy shoes that fit well and check your feet daily. If you don't check your feet, then you may not even notice the injuries. In cases such as this, swimming may be a better activity to allow your feet time to heal. Always drink lots of water to avoid getting dehydrated. Dehydration can cause problems and make you feel sick. If you start to feel weak or dizzy while doing an activity, stop doing it and wait until you feel better.

We will talk more about taking good care of our feet at one of our next lessons.

Step Counter to Help Be Physically Active Everyday

Our goal is to do a little more walking each day. Every time we meet, we will set a new personal step goal to try to walk a few more steps than we did the previous week.

Some people may be afraid of doing more physical activity. But, the real danger is in NOT being physically active! A moderate and gradual walking program is safe for most people.

It's important to talk with your doctor before increasing your physical activity. So, to receive a new step counter, you should have completed the form titled "*Physician's Clearance to Participate in Physical Activity and Walking.*" If you haven't completed this form or have not yet received clearance from your doctor, then please talk with me after our session so we can complete this paperwork if you would like to do more walking.

People who have severe peripheral neuropathy, which can cause a lose of feeling in their feet, may want to ask their doctor about doing another kind of physical activity, such as a stationary bike or swimming. Also, people with retinopathy, which impairs vision, may also need to consider these other forms of physical activity.

We will use step counters, which are a fun and easy way to watch our progress. Another name for a step counter is a pedometer. Some of you may already have a step counter and have learned how to use it. We're going to review using a step counter again to be sure everyone who wants to use one is comfortable with using it.

Be sure to write down your steps at the end of everyday, or pick another time when it is easy to remember to write down your steps, such as right after your evening meal, when you take the last of your medications each day or when you brush your teeth before you go to bed.

You may ask your senior center if you can keep your Step Count Chart at the senior center and then you can write down your steps before you leave each day.

Let's take a walk around the room to be sure our step counters are working. *Depending on the participants and the site, you may want to go outside for a walk.*


I am going to write down the number of steps you had for the past week. So, if you have your Step Count Chart with you, then I would like to look at it. Otherwise, I will just contact you in the next few days to get the information.

Diabetes Bingo

If time permits, then play Diabetes Bingo. Play this as a regular game of bingo with someone picking various pictures with phrases from a hat or jar and calling them out to the participants. Be sure to have prizes available for the winners, such as measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels.

We are done with our lesson today. Remember to practice your “Six Daily Do’s for Diabetes” until we meet again soon!

My Goals to Follow the Six Daily Do's for Diabetes (#2)

	Not Very Often This Past Week	Almost Everyday	 Everyday!	My New Goal(s) For Next Week
1. Take my medications as recommended by my doctor				
2. Test my blood sugar as recommended by my doctor				
3. Eat healthy and follow my healthy meal schedule				
4. Be physically active				
5. Check my feet				
6. Be positive with help from family, friends, a support group, and my doctor				

- **What keeps me from following the “Six Daily Do’s for Diabetes”?**

- **What can I do to reach my goals to follow the “Six Daily Do’s for Diabetes” everyday?** _____

- **To Follow All of the “Daily Do’s”:**

- **Remember the health benefits of following the “Daily Do’s”**
- **Ask for support from my family, friends, and doctor**
- **Think of easy ways to find time for my new habits**
- **If I sometimes forget, then just be positive and try again**



See American Diabetes Association (<http://www.diabetes.org/uedocuments/14-Change-Habits.pdf>)

Day Two Menu

Breakfast

Oatmeal blueberry pancakes, one serving
topped with ½ cup fruit (recipe provided)
Canadian bacon, 1 slice
Milk, 1%, ½ cup



Snack

Pear, 1 small, baked with a pinch of cinnamon
and topped with 1 tablespoon of unsalted almonds

Lunch

Chicken salad sandwich (2 slices of whole wheat bread, 2 ounces
chopped cooked chicken breast, 1 tablespoon reduced fat
mayonnaise)
Salad (1 cup spinach leaves, ½ cup mandarin oranges, canned in own
juice and drained, 1 tablespoon poppy seed dressing)

Snack

Pumpkin dip (¼ cup pumpkin, 1 tablespoon fat free cream cheese,
½ teaspoon cinnamon, sweetened with artificial sweetener)
Graham crackers, 3 squares
Milk, 1%, 1 cup

Evening meal

Meat loaf, cooked, beef, 3 ounces
Steamed asparagus, frozen, no-salt added, 1 cup
Navy beans, canned, rinsed, drained and cooked, ½ cup
Dinner roll, 1, toasted

Snack

Celery, 3 sticks
Peanut butter, 2 teaspoons
Milk, 1%, 1 cup

Oatmeal Blueberry Pancakes

Serves 2

Ingredients:

- $\frac{3}{4}$ cup commercial pancake mix or baking mix
- $\frac{1}{4}$ cup quick oats
- 1 egg
- $\frac{2}{3}$ cup milk; add more milk if needed
- 1 cup frozen blueberries



Directions:

1. Heat a lightly oiled griddle or frying pan over medium high heat.
2. Mix baking mix and oats. Stir in eggs and milk.
3. Fold in blueberries.
4. Pour or spoon batter onto the griddle, using about $\frac{1}{4}$ cup for each pancake. Brown on both sides and serve hot.

It's Time to Keep Moving!

1. Keep using a step counter and set new goals.
2. Do housework to music.
3. Take the dog for a walk.
4. Work in the garden or flowerbed.
5. Pace the floor while talking on the phone.
6. Make several trips to and from the car while unloading groceries.
7. Break up sitting time with movement, such as foot tapping, swinging legs up and down, circling the ankles, or raising and lowering arms.
8. Take walks in the neighborhood.
9. Take exercise breaks during TV commercials. Stand up and march in place, stretch, walk around the room, and walk to the kitchen for a glass of water.
10. Join the exercise and stretching class at the senior center.
11. Find a walking buddy and sign up for local “walk-a-thons” or charity walks.
12. Park the car in one spot and walk to do many errands.
13. Try an active hobby such as bicycling, walking trails, dancing, taking a yoga class, swimming, or water aerobics.





Seniors Taking Charge of Diabetes!

Lesson Three: Check Your Feet

Getting Ready

1. Review lesson plan before each session.
2. Copy the handouts that best meet the needs of your audience.
3. Copy Diabetes Bingo game cards and pieces.
4. Gather supplies.
5. Consider inviting a local podiatrist or other health care professional to discuss foot care along with you.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the "Six Daily Do's for Diabetes."
2. Pens or pencils for participants interested in writing on handouts.
3. Mirror.
4. Items for diabetes care that may be donated by or borrowed from a local pharmacist or health department. Good ideas are lotions to use, like Dermal Therapy and examples of shoes and socks to buy.
5. Step counters for participants (for participants that may have broken or lost theirs).
6. If you plan to play Diabetes Bingo, then have some prizes available (e.g., measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels).

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy fruit and vegetable recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives for Participants

1. Learn to do daily foot care to prevent diabetes foot problems and injuries.
2. Learn to report to their doctor or podiatrist.
3. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.

Script

Six Daily Do's for Diabetes

Give participants their handouts.

It's nice to see everyone again. I hope you looked at our menu and recipe from the last time we met and have been practicing many of the "Six Daily Do's for Diabetes."

Who remembers our "Six Daily Do's for Diabetes?" *Wait for answers and review the handout with the participants.* Let's take a few minutes to check how often you followed each "Daily Do" and make a new goal for next week.

Did anyone follow at least one of the "Six Daily Do's" everyday this past week? *If yes, congratulations!* Did anyone do more than one everyday? *If yes, congratulations!* Are there some things that keep you from establishing these important health habits? *Wait for answers and discuss with the group.* Can you think of some ways to reach your goals to follow more of the Six Daily Do's? *Wait for answers and discuss with the group.*

Today, we are going to spend some time talking about foot care.

Check My Feet

Foot care is an important part of diabetes management. Fifteen percent of people with diabetes will experience a foot ulcer and many people with a poorly treated foot ulcer will require amputation. Diabetes is the leading cause of non-accident related amputation of the feet or legs, and at least half of these amputations might be prevented through simple foot care practices. Would anyone like to share any personal stories about diabetes and foot care? *Encourage participants to share stories.*

Today we will discuss how to check your feet daily, what you should do to protect your feet, and how to increase your circulation. We will also discuss how to prevent injuries, how to select the proper shoes and socks, and we will point out what problems should be reported to your doctor or podiatrist. *Review "Taking Care of Your Feet" with the participants.*

Now that we have discussed daily foot care we are now going to talk about how we can increase circulation.

Promote Circulation

Physical activity, like walking, is a great way to promote circulation. In addition to being active, you also need to keep your feet and legs warm. If your feet feel cold at night, you can wear socks to bed, but don't use hot water bottles or heating pads -- if you have any loss of sensation, then you may burn your feet without realizing it. Always keep your blood pressure, cholesterol, and triglycerides (blood fats) under control to help keep blood vessels clear.

Keep in mind that there are things that can slow your circulation and cause problems, too. You should **always** avoid smoking. Smoking narrows your blood vessels and decreases the amount of blood that gets to your feet and legs. Crossing your legs for long periods of time will also decrease your circulation.

Prevent Injury

We need our feet to take us to many places, so we must protect them! Wear slippers and shoes to protect your feet from injury. Never walk barefoot, even at home. You may even want to wear “aqua shoes” in the water. Be sure to check your shoes before putting them on for torn linings and shake out foreign objects like stones. Good walking shoes with good support, good treads, and cushioned insoles are so important. How many of you like the shoes that you wear? *Encourage a group discussion about comfortable shoes and places to buy them, prices of those shoes, and places where discounts are offered to senior citizens.* Remember, when buying shoes, it is best to try them on later in the day when our feet tend to be bigger. Make sure that you leave some space between your toes and the end of the shoes. Also, be sure to wear acrylic socks that take moisture away from your feet. These socks absorb sweat and help keep your feet dry. Also buy socks with flat, thin seams or no seams at all. Now, if you want to, you can take a moment and look at your feet. I have a mirror that we can use if we need to.

Work with Your Doctor

Here is another tip. At your next visit, remind your doctor to check your feet. Do this every time you go in for a check up. Plus, taking your shoes and socks off at every office visit will remind your doctor to check your feet. When your doctor checks your feet, make sure that he or she checks for the sense of feeling and the pulse in your feet. Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts). If you have corns or calluses, your health care provider can trim them for you. Do not treat them yourself with products you buy from the store. Your health care provider can also trim your toenails if you cannot do so safely.

Remember: Look carefully at your feet everyday, even if they don't hurt, and report problems, to your doctor right away. Don't wait for small problems to become big ones. These are the only feet you'll ever have!

The most important thing is to manage your diabetes well and put your feet first.

Before we move on to our menus, recipe, physical activities, and games, let's take one more look at our handout “*My Goals to Follow the Six Daily Do's*” and make sure you have set some new goals. Pick at least one new goal to do every week, so that after a few weeks, you'll be following nearly all of these goals.

Menu and Recipe

Let's look at a menu and a recipe for us to enjoy. *Ask participants to refer to the handout titled "Day Three Menu."* Remember that these menus have seven or more servings of fruits and vegetables, three servings of whole grain foods, such whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. Also, see that there is a carbohydrate-containing food at every meal or snack. This helps space out your carbohydrates evenly throughout the day, rather than eating them all at one meal. Carbohydrate spacing helps control your blood sugar.

The menu has some new ideas and a recipe you can try at home. *Encourage participants to describe the healthy aspects of the menu and if the recipe is used for taste testing, ask the participants to share their opinions. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Another great part of today's lesson is physical activity. Who can remember the key message about physical activity? *Encourage participants to offer suggestions.* Yes, the message is:

Be Physically Active Everyday!

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday is a good goal.

Does anyone want to talk more about ways to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone walked more since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Do you think you feel better by increasing your steps? *Wait for responses and share in participants' success.*

Does anyone need any help with your step counter or need a new Step Count Chart? *Respond as needed. If help needed, then tell these participants that you will help them at the end of the lesson.*

Let's take a walk around the room to be sure our step counters are working.

Today we are going to participate in another physical activity called chair exercises. We will learn exercises one through four today. Next week, we will add four more. We will continue adding more chair exercises until we are doing sixteen exercises. Try these at home, too!

These exercises are called chair exercises because you can hold onto a chair or sit in a chair while doing them. So, some of these chair exercises can be done by people who may have difficulty walking.

Begin chair exercises one through four. Strongly encourage participants to try these with you and at home.


Diabetes Bingo

If time permits, then play Diabetes Bingo. Play this as a regular game of bingo with someone picking various pictures with phrases from a hat or jar and calling them out to the participants. Be sure to have prizes available for the winners, such as measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels.

Well that's all for today. Remember to work on your "Six Daily Do's for Diabetes" until we meet again soon!

Be sure to come to our next session. If we have time, then we are going to play bingo again.

My Goals to Follow the Six Daily Do's for Diabetes (#3)

	Not Very Often This Past Week	Almost Everyday	 Everyday!	My New Goal(s) For Next Week
1. Take my medications as recommended by my doctor				
2. Test my blood sugar as recommended by my doctor				
3. Eat healthy and follow my healthy meal schedule				
4. Be physically active				
5. Check my feet				
6. Be positive with help from family, friends, a support group, and my doctor				

- **What keeps me from following the “Six Daily Do’s for Diabetes”?**

- **What can I do to reach my goals to follow the “Six Daily Do’s for Diabetes” everyday?** _____

- **To Follow All of the “Daily Do’s”:**

- **Remember the health benefits of following the “Daily Do’s”**
- **Ask for support from my family, friends, and doctor**
- **Think of easy ways to find time for my new habits**
- **If I sometimes forget, then just be positive and try again**



See American Diabetes Association (<http://www.diabetes.org/uedocuments/14-Change-Habits.pdf>)

Taking Care of Your Feet

1. Work with your health care team to keep your blood sugar levels within proper range.
2. Check your feet daily for sores, blisters, injuries, discolored areas (for example, red, blue or black areas), cuts or cracks in the skin, or signs of infection such as redness, swelling, and warmth.
3. Wash your feet everyday in warm water.
4. Do not soak them. Dry feet and in between toes completely.
5. Apply a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes because this can increase the risk for fungal and other infections of the skin. Creams/lotions with urea and/or lactic acid work well. Example: Dermal Therapy
6. Trim toenails each week or when needed.
7. Wear shoes and socks at all times.
8. Protect your feet from hot and cold.
9. Be more active.
10. Get started now!



Day Three Menu

Breakfast

Whole grain ready-to-eat cereal, unsweetened,
fortified, $\frac{3}{4}$ cup

Milk, 1%, 1 cup

Cashews, $\frac{1}{4}$ cup



Snack

Orange juice, calcium-fortified, $\frac{1}{2}$ cup

String Cheese, low-fat, 1 stick

Lunch

Bean soup, 1 cup

Ham sandwich, (2 ounces cooked ham, 2 slices whole wheat bread,
1 tablespoon fat-free mayonnaise)

Carrots, raw, $\frac{1}{2}$ cup or 6 baby sticks

Snack

Banana, $\frac{1}{2}$ large

Peanut butter, 1 tablespoon

Wheat thin crackers, 10

Evening Meal

Fish, broiled, with 1 teaspoon margarine and 1 teaspoon lemon juice,
seasoned with salt-free seasoning

Spinach-stuffed tomatoes (recipe provided)

Cauliflower, steamer, $\frac{1}{2}$ cup

Yellow rice, $\frac{1}{3}$ cup

Dinner roll, 1 each

Snack

Fresh fruit, $\frac{1}{2}$ cup

Milk, 1%, 1 cup

Spinach-Stuffed Tomatoes

Serves 2

Ingredients:

- 2 medium tomatoes
- 1 cup cooked frozen spinach
- 1 teaspoon low-fat cream cheese
- 1 teaspoon margarine
- 2 teaspoons chopped onion
- Parmesan cheese to cover top
- ½ teaspoon garlic powder
- ½ teaspoon pepper



Directions:

1. Cook spinach and drain well.
2. Combine with cream cheese, margarine, onion, pepper, and garlic.
3. Cut off tops of tomatoes and scoop out middle.
4. Fill with mixture.
5. Top with Parmesan cheese (will hold in refrigerator at this point).
6. Bake at 350 for 10-15 minutes.



Seniors Taking Charge of Diabetes!

Lesson Four: Taking Medications and Testing Blood Sugar

Getting Ready

1. Review lesson plan before each session.
2. Copy the handouts that best meet the needs of your audience. Copy the “*Medication Summary*” card on cardstock; the other handouts can be copied onto regular paper.
3. Copy Diabetes Bingo game cards and pieces.
4. Gather supplies needed for lesson and activities.
5. Consider inviting a diabetes educator, nurse, pharmacist, doctor or other knowledgeable health care professional to talk more about medication management and using blood glucose monitors with your participants.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Six Daily Do’s for Diabetes.”
2. Pens or pencils for participants interested in writing on handouts.
3. Pill boxes to show how to use them to help manage medications (tell participants the locations in their community where they can find similar pill boxes). Buy a few examples. The best will have several lids for each day.
4. Step counters for participants (for participants that may have broken or lost theirs).
5. If you plan to play Diabetes Bingo, then have some prizes available (e.g., measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels).

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy fruit and vegetable recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives for Participants

1. Learn how to improve medication management, improve blood sugar testing, and to talk with their doctor about their medications.
2. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.

Script

Six Daily Do's for Diabetes

Give participants their handouts.

Who remembers our “Six Daily Do’s for Diabetes?” *Wait for answers and review the handout with the participants.* Let’s take a few minutes to check how often you followed each “Daily Do” and make a new goal for next week.

Did anyone follow at least one of the “Six Daily Do’s” everyday this past week? *If yes, congratulations!* Did anyone follow at least two of the “Six Daily Do’s” everyday this past week? *If yes, super congratulations!!* Are there some things that keep you from following these important health habits? *Wait for answers and discuss with the group.* Can you think of some ways to reach your goals to follow more of the Six Daily Do’s? *Wait for answers and discuss with the group.*

Today we are going to talk more about taking your medicines and testing your blood sugar.

Take Your Medications

Many people who have diabetes will need to take several medicines to help control their blood sugar, blood pressure, and other problems. It is very important to take these medicines as recommended by your doctor.

When you’re taking several medicines, it can be hard to keep track of all of them. You will feel better when you manage your medicines and take them correctly. You can take your medicines safely by following some of our suggestions today.

Keep a list of your medicines with you at all times in your purse or wallet. Give a copy of your medicines to a friend or family member or senior center director in case of an emergency. Have a copy in an easy to find place near your phone for when you call your doctor or pharmacist.

If you don’t have a list of your medicines, then it would be a good idea to fill out a “Medication Summary” card. You can take this card home to fill out. *Give participants the “Medication Summary” card to fill out later at home when they have all of their medications.* Be sure to write down insulin (if you take it), all your other medicines for diabetes, and all of your other medicines prescribed by your doctor. Also, include any over-the-counter nonprescription medicines (such as aspirin and laxatives) and dietary supplements (vitamins, minerals, herbs, and other substances).

Next, let’s look at the handout called “*Ask My Doctor and My Pharmacist These Questions.*” Next time you visit your doctor and pharmacist, take this sheet with you to help you take your medicines safely.

How many of you use a pillbox to help keep track of your medicines? *Wait for show of hands and ask participants if they help them to take their medicines correctly.* Pillboxes with a compartment for each day of the week can help you remember to take your medicines. When possible, link your pill taking to some other daily activity, such as taking your morning medicines right after you brush your teeth.

You can also make yourself a chart that lists your daily medicines, including insulin, and check them off after you've taken them.

It is very important to use just one pharmacist and pharmacy for all of your medicines. One pharmacist can help you avoid taking medicines that are safe when used alone, but might be dangerous when used together.

Test Your Blood Sugar

Your doctor has probably given you instructions about monitoring your blood sugar. Another name for blood sugar is blood glucose. How many of you have been told to measure your blood sugar? *Wait for show of hands.* If you are not sure about this, do talk with your doctor at your next visit.

Keeping your blood sugar in the recommended range can prevent or delay long-term health problems caused by diabetes. Can anyone name some of these long-term problems? *Wait for answers.* Yes, the long-term problems can include blindness or diabetic eye disease, heart disease, kidney disease, foot problems, nerve damage, tooth and gum disease, and skin problems.

So it is very important to monitor your blood sugar as recommended by your doctor!

Your blood sugar can go up and down during the day and night. So, for those of you who have been told to test your blood sugar, you may test it several times throughout the day. Blood sugar is usually highest about 2 hours after a meal. Sometimes blood sugar levels are fine in the morning, but high at night. If you only check in the morning, then you will not be getting the complete picture. Also, blood sugar varies from person to person. Ask your doctor how often and when you should measure your blood sugar.

Let's look at the handout "What are my Blood Sugar (Glucose) Goals?" and review it together.

What should your blood sugar level be? *Wait for answers and then review from the handout.* There is no single right answer for everyone, so be sure to check with your doctor about your blood sugar goals. Your doctor will help you set goals, learn how to use a blood sugar (glucose) monitor, give you a chart or book to write down your blood sugar numbers, and tell you how often to test your blood sugar.

What are some things that make blood sugar go up? *Wait for answers and then review those items from the handout.* Call your doctor for an appointment if your blood sugar numbers are often higher than your targets. Your doctor and health care team may recommend changes in

your meal plan, your physical activity, or your diabetes medicines when your blood sugar is high too often.

What are some things that make blood sugar go too low? *Wait for answers and then review from the handout.* Low blood sugar, also called hypoglycemia, can happen when your blood sugar drops below 70 mg/dl. Symptoms include hunger, shakiness and nervousness, sweating, light-headedness, sleepiness, confusion, and anxiety.

If you think your blood sugar is too low, then use your meter to check it. If it is 70 mg/dl or below, then follow your doctor's instructions to bring it back to a safer range. See the list of items that you can use to bring up your blood sugar such as glucose tablets, hard candy, sugar, juice, regular soda (not diet), or milk.

Take this handout called "*What are My Blood Sugar (Glucose) Goals?*" to your doctor so they can help you set your goals.

Before we move on to our menus, recipe, physical activity, and games, let's take one more look at our handout "*My Goals to Follow the Six Daily Do's*" and make sure you have set some new goals. Pick at least one new goal and then practice it everyday, so that after a few weeks, you'll be following nearly all of these goals.

Menu and Recipe

Now let's look over the menu and recipe in your handouts. *Ask participants to refer to the handout titled "Day Four Menu."* As in our previous menus, this menu has seven or more servings of fruits and vegetables, three servings of whole grain foods, such whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. These foods all provide important health benefits no matter what our age! Remember that the menus we review have at least one carbohydrate-containing food at every meal and snack. This method of carbohydrate spacing helps control your blood sugar throughout the day.

The menu has several new ideas and a recipe for you to make at home. *Encourage participants to describe the flavors and the healthy parts of the menu. If the recipe is prepared for taste testing, then lead a group discussion about the healthy aspects of the recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Another great part of today's lesson is physical activity. Who can remember the key message about physical activity? *Encourage participants to offer suggestions.* Yes, the message is:

Be Physically Active Everyday!

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. Even more benefits are obtained from more minutes of daily physical activity and higher intensities of physical activity.

Does anyone want to talk more about ways to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone increased his or her number of steps since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Do you think you feel better by increasing your steps? *Wait for responses and share in participants' success.* That's great that many of you are feeling better!

Does anyone need any help with his or her step counter or need a new Step Count Chart? *Respond as needed. If help needed, then tell these participants that you will help them at the end of the lesson.*

Let's take a walk around the room to be sure our step counters are working.

Last week, we did chair exercises one through four. Please raise your hand if you have practiced these since last week. Has anyone noticed any improvements in balance and flexibility? If you are doing these exercises, then you should be feeling better! *Wait for responses and share in participants' success.*


We are going to add some new chair exercises today. Be sure to practice these at home, too! *Begin chair exercises one through eight. Strongly encourage participants to try these with you and at home.*

Diabetes Bingo

If time permits, then play Diabetes Bingo. Play this as a regular game of bingo with someone picking various pictures with phrases from a hat or jar and calling them out to the participants. Be sure to have prizes available for the winners, such as measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels.

We are done with our lesson today. Remember to practice your “Six Daily Do’s for Diabetes” until we meet again soon! Be sure to come to our next session, because we are going to play bingo again.

My Goals to Follow the Six Daily Do's for Diabetes (#4)

	Not Very Often This Past Week	Almost Everyday	 Everyday!	My New Goal(s) For Next Week
5. Take my medications as recommended by my doctor				
6. Test my blood sugar as recommended by my doctor				
7. Eat healthy and follow my healthy meal schedule				
8. Be physically active				
9. Check my feet				
10. Be positive with help from family, friends, a support group, and my doctor				

- **What keeps me from following the “Six Daily Do’s for Diabetes”?**

- **What can I do to reach my goals to follow the “Six Daily Do’s for Diabetes” everyday?** _____

- **To Follow All of the “Daily Do’s”:**

- **Remember the health benefits of following the “Daily Do’s”**
- **Ask for support from my family, friends, and doctor**
- **Think of easy ways to find time for my new habits**
- **If I sometimes forget, then just be positive and try again**



See American Diabetes Association (<http://www.diabetes.org/uedocuments/14-Change-Habits.pdf>)

Ask My Doctor and My Pharmacist These Questions

1. ___ What are the names of my medicines (brand and generic names)?
2. ___ Should I use the generic form?
3. ___ What's the strength? (For example, milligrams, abbreviated as mg)
4. ___ What's this medicine for?
5. ___ How long will it take this medicine to work?
6. ___ How much should I take for one dose?
7. ___ When should I take it? How many times per day? At what times?
8. ___ Should I take it on an empty stomach?
9. ___ Should I avoid any foods or medicines when I take it?
10. ___ Should I avoid alcoholic beverages when taking this medicine?
11. ___ How does this medicine affect my blood glucose (sugar) level?
12. ___ Do I need to avoid driving when I take this medicine?
13. ___ What side effects might happen with this medicine?
14. ___ What should I do if I have side effects?
15. ___ What should I do if I miss a dose?
16. ___ How should this medicine be stored?
17. ___ How long will this supply last? What about refills?



Remember

18. ___ Use only one pharmacist for all my medicines.
19. ___ Use a pill organizer with boxes for each day.
20. ___ Keep my Medication Summary card in my purse or wallet.
21. ___ Check dates and throw out expired medicines.
22. ___ Keep all medicines out of sight and reach of children.

From American Diabetes Association (<http://www.diabetes.org/uedocuments/24-medicines.pdf>)

What Are My Blood Sugar (Glucose) Goals?

Talk to your doctor about your blood sugar goals, using a blood glucose monitor, writing down your blood sugar numbers in a chart or book, and the best testing schedule for you.

American Diabetes Association Recommendation	My Doctor's Recommendation	My Usual Blood Sugar
Before meals: 90 to 130 mg /dl	_____ to _____	_____ to _____
Two hours after the start of a meal: less than 180 mg/dl		

What Can Make My Blood Sugar Too High?

- A meal or snack with more food or more carbohydrates (carbs) than usual
- Being inactive (sitting around more than usual)
- Not enough diabetes medicine
- Side effects of other medicines
- Infection, other illness, stress
- If your blood sugar is often high, then ask your doctor what changes to make

What Can Make My Blood Sugar Too Low?

- A meal or snack with less food or fewer carbohydrates than usual
- Drinking alcoholic beverages, especially on an empty stomach
- Missing a meal or snack
- Extra physical activity
- Too much diabetes medicine
- Side effects of other medicines
- If your blood sugar is often low, then ask your doctor what changes to make



If blood sugar becomes too low (less than 70 mg/dl), then my doctor might tell me to take these to raise my blood sugar:

- 2 to 5 glucose tablets OR 5 to 7 pieces of hard candy OR 2 teaspoons of sugar
- ½ cup (4 ounces) of juice or regular soda (not diet)
- 1 cup (8 ounces) of milk

From American Diabetes Association (<http://www.diabetes.org/uedocuments/04-Blood-Sugar.pdf>).

Day Four Menu

Breakfast

Oatmeal, cooked, $\frac{3}{4}$ cup
Milk, 1%, 1 cup
Fresh fruit, chopped, $\frac{1}{2}$ cup

Snack

Apple, 1 small
Yogurt, low-fat, 1 cup (8-ounce container)

Lunch

Tuna, canned, 3 ounces (1/2 small can)
Broccoli, steamed with red peppers, $\frac{1}{2}$ cup
sautéed in $\frac{1}{2}$ tablespoon of olive oil
Whole wheat pasta, 1 cup
Mix above ingredients and add 1 tablespoon Italian dressing
Celery sticks, raw, $\frac{1}{2}$ cup

Snack

Grapes, 17 grapes
Milk, 1%, 1 cup

Evening Meal

Chicken, 3 ounces, roasted with garlic powder seasoning
Mashed roasted sweet potatoes, 1 serving (recipe provided)
Steamed string beans, whole, frozen, $\frac{1}{2}$ cup
Split peas, $\frac{1}{2}$ cup
Cornbread muffin

Snack

Bagel, whole wheat, $\frac{1}{2}$
Peanut butter, 1 $\frac{1}{2}$ tablespoons



Mashed Roasted Sweet Potatoes with Maple Syrup

Serves 2

Ingredients:

- 2 medium sweet potatoes
- 1 tablespoon maple syrup, no sugar
- 1/8 teaspoon salt
- Black pepper, to taste
- 1/4 teaspoon ground nutmeg
- 1/2 tablespoon margarine



Directions:

1. Preheat oven to 375° F and place oven rack in middle position. Scrub sweet potatoes well, place on baking sheet and bake for 50 to 60 minutes until very soft to the squeeze. Baking time will differ depending on freshness and size of the sweet potatoes. Can also microwave on high for about 10 minutes after pricking several times with a fork to let steam escape.
2. Remove potatoes from oven; cool briefly to handling temperature. Cut both ends off each potato and carefully peel each potato. Place in a deep bowl and mash with potato masher, large fork, or back of a large spoon. Season with maple syrup, salt, black pepper, and ground nutmeg, mixing well. If necessary, reheat briefly in microwave.
3. Scoop into serving bowl and top with margarine.

Adapted from www.5aday.gov



Seniors Taking Charge of Diabetes!

Lesson Five: Eat Healthy - Plan Your Portions and Plates

Getting Ready

1. Review lesson plan before each session.
2. Copy the handouts that best meet the needs of your audience.
3. Gather supplies needed for lesson and activities.
4. Consider inviting a local dietitian or diabetes educator to discuss healthy eating for people with diabetes along with you.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Six Daily Do’s for Diabetes.”
2. Pens or pencils for participants interested in writing on handouts.
3. Examples of common foods to demonstrate measurements (pieces of fruit or canned fruit, canned or frozen peas or corn, crackers, rice, etc.).
4. Ready-to-eat unsweetened fortified whole grain cereal, large cereal bowl, 100% fruit juice, large glass.
5. A set of dry measuring cups and a clear liquid measuring glass.
6. Step counters for participants (for participants that may have broken or lost theirs).
7. If you plan to play Diabetes Bingo, then have some prizes available (e.g., measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels).

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy fruit and vegetable recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives for Participants

1. Learn about portions and true serving sizes for people with diabetes.
2. Learn the plate method of meal planning for people with diabetes.
3. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.

Notes to Educator

This lesson will focus on portions (serving sizes) and the plate method. The plate method is a visual meal planning method that is a healthy way to eat for most people and is especially helpful for people with diabetes.

The target audience for this educational program is older adults who have low incomes, low literacy skills, and little experience with healthy meal planning. Therefore, several aspects of the plate method have been simplified, and the major focus is to help participants fill their plates with foods that provide low-fat animal protein, whole grains and other starchy foods (includes starchy vegetables), non-starchy vegetables, fruits, and low-fat milk products. People with higher skill levels and/or interest in meal planning can be referred to a dietitian or certified diabetes educator for additional assistance.

The plate method described here is based on the 2005 Dietary Guidelines for Americans and meal planning principles for people with diabetes. Because the 2005 Dietary Guidelines for Americans are so new, there is not much information available yet on how to use these guidelines for meal planning for people with diabetes. Thus, in these meal plans we recommend that the starchy part of the plate include breads, pastas, rice, and starchy vegetables such as potatoes, corn, peas sweet potatoes, and legumes (cooked dry beans). Whole grain versions of bread, pasta, and rice are recommended.

The menus with each lesson provide about 1800 calories and have appropriate amounts of carbohydrates for people with diabetes in each meal and snack.

The primary protein sources in the menus are meat, poultry, and fish, so they are not appropriate for vegetarians. Good resources for meal planning for vegetarians can be found at the American Diabetes Association website (www.diabetes.org). If vegetarian and diabetic, the client should consult with a dietitian to be sure carbohydrates are not too high or too low.

Script

Six Daily Do's for Diabetes

Give participants their handouts.

Does anyone remember the “Six Daily Do’s for Diabetes?” *Wait for answers and review the handout with the participants.* Let’s check off how often you followed each “Daily Do” and make a new goal for next week.

Did anyone follow at least one of the “Six Daily Do’s” everyday this past week? *If yes, congratulations!* Did anyone do more than one everyday? *If yes, congratulations!* Are there some things that keep you from following these healthy habits? *Wait for answers and discuss with the group.* Can you think of some ways to reach your goals to follow more of the Six Daily Do’s? *Wait for answers and discuss with the group.*

Today we are going to talk about planning our portions of food and planning our plates at each meal.

Plan Your Portions and Serving Sizes

It is easy to get confused about the portions and serving sizes of foods. Generally, a portion can be any size. We will focus on the recommended serving sizes of various foods. The best way to be sure to eat the right serving size is to measure your foods with measuring cups.

Let's pretend you just woke up and you are eager to eat breakfast. I need a volunteer to pour out a bowl of cereal. *Let the volunteer pour cereal, such as ready-to-eat fortified bran flakes, into a bowl. Then measure the amount poured with a measuring cup. How much did your volunteer pour into the bowl?* A serving size of most cereals is about 1 ounce, which is usually about $\frac{3}{4}$ cup, so let's see how close we came to a serving size. *Ask them to look at the actual serving size on the cereal box and discuss the difference between the serving suggestion and how much the client poured out.*

Next we need a serving of milk. I need a volunteer to pour one serving of milk. *Let the volunteer pour the milk into a regular glass. Then measure the amount poured with a measuring cup. How much did your volunteer pour into the cup?* A serving size of milk is 8 ounces or 1 cup.

Now we need a serving of 100% fruit juice, such as orange juice with calcium and vitamin D. It is wise to keep juice at your house in case your blood sugar gets too low. I need a volunteer to pour one serving of juice. *Let the volunteer pour the orange juice into a regular glass. Then measure the amount poured with a measuring cup. How much did your volunteer pour into the cup?* A serving size of juice is $\frac{1}{2}$ cup or 4 ounces. People with diabetes should limit their intake of sweetened beverages, including real fruit juice, as well as other sugar-sweetened beverages such as soda, lemonade, and iced tea. These drinks with added sugar can markedly increase your blood sugar because they are high in sugar. They can also lead to weight gain. Four ounces ($\frac{1}{2}$ cup) is the serving size for most sweet drinks. Some people control their intake of fruit better by eating fruit instead of drinking juice. Fruit has more fiber and is more satisfying. It is easy to drink too much juice.

For beverages, you might find it easier to use a glass that you know only holds four or eight ounces. You can also place a piece of tape on the outside of a glass to mark the four or eight ounce line so you will be able to measure easily.

Let's review together the handout called "*Plan My Portions and Serving Sizes.*" *Have examples of the various serving sizes in baggies, such as $\frac{1}{2}$ cup vegetables (corn, peas, or green beans), $\frac{1}{3}$ cup of cooked rice, a 1 ounce slice of whole grain bread, and 6 saltine crackers. Place these on a plate to show participants what a serving size looks like. You can use the "Exchange List for Meal Planning" booklet to help with this activity.*

This handout shows that many foods have carbohydrates. Everyone, including people with diabetes, must eat foods with carbohydrates. The important thing is to eat the recommended

serving sizes regularly throughout the day at meals and snacks. Avoid eating all of them at one or two meals.

There are many carbohydrate-containing foods that have 15 grams of carbohydrates in the recommended serving size. As shown on the handout, usually three or four servings of carbohydrate-containing foods are recommended at each meal. Usually, up to two servings of carbohydrate-containing foods are recommended at each snack. However, check with your doctor to see how many carbohydrate-containing foods are recommended for your meal plan for each meal and snack. We will talk more about carbohydrates the next time we meet and we will look at this handout again.

Plan Your Plates!

Show the 9 inch plastic plate with raised dividers, a small bowl (½ cup), and glass or cup (8 ounces). This nine-inch plate is the size of an average plate you might use at home for your lunch and evening meals. We are going to discuss what goes in each section of the plate and our other serving dishes.

1. Fill the largest section of the plate with two servings of starchy foods including grains and starchy vegetables. One serving should be a grain, such as a slice of bread, a roll, a muffin, a piece of cornbread, cereal, pasta, or rice. Try whole grain bread, whole grain pasta, or brown rice for extra taste and fiber. The portion sizes of these foods should be about the thickness of your finger (which is about ½ inch). Serving sizes for these starchy foods are 1 slice of bread; 1 small roll, muffin, or cornbread; ½ cup of pasta; and 1/3 cup of rice. You should also have one serving of a starchy vegetable such as corn, peas, potato, sweet potato, winter squash, or cooked dry beans or peas. ½ cup of a starchy vegetable is one serving.
2. Use one of the small sections of the plate with non-starchy vegetables! Aim for about one to two servings of non-starchy vegetables. Vegetables have lots of fiber, vitamins, and minerals to help everyone stay healthy. The serving size for most vegetables is ½ cup, except for raw leafy greens, such as salads, which is 1 cup. What are some of your favorite vegetables that you could put in the vegetable section of your plate? *Wait for answers.* Some more ideas are non-starchy vegetables such as cabbage, green beans, carrots, cooked leafy greens, broccoli, and tomatoes.
3. Fill the other small section of the plate with a serving of protein, such as lean or low-fat beef, pork, poultry, or fish. Grill, broil, or bake your meats whenever possible. Trim the visible fat from meat, and remove the skin from poultry. A serving of meat, poultry, or fish is about 3 ounces and is the size of a deck of cards or the palm of a women's hand. Adding low-fat cheese in place of one ounce of meat could add calcium to your diet without adding carbohydrates. Depending on your meal plan, you may be able to have more than one serving of meat at a meal.
4. Fill the cup with a milk product, such as 1 cup of skim or 1% milk or 1 cup of yogurt. Be sure the yogurt is plain or sweetened with artificial sweetener. If you don't have a cup of

milk at a meal, you can substitute milk with another starchy food or have the milk product with a snack.

5. Fill the small bowl with $\frac{1}{2}$ cup of fruit or have a piece of fruit about the size of a tennis ball or baseball. Serving sizes for most fruits and juices are $\frac{1}{2}$ cup. If raw fruit doesn't quite satisfy your sweet tooth, try a baked apple sprinkled with cinnamon and a packet of artificial sweetener or fruit canned in its own juice. If you don't have a serving of fruit at a meal, you can substitute it with another starchy food or save the fruit for a snack.
6. Most meals at senior centers follow this plate method, because they usually provide at least two vegetables, one fruit, one serving of meat, poultry, or fish, one starchy food that is usually whole grain such as whole grain bread, and one milk product such as milk.
7. Now let's review what we learned about our plates by looking at the handout titled "*Plan My Plate!*" See the sections on the plate for non-starchy vegetables, starchy foods, meat, poultry or fish, fruit and milk products.

Plan Your Breakfast

For a healthy breakfast, you just need a cup, a bowl, and a spoon! An example of a healthy breakfast is $\frac{3}{4}$ cup of a whole grain ready-to-eat unsweetened fortified cereal, with 1 cup of skim or 1% milk, and $\frac{1}{2}$ cup of fruit (such as orange juice or banana).

The menus with these lessons give many good examples of healthy breakfasts that you can try.

Plan Your Snacks

Snacks are recommended in the mid-morning, mid-afternoon, and before you go to bed in the evening. An example of a healthy snack is whole wheat crackers, low-fat cheese, and no-salt tomato juice.

Another healthy snack is a small apple with a cup of skim or 1% milk or a cup of yogurt.

Plan Healthy Food All Around You

It's hard to eat healthy when you are the only one doing it! Ask your senior center, friends, and family to help you eat healthy by providing healthy meals and snacks. For example, ask your senior center to provide fresh fruit, 100% fruit juice, whole grain cereal, and milk products for snacks, instead of cakes and cookies.

Nearly everyone likes cakes, cookies, and sweet beverages such as iced tea and soda with real sugar, but these should be "sometimes" foods -- not everyday foods. Fruits, vegetables, whole grain foods, and milk products are everyday foods.

Satisfy your sweet tooth with real fruit.

When you do eat cakes or cookies, substitute a small cookie or cake for a piece of fruit or a starchy food.

Artificial Sweeteners

Try sweetening your tea with artificial sweeteners. They come in easy-to-use packets, where one little packet has the sweetening power of about two teaspoons of sugar. These artificial sweeteners are very safe and will not raise your blood sugar. They are certainly far safer than eating too much sugar, which can raise your blood sugar too much, decrease your appetite for healthy foods, and add unwanted body weight.

Splenda® is one of the newest artificial sweeteners and is actually made from real sugar. It has a tiny amount of chloride in it, which fools the body into thinking it is not really sugar. This is the same chloride that we eat everyday in table salt, which is sodium chloride. Splenda® is 600 times sweeter than regular sugar. It is a little more expensive than some of the other artificial sweeteners. So, for a little less money, you can also use Sweet’N Low®, Equal®, NutraSweet®, Sunette®, or a store brand artificial sweetener.

Before we move on to our menus, recipe, physical activities, and games, let’s take one more look at our handout “*My Goals to Follow the Six Daily Do’s*” and make sure you have set some new goals. Pick at least one new goal to do everyday, so that after a few weeks, you’ll be following nearly all of these goals.

Menu and Recipe

Now turn to the menu and recipes in your handouts. *Ask participants to refer to the handout titled “Day Five Menu.”* This healthy menu has seven or more servings of fruits and vegetables, three servings of whole grain foods, such whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. These foods are especially important for people with diabetes and provide key nutrients we all need each day. Also, remember that there is at least one carbohydrate-containing food at all the meals and snacks. This helps space out your carbohydrates evenly throughout the day, rather than eating them all at once. Blood sugar is better controlled when some carbohydrates are eaten at each meal and snack.

The menu has many ideas and a recipe to try at home. *Encourage participants to discuss healthy parts of the menu and how it works with the plate method, especially when the snack is considered along with the meal (e.g., evening meal). If the recipe is provided for taste testing, then discuss it also. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Another great part of today’s lesson is physical activity. Who can remember the key message about physical activity? *Encourage participants to offer suggestions.* Yes, the message is:

Be Physically Active Everyday!

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. For most people, even more is better. Increasing the amount of time you are physically active and increasing the intensity of physical activity offer more health benefits.

Does anyone want to talk more about ways to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone increased his or her number of steps since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Do you think you are feeling better by increasing your steps? I hope so! *Wait for responses and share in participants' success.*

Does anyone need any help with his or her step counter or need a new Step Count Chart? *Respond as needed. If help needed, then tell these participants that you will help them at the end of the lesson.*

Last week, we did chair exercises one through eight. Please raise your hand if you have practiced these since last week. Has anyone noticed any improvements in balance and flexibility? If you are doing these exercises, that's wonderful. They should help you feel better! *Wait for responses and share in participants' success.*


We are going to add some new chair exercises today. Be sure to practice these at home, too! *Begin chair exercises one through twelve. Strongly encourage participants to try these with you and at home.*

Diabetes Bingo

If time permits, then play Diabetes Bingo. Play this as a regular game of bingo with someone picking various pictures with phrases from a hat or jar and calling them out to the participants. Be sure to have prizes available for the winners, such as measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels.

Well, that's all for today. Remember to work on your "Six Daily Do's for Diabetes" until we meet again soon!

My Goals to Follow the Six Daily Do's for Diabetes (#5)

	Not Very Often This Past Week	Almost Everyday	 Everyday!	My New Goal(s) For Next Week
1. Take my medications as recommended by my doctor				
2. Test my blood sugar as recommended by my doctor				
3. Eat healthy and follow my healthy meal schedule				
4. Be physically active				
5. Check my feet				
6. Be positive with help from family, friends, a support group, and my doctor				

- **What keeps me from following the “Six Daily Do’s for Diabetes”?**

- **What can I do to reach my goals to follow the “Six Daily Do’s for Diabetes” everyday?** _____

- **To Follow All of the “Daily Do’s”:**

- **Remember the health benefits of following the “Daily Do’s”**
- **Ask for support from my family, friends, and doctor**
- **Think of easy ways to find time for my new habits**
- **If I sometimes forget, then just be positive and try again**



See American Diabetes Association (<http://www.diabetes.org/uedocuments/14-Change-Habits.pdf>)

Plan My Portions and Serving Sizes

- Use measuring cups to measure serving sizes. Look at the carbohydrates on the food label. One serving of a carbohydrate food is 15 grams of carbohydrates.
- Usually, 3 or 4 servings of carbohydrate-containing foods are recommended at each meal (for a total of 45 to 60 grams).
- Usually, up to 2 servings of carbohydrate-containing foods are recommended at each snack (for a total of up to 30 grams).



Counting Carbohydrates (Grams)

Foods	Carbohydrates
Breakfast cereal, 1 ounce, about $\frac{3}{4}$ cup (read label to be sure)	15
Bread, 1 slice, 1 ounce	15
Bagel, $\frac{1}{2}$, 1 ounce	15
Biscuits, 2 $\frac{1}{2}$ inches across	15
Corn bread, 2 inch square	15
Rolls, small, 1 ounce	15
Pancake or waffles, 1 small, size of drink coaster	15
Pasta and noodles, cooked, $\frac{1}{2}$ cup	15
Rice, cooked, $\frac{1}{3}$ cup	15
Potatoes, $\frac{1}{2}$ cup	15
Starchy vegetables such as corn, peas, sweet potatoes, winter squash, $\frac{1}{2}$ cup	15
Cooked dry beans or peas, $\frac{1}{2}$ cup	15
Fruit, raw, cooked, frozen, canned, in own juice, $\frac{1}{2}$ cup	15
Fruit juice, 100%, $\frac{1}{2}$ cup	15
Milk or soy milk, 1 cup	12 or 15
Yogurt, 1 cup, low-calorie (read label carefully)	15
Peanut butter, 2 tablespoons, size of a golf ball	6
Peanuts, almonds, walnuts, pecans, and other tree nuts, 2 tablespoons	6
Non-starchy vegetables such as carrots, green beans, onions, tomatoes, tomato sauce, spinach, kale, collard greens, broccoli, okra, beets, peppers, summer squash, cauliflower, eggplant, Brussels sprouts, cucumbers, $\frac{1}{2}$ cup	5
Salad greens, raw, 1 cup	5
Meat, poultry or fish, 3 ounces, size of deck of cards	0
Margarine or butter, 1 teaspoon, size of thumb tip	0
Pastries, doughnuts, jellies, jams, candy cakes, syrups, pies, chocolate, serving sizes vary, so read labels carefully and limit these foods	Varies

Plan My Plate!



PROTEIN FOODS

Meat, Fish, Poultry, Eggs,
Low-fat Cheese (2 to 3 oz)
or
Cottage Cheese (½ Cup)

NON-STARCHY VEGETABLE

1 or 2 Servings
½ Cup Most
1 Cup Raw Leafy Salad

STARCHY GRAIN

1 Slice Bread or
½ Cup Pasta or
1/3 Cup Rice

STARCHY VEGETABLE

½ Cup

FRUIT

½ Cup or
Small Piece
Fresh Fruit

**Include the
fruit or milk in
your meal or as
part of your
snack.**

MILK PRODUCT

Skim Milk or
1% Milk or
Yogurt (1 Cup)

Day Five Menu

Breakfast

Whole grain ready-to-eat cereal, unsweetened,
fortified, $\frac{3}{4}$ cup
Milk, 1%, 1 cup
Almonds, 2 tablespoons
Apricots, dried, $\frac{1}{4}$ cup

Snack

Milk, 1%, $\frac{1}{2}$ cup
Whole wheat crackers, 5 each

Lunch

Turkey burger made with 3 ounces grilled or broiled ground turkey,
whole wheat bun, 1 tablespoon mayonnaise, 1 teaspoon mustard, 1
teaspoon ketchup
Baked zucchini sticks (recipe provided)
Lentils, $\frac{1}{2}$ cup
Milk, 1%, $\frac{1}{2}$ cup

Snack

Popcorn, 3 cups
Orange juice, calcium-fortified, $\frac{1}{2}$ cup

Evening Meal

Pork chop, lean, grilled or broiled, 3 ounces
Mustard greens, boiled, $\frac{1}{2}$ cup
Potato, baked, 1 small with 1 tablespoon sour cream
Steamed carrots, $\frac{1}{2}$ cup
Dinner roll, 1 each

Snack

Applesauce, $\frac{1}{2}$ cup
Milk, 1%, 1 cup

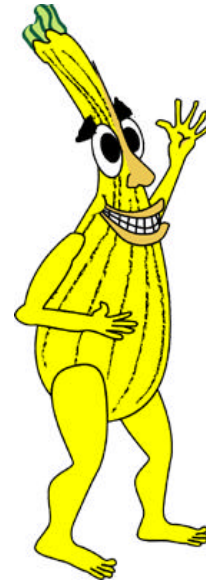


Baked Zucchini Sticks

Serves 2

Ingredients:

- 1 medium zucchini squash cut into $\frac{1}{4}$ inch strips
- 1 teaspoon garlic powder
- 1 teaspoon parsley
- 1 teaspoon oregano
- 1 tablespoon parmesan cheese
- Non-stick cooking spray



Directions:

1. Wash zucchini. Cut in half. Then cut halves into $\frac{1}{2}$ inch strips.
2. Spray baking sheet with non-stick cooking spray and lay sticks of zucchini on sheet.
3. Sprinkle with garlic powder, parsley, and oregano.
4. Bake on 350 for 20 to 25 minutes. Monitor closely.
5. Sprinkle with Parmesan cheese.



Seniors Taking Charge of Diabetes!

Lesson Six: Eat Healthy – Meal Timing and Carbohydrate Counting

Getting Ready

1. Review lesson plan before each session.
2. Copy the handouts that best meet the needs of your audience.
3. Gather supplies.
4. Consider inviting a local dietitian or diabetes educator to discuss healthy eating for people with diabetes along with you.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Six Daily Do’s for Diabetes.”
2. Pens or pencils for participants interested in writing on handouts.
3. Step counters for participants (for participants that may have broken or lost theirs).
4. If you plan to play Diabetes Bingo, then have some prizes available (e.g., measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels).

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy fruit and vegetable recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives for Participants

1. Learn about carbohydrates and carbohydrate counting.
2. Learn how to find carbohydrates on the food label.
3. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.

Script

Six Daily Do's for Diabetes

Give participants their handouts.

Has everyone been practicing the “Six Daily Do's for Diabetes?” *Wait for answers and review the handout with the participants.* On your handout, check how often you followed these “Daily Do's” and make a new goal to improve even more.

Did anyone follow at least one of the “Six Daily Do's” everyday this past week? *If yes, congratulations!* Did anyone do more than one everyday? *If yes, congratulations!* Are there some things that keep you from following these important health habits? *Wait for answers and discuss with the group.* Can you think of some ways to reach your goals to follow more of the Six Daily Do's? *Wait for answers and discuss with the group.*

Today we are going to talk more about meal planning and reading food labels.

Plan Your Plate

Does anyone remember how to plan our plate? Let's look at the handout titled “*Plan My Plate*” and review the healthy foods to eat. Did anyone find this helpful for planning your meals? *Wait for answers and discuss.* *Review the handout with the participants and answer any questions.*

If this plate leaves you feeling a bit hungry, try adding some additional non-starchy vegetables, such as those that are listed on the handout. Carrots, celery, green beans, and other non-starchy vegetables will fill you up a bit more, without providing too many carbohydrates that can raise your blood sugar too much.

Plan Your Portions

Let's also look at the handout titled “*Plan My Portions and Serving Sizes*” and review the serving sizes. Did anyone find this helpful for figuring out serving sizes of the foods you eat? *Wait for answers and discuss.* *Review the handout with the participants and answer any questions.*

Sometimes older people with type 2 diabetes are able to use less medicine and insulin, under their doctor's supervision, when they are very careful about the types of foods eaten, the amounts of foods eaten, and the times they eat.

Paying special attention to the carbohydrate contents of foods is especially important. Spacing your carbohydrate-containing foods throughout the day at your meals and snacks will help your blood sugar stay more stable throughout the day.

Meal Timing

Blood sugars stay more stable from day to day when meals and snacks are eaten at about the same time each day. So both WHAT and WHEN you eat is important. How many of you eat breakfast about the same time each day? Lunch? Dinner? Do you eat mid-morning, mid-afternoon snacks, bedtime snacks at the same times everyday? Or do your meal and snack times vary from day to day? *Wait for answers and discuss responses.*

You're off to a great start if you eat at about the same time each day. Also, eating the same food portions at the same daily times can make it easier for you to improve blood sugar control. But, if you eat a big evening meal one day and then a small evening meal the next day, it may be hard to keep your blood sugar in the proper range. Be sure to talk with your doctor about the best blood sugar range for you.

Why do you want good blood sugar control? *Gather and discuss responses.* Good blood sugar control will help to protect you from serious diabetes-related health problems. If you skip meals, eat too much at meals, or do not take your medicine as directed, it may be difficult to keep your blood sugar in the proper ranges. When your blood sugars run high day after day, it may damage your kidneys, eyes, and nerves.

Counting Your Carbohydrates

A serving of a carbohydrate, such as 1 slice of toast, 1 cup of milk, or ½ cup of juice has about 15 grams of carbohydrates. As shown on the handout "*Plan My Portions and Serving Sizes,*" people with diabetes should have no more than three to four servings of carbohydrate-containing foods at each meal and no more than two servings of carbohydrates with each snack. When you snack, remember to choose healthy snacks and keep your portions reasonably small. Examples of snacks with 15 grams of carbohydrates are ½ cup of fruit, ½ cup of fruit juice, 1 ounce of crackers (6 saltine crackers), 1 ounce of bread, or 1 cup of milk.

Carbohydrate counting can be an important part of eating healthy. Counting carbohydrates is challenging and will take practice. Taking your medications everyday, being physical active everyday, and eating healthy everyday will all help you take charge of your diabetes and keep your blood sugar in the proper range. Be positive – with practice you can do it!

Food Labels

Reading food labels can help you make healthier food choices when shopping. Food labels list many nutrients, such as carbohydrates, fats, sodium, cholesterol, and fiber. *Ask participants to refer to the handout titled "Reading Food Labels."*

First, look at the serving size and make sure it is a reasonable serving, such as one 1-ounce slice of bread or ½ cup of fruit, vegetable, rice, or pasta. The handout shows a 1-ounce slice of bread.

All the nutrients on the label are important, but the total carbohydrate is the most important for people with diabetes. The three main types of carbohydrates are starch, sugar, and fiber. Thee

are found in many foods, but mainly in breads, cereals, starchy vegetables, fruit, and milk. Look at the TOTAL amount of carbohydrates, not just the sugar, because both the starch and the sugar raise blood sugar. The bread on the handout has only 4 grams of sugar, but 15 grams of total carbohydrates.

Fiber is also listed under total carbohydrates. Fiber will not raise blood sugar, because our body cannot digest or absorb fiber. In fact, the fiber in whole grains, fruits, vegetables, and cooked dry beans helps regulate blood sugar in people with diabetes. When the amount of fiber is 5 or more grams, you can subtract it from the total carbohydrates to get a truer picture of the amount of carbohydrates in the food that will raise blood sugar. The bread on the handout has only 2 grams of fiber; so don't subtract it from the total carbohydrates.

Many foods have "sugar-free" on the package. This can be misleading, because the food has other carbohydrates, such as sugar alcohols. So carefully read the labels on "sugar-free" foods and look at the total carbohydrates just as you would for any other food. "Sugar-free" foods often cost more, so don't waste your money unless the food really has a low amount of carbohydrates and calories.

If you do decide to eat foods with sugar alcohols, here is some more information. They are used in sugar-free candies, chewing gum, and desserts. They have about half the calories of sugars and other carbohydrates. Examples you can find on the food labels include isomalt, maltitol, mannitol, sorbitol, and xylitol. They do not contain alcohol even though they have the word alcohol in their name. Sometimes sugar alcohols can cause diarrhea, so don't eat too many of these foods. Sugar alcohols provide about two calories per gram, which is about half the amount of regular carbohydrates such as sugar. So they are not a "free" food because they have calories and act like carbohydrates!

Carbohydrates are the only nutrients that will raise your blood sugar levels, but fat, saturated fat, cholesterol, and sodium are also important. We'll learn more about these nutrients next time we meet, because it is important to limit these nutrients to help decrease the risk of heart disease. Heart disease is very common in people with diabetes.

Before we move on to our menus, recipe, physical activities, and games, let's take one more look at our handout "*My Goals to Follow the Six Daily Do's*" and make sure you have set some new goals. Pick at least one new goal to do everyday, so that after a few weeks, you'll be following nearly all of these goals.

Menu and Recipe

Let's look at a menu and some recipes for us to enjoy. *Ask participants to refer to the handout titled "Day Six Menu."* As you can see the menu has seven or more servings of fruits and vegetables, three servings of whole grain foods, such whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. Pay attention to the serving sizes and use these as a guide when you are preparing your meals at home. Remember, too, to eat some carbohydrate-containing foods at every meal and snack. This method of spacing out your carbohydrates throughout the day will help control your blood sugar.

The menu has some new ideas and a recipe that may be fun to make at home. *Encourage participants to discuss healthy parts of the menu and how it works with the plate method, especially when the snack is considered along with the meal (e.g., evening meal). If the recipe is provided for taste testing, then discuss it also. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Another great part of today's lesson is physical activity. Who can remember the key message about physical activity? *Encourage participants to offer suggestions.* Yes, the message is:

Be Physically Active Everyday!

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. If you are already moderately physically active for 30 minutes everyday, then think about adding more minutes and more intensity. You'll get even more benefits.

Does anyone want to talk more about how to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone increased the number of steps since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Are you feeling better by walking more? *Wait for responses and share in participants' success.* That's great to be feeling better!

Does anyone need any help with your step counter or need a new Step Count Chart? *Respond as needed. If help needed, then tell these participants that you will help them at the end of the lesson.*

Last week, we did chair exercises one through twelve. Please raise your hand if you have practiced these since last week. Are you feeling more balanced and flexible? If you are doing these exercises, then they should improve that! *Wait for responses and share in participants' success.*


We are going to add some new chair exercises today. Be sure to practice these at home, too! *Begin chair exercises one through sixteen. Strongly encourage participants to try these with you and at home.*

Diabetes Bingo

If time permits, then play Diabetes Bingo. Play this as a regular game of bingo with someone picking various pictures with phrases from a hat or jar and calling them out to the participants. Be sure to have prizes available for the winners, such as measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels.

We are done with our lesson today. Remember to practice your “Six Daily Do’s for Diabetes” until we meet again soon!

My Goals to Follow the Six Daily Do's for Diabetes (#6)

	Not Very Often This Past Week	Almost Everyday	 Everyday!	My New Goal(s) For Next Week
1. Take my medications as recommended by my doctor				
2. Test my blood sugar as recommended by my doctor				
3. Eat healthy and follow my healthy meal schedule				
5. Be physically active				
6. Check my feet				
7. Be positive with help from family, friends, a support group, and my doctor				

- **What keeps me from following the “Six Daily Do’s for Diabetes”?**

- **What can I do to reach my goals to follow the “Six Daily Do’s for Diabetes” everyday?** _____

- **To Follow All of the “Daily Do’s”:**

- **Remember the health benefits of following the “Daily Do’s”**
- **Ask for support from my family, friends, and doctor**
- **Think of easy ways to find time for my new habits**
- **If I sometimes forget, then just be positive and try again**



See American Diabetes Association (<http://www.diabetes.org/uedocuments/14-Change-Habits.pdf>)

Plan My Plate!



PROTEIN FOODS

Meat, Fish, Poultry, Eggs,
Low-fat Cheese (2 to 3 oz)
or
Cottage Cheese ($\frac{1}{2}$ Cup)

NON-STARCHY VEGETABLE

1 or 2 Servings
 $\frac{1}{2}$ Cup Most
1 Cup Raw Leafy Salad

STARCHY GRAIN

1 Slice Bread or
 $\frac{1}{2}$ Cup Pasta or
 $\frac{1}{3}$ Cup Rice

STARCHY VEGETABLE

$\frac{1}{2}$ Cup

FRUIT

$\frac{1}{2}$ Cup or
Small Piece
Fresh Fruit

**Include the
fruit or milk in
your meal or as
part of your
snack.**

MILK

PRODUCT
Skim Milk or
1% Milk or
Yogurt (1 Cup)

Plan My Portions and Serving Sizes

- Use measuring cups to measure serving sizes. Look at the carbohydrates on the food label. One serving of a carbohydrate food is 15 grams of carbohydrates.
- Usually, 3 or 4 servings of carbohydrate-containing foods are recommended at each meal (for a total of 45 to 60 grams).
- Usually, up to 2 servings of carbohydrate-containing foods are recommended at each snack (for a total of up to 30 grams).



Foods	Carbohydrates
Breakfast cereal, 1 ounce, about $\frac{3}{4}$ cup (read label to be sure)	15
Bread, 1 slice, 1 ounce	15
Bagel, $\frac{1}{2}$, 1 ounce	15
Biscuits, 2 $\frac{1}{2}$ inches across	15
Corn bread, 2 inch square	15
Rolls, small, 1 ounce	15
Pancake or waffles, 1 small, size of drink coaster	15
Pasta and noodles, cooked, $\frac{1}{2}$ cup	15
Rice, cooked, $\frac{1}{3}$ cup	15
Potatoes, $\frac{1}{2}$ cup	15
Starchy vegetables such as corn, peas, sweet potatoes, winter squash, $\frac{1}{2}$ cup	15
Cooked dry beans or peas, $\frac{1}{2}$ cup	15
Fruit, raw, cooked, frozen, canned, in own juice, $\frac{1}{2}$ cup	15
Fruit juice, 100%, $\frac{1}{2}$ cup	15
Milk or soy milk, 1 cup	12 or 15
Yogurt, 1 cup, low-calorie (read label carefully)	15
Peanut butter, 2 tablespoons, size of a golf ball	6
Peanuts, almonds, walnuts, pecans, and other tree nuts, 2 tablespoons	6
Non-starchy vegetables such as carrots, green beans, onions, tomatoes, tomato sauce, spinach, kale, collard greens, broccoli, okra, beets, peppers, summer squash, cauliflower, eggplant, Brussels sprouts, cucumbers, $\frac{1}{2}$ cup	5
Salad greens, raw, 1 cup	5
Meat, poultry or fish, 3 ounces, size of deck of cards	0
Margarine or butter, 1 teaspoon, size of thumb tip	0
Pastries, doughnuts, jellies, jams, candy cakes, syrups, pies, chocolate, serving sizes vary, so read labels carefully and limit these foods	Varies

How to Read a Food Label

Sample Label for Bread	
Nutrition Facts	
Serving Size 1 slice (30g) 1 ounce	
Servings per Container 20	
Amount per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Serving Size: Everything on the food label is based on the serving size.

Total Carbohydrate: Includes sugars and starches. Carbohydrates increase blood sugar more than protein foods such as meat and eggs. If fiber is 5 grams or more, then subtract fiber from total carbohydrates to get the total carbohydrates used in carbohydrate counting.

Day Six Menu

Breakfast

Whole grain ready-to-eat cereal, unsweetened, fortified, $\frac{3}{4}$ cup

Milk, 1%, 1 cup

Orange juice, calcium-fortified, $\frac{1}{2}$ cup

Snack

Whole wheat crackers, 5 each

Mozzarella cheese, low-fat, 1 ounce

Tomato juice, no-salt, $\frac{1}{2}$ cup

Lunch

Roast Beef Sandwich (2 ounces baked lean beef, 1 teaspoon fat free mayonnaise, 1 teaspoon mustard, 1 whole grain bun)

Carrots, $\frac{1}{2}$ cup with 1 tablespoon ranch dressing

Black beans, canned, rinsed, drained and cooked, $\frac{1}{2}$ cup

Snack

Raisins, $\frac{1}{4}$ cup

Peanuts, no-salt, $\frac{1}{4}$ cup

Evening Meal

Chicken and rice made with 3 ounces boiled chicken and $\frac{1}{3}$ cup brown rice boiled in chicken broth

Broccoli salad, 1 serving (recipe provided)

Squash, steamed, $\frac{1}{2}$ cup

Whole wheat bread, 1 slice, toasted

Snack

Canned fruit, canned in own juice, drained, $\frac{1}{2}$ cup

Milk, 1%, 1 cup



Broccoli Salad

Serves 2

Ingredients:

- 1 cup chopped broccoli
- 1 tablespoon raisins
- 2 teaspoons reduced mayonnaise
- 1 package sweetener
- ½ to 1 teaspoon vinegar
- 1 tablespoon chopped onion



Directions:

1. Combine raisins, mayonnaise, sweetener, vinegar, and onions.
2. Mix well and combine broccoli.
3. Chill until served.



Seniors Taking Charge of Diabetes!

Lesson Seven: Take Down Fat, Cholesterol and Sodium

Getting Ready

1. Review lesson plan before each session.
2. Copy the handouts that best meet the needs of your audience.
3. Gather supplies.
4. Consider inviting a local dietitian or diabetes educator to discuss healthy eating for people with diabetes along with you.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Six Daily Do’s for Diabetes.”
2. Pens or pencils for participants interested in writing on handouts.
3. Step counters for participants (for participants that may have lost or broken theirs).
4. If you plan to play Diabetes Bingo, then have some prizes available (e.g., measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels).

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy fruit and vegetable recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself and the organization you represent.
2. Summarize the lesson by reading the objectives.
3. Let the group know the lesson will be informal and they can ask questions any time.

Objectives for Participants

1. Identify foods that contain high or low amounts of fat, cholesterol and sodium.
2. Learn how to choose foods lower in fat, saturated fat, cholesterol, and sodium.
3. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.

Script

Six Daily Do's for Diabetes

Give participants their handouts.

How is everyone coming along on practicing most of the “Six Daily Do's for Diabetes?” *Wait for answers and review the handout with the participants.* Let's take a few minutes to check how often you followed each “Daily Do” and make a new goal for next week.

Did anyone follow at least one of the “Six Daily Do's” everyday this past week? *If yes, congratulations!* Did anyone do more than one everyday? *If yes, congratulations!* What are some things that help you follow these habits? What are some things that get in the way of doing these healthy habits everyday? *Wait for answers and discuss with the group.* Can you think of some ways to reach your goals to follow more of the Six Daily Do's? *Wait for answers and discuss with the group.*

Goals for Blood Pressure and Blood Cholesterol

Today we are going to talk about eating foods low in fat, cholesterol and sodium to help lower our blood pressure and blood cholesterol. Fat, cholesterol, and sodium are linked to heart disease. Heart disease risk is very high among people with diabetes, so it is very important to have your blood pressure and blood cholesterol checked regularly by your doctor. Different people have different goals for blood pressure and blood cholesterol, so follow your doctor's advice for you. Let's review the handout titled “*My Goals for Blood Pressure and Blood Cholesterol.*”

Check Blood Cholesterol

High cholesterol can clog your blood vessels and increase the risk of having a heart attack or a stroke. Ask your doctor to check your blood cholesterol. In the blood, the HDL cholesterol is the “good” cholesterol, so the higher it is the better it is. The LDL cholesterol is the “bad” cholesterol, so the lower it is the better. Many people with diabetes should keep their LDL cholesterol below 100 and some may need to keep it below 70. Triglycerides are another kind of fat in the blood that increases the risk of heart and blood vessel problems. So be sure that your doctor checks both your blood cholesterol and your blood triglycerides.

Many people need to eat healthy foods, be physically active, and take medicine to lower the “bad” LDL cholesterol and triglycerides in their blood. Your doctor will let you whether or not you need cholesterol lowering medicine. And we'll talk more about doing your part by eating healthy foods and being physically active.

Check Blood Pressure

High blood pressure also increases the risk of heart disease and stroke. The beating of our heart pushes our blood through our blood vessels. This causes pressure on the blood vessels. With age, poor eating, inappropriate food choices, and little physical activity, our vessels can become stiff. This makes our heart have to pump harder and puts too much pressure on the blood vessels, which can damage them.

Blood pressure has two numbers. The first and higher number is the pressure when your heart beats and is called the systolic pressure. The second and lower number is the pressure when your heart relaxes and is called the diastolic pressure. For most people, it is recommended that their blood pressure be less than 130 over 80 (130/80 mm Hg). Do you know your blood pressure? It is very important that you know this number and have your blood pressure checked often.

Eating healthy foods, being physically active, being positive, and taking your medications are things that you can do to help control your blood pressure. Eating healthy foods includes eating lots of fruits and vegetables, limiting salt intake, and controlling food portions to prevent weight gain if you are overweight. Have your blood pressure checked often and follow your doctor's advice to lower your blood pressure.

You Can Take Charge of your Blood Cholesterol and Blood Pressure!

The fat, cholesterol, and sodium that we eat can affect our blood cholesterol and blood pressure. So today we are going to learn ways to lower our intakes of fat, cholesterol, and sodium by making healthy food choices. The good news is that you don't have to give up all of your favorite foods – just make healthier choices!

Eat Healthy and Choose Foods Low in Fat and Cholesterol

Most liquid vegetable oils contain “good fats,” and these oils do not have any cholesterol. The “good fats” in these oils are called polyunsaturated fats and monounsaturated fats. Good choices include canola oil, soybean oil, corn oil, or safflower oil for frying and baking. Olive oil is good for salads. Choose cooking methods and recipes that use liquid vegetable oils, rather than stick margarines, butter, or lard. Even though most liquid vegetable oils have “good fats,” use them in moderation because they still add calories.

Animal fats come from animal foods such as milk, cheese, ice cream, other milk products, beef, pork, chicken, turkey, and fish. Most animal foods have some cholesterol and fat, but nearly all LOW-FAT animal foods eaten in moderation have healthy amounts of cholesterol and fat. When shopping, choose the leanest and lowest fat version of animal foods. Choose skim or 1% milk rather than whole milk. Choose low-fat, part-skim milk cheese rather than regular cheese. Select lean or low-fat beef, pork, poultry, or fish. Choose the lower fat versions of ground meat and drain the fat thoroughly after cooking. Cut the visible fat from meat and remove the skin from poultry.

Saturated fats and trans fats are the “bad” fats that raise blood cholesterol, so read labels carefully to avoid these. Again, choosing the LOW-FAT versions of animal foods will lower both the total fat and the saturated fat. Trans fats are found in some foods such as margarines, snack foods, and sweet dessert foods. The government now requires strict labeling of the amount of trans fats in foods, and most food companies have tried to lower the amount of trans fats in their foods. If you buy margarines or snack foods, then choose versions that say “0 trans fats” on the food label.

Less than ten percent of our calories should come from saturated fat, which is less than 20 grams saturated fat daily for people needing about 1800 calories daily. Read labels carefully to keep saturated fat below 20 grams daily. Also, follow your doctor’s advice, because some people may have lower recommendations. Some people may need to consume seven percent of calories from saturated fat, which is about 14 grams of saturated fat for someone consuming 1800 calories daily.

Limit your intake of cholesterol to 300 milligrams (mg) daily. However, people at high risk for heart disease, such as people with diabetes or people with high blood cholesterol, should eat no more than 200 mg of cholesterol daily. Cholesterol is found only in animal foods. The LOW-FAT versions of animal foods have the lowest amounts of cholesterol. Eggs yolks are the main source of cholesterol in the diet; all the cholesterol in an egg is in the yolk. Large eggs have 215 mg of cholesterol and small eggs have 155 mg of cholesterol. So if you are watching your cholesterol, but love eggs, just eat a smaller egg! Its OK to eat eggs, but limit the number you eat to about three or four eggs each week. Egg whites and cholesterol-free egg substitutes do not have any cholesterol. Try using two egg whites or ¼ cup egg substitute in place of one whole egg in cooking and baking.

Eat Healthy and Choose Foods Low in Sodium

The chemical name for salt is “sodium chloride.” Table salt and the salt added to processed foods are the main sources sodium in the diet. The amount of sodium is shown on all food labels. Diets low in sodium, but rich in fruits, vegetables, whole grains, and low-fat milk products and lean meats help lower blood pressure.

What are some foods that are high in salt and sodium? *Wait for responses.* Yes, lunchmeats, canned soups/main dishes, frozen dinners, pickles, crackers, and many “instant” convenience foods such as boxed macaroni and cheese, are particularly high in sodium. Some people get more sodium from processed foods than from “salting” their food at the table. When you are hungry for a crunchy snack, try carrot sticks, apple slices, or celery.

It is recommended that older people eat 1,500 mg or less of sodium each day. This is really hard to do, because most processed foods contain a lot of sodium. As you compare food labels, choose the versions with the least sodium. Also, instead of “salting” your foods at home, try to use other seasonings such as pepper, onion powder, garlic powder, ginger, herbs such as rosemary or thyme or dill, and lemon juice. There are many spice blends on the market, so read labels carefully, and buy a spice blend that has many of your favorite seasonings.

All fruits and fresh or frozen vegetables usually have the lowest amounts of sodium. Many canned vegetables now come in “low-sodium” or “no-salt added” versions, so purchase these.

Let’s put everything we have learned about fat, cholesterol and sodium together by looking at the handout titled “*Take Down Fat, Cholesterol, and Sodium.*”

Before we move on to our menus, recipe, physical activities, and games, let’s take one more look at our handout “*My Goals to Follow the Six Daily Do’s*” and make sure you have set some new goals. Pick at least one new goal to do everyday, so that after a few weeks, you’ll be following nearly all of these goals.

Menu and Recipe

Now let’s review the menu and a recipes for us to enjoy. *Ask participants to refer to the handout titled “Day Seven Menu.”* Like our previous menus, this has seven or more servings of fruits and vegetables, three servings of whole grain foods, such whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. Eating the proper servings sizes of these foods evenly spaced during the day will help manage your diabetes. Remember to eat some carbohydrate-containing foods at each meal and snack to help control your blood sugar.

The menu has some new ideas and a recipe that I hope you will try at home. *Encourage participants to discuss healthy parts of the menu and how it works with the plate method. If the recipe is provided for taste testing, then discuss it also. Be sure to tell participants what is in the recipe, in case any one is allergic to any of the ingredients.*

Another great part of today’s lesson is physical activity. Who can remember the key message about physical activity? *Encourage participants to offer suggestions.* Yes, the message is:

Be Physically Active Everyday!

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. How can we benefit even more from being physically active? *Wait for answers.* Yes, that’s right. Adding more minutes or more intensity to our daily physical activity will provide even more benefits.

Does anyone want to talk more about ways to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone increased the amount of walking they do since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Do you think you are feeling better by increasing your steps? I hope so! *Wait for responses and share in participants' success.*

Does anyone need any help with your step counter or need a new Step Count Chart? *Respond as needed. If help needed, then tell these participants that you will help them at the end of the lesson.*

Last week, we did chair exercises one through sixteen. Please raise your hand if you have practiced these since last week. Has anyone noticed any improvements in balance and flexibility? If you are doing these exercises, then you should be feeling better! *Wait for responses and share in participants' success.*


Begin chair exercises one through sixteen. Strongly encourage participants to try these with you and at home.

Diabetes Bingo

If time permits, then play Diabetes Bingo. Play this as a regular game of bingo with someone picking various pictures with phrases from a hat or jar and calling them out to the participants. Be sure to have prizes available for the winners, such as measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels.

Well, that's all for today. Remember to work on your "Six Daily Do's for Diabetes" until we meet again soon!

My Goals to Follow the Six Daily Do's for Diabetes (#7)

	Not Very Often This Past Week	Almost Everyday	 Everyday!	My New Goal(s) For Next Week
1. Take my medications as recommended by my doctor				
2. Test my blood sugar as recommended by my doctor				
3. Eat healthy and follow my healthy meal schedule				
4. Be physically active				
5. Check my feet				
6. Be positive with help from family, friends, a support group, and my doctor				

- **What keeps me from following the “Six Daily Do’s for Diabetes”?**

- **What can I do to reach my goals to follow the “Six Daily Do’s for Diabetes” everyday?** _____

- **To Follow All of the “Daily Do’s”:**

- **Remember the health benefits of following the “Daily Do’s”**
- **Ask for support from my family, friends, and doctor**
- **Think of easy ways to find time for my new habits**
- **If I sometimes forget, then just be positive and try again**



See American Diabetes Association (<http://www.diabetes.org/uedocuments/14-Change-Habits.pdf>)

My Goals for Blood Pressure and Blood Cholesterol

1. Get checked!

- ___ Ask my doctor to help me set my goals
- ___ Blood pressure goal is usually less than 130/80 mm Hg
- ___ Blood cholesterol goal is usually LDL less than 100 mg/dl

2. Take the medicines recommended by my doctor everyday

3. Be physically active for at least 30 minutes everyday

- ___ Write down my steps in my Step Count Chart
- ___ Do my chair exercises everyday



4. Eat healthy everyday

- ___ Eat 7 to 10 fruits and vegetables everyday
- ___ Choose fresh and frozen fruits and vegetables most often
- ___ Choose whole grain cereals (first ingredient is whole grain)
- ___ Choose whole grain breads (e.g., 100% whole wheat bread)
- ___ Choose LOW-FAT milk products, such as skim or 1% milk
- ___ Choose LOW-FAT meats and roast, grill, or broil them
- ___ Choose foods with the lowest saturated fat
- ___ Choose foods with the lowest sodium
- ___ Choose LOW-SODIUM or NO-SALT ADDED foods
- ___ Choose vegetable oils and margarine; avoid butter and lard
- ___ Read food labels to help choose foods wisely

5. Ask my senior center, friends, and family to serve

- ___ Healthy snacks such as fresh fruit, 100% fruit juice, whole grain cereals, and low-fat milk products
- ___ Fewer snacks with sugar, fat, cholesterol, and salt

6. Be positive with help from my friends, family, support group and doctor

Take Down Fat, Cholesterol and Sodium by Reading Food Labels



	Fat (grams)	Saturated Fat (grams)	Cholesterol (mg)	Sodium (mg)
Daily limit for older people needing 1800 calories daily	50 to 70	14 to 20	200 to 300	1,500
Most fresh or frozen fruits and vegetables with no added sauces, fat, sugar, or salt	0	0	0	0
Lunch meat, 1 slice, 1 ounce				
Bologna	9	4	20	330
Healthy ham	1	0.5	15	250
Soup, 1 cup				
Cheddar cheese and bacon	8	3	15	970
Vegetable beef	1.5	0.5	20	960
Chicken noodle, regular	2	1	10	940
Chicken noodle, healthy	6	1.5	30	140
Ice cream, vanilla, ½ cup				
Regular	8	5	35	60
Low-fat and low-calorie	3.5	2	20	40
Cake, 2 ounces				
Chocolate	14	3	50	300
Angel food	0	0	0	350

Day Seven Menu

Breakfast

Oatmeal, cooked, $\frac{3}{4}$ cup
Milk, 1%, 1 cup
Banana, $\frac{1}{2}$ large
Walnuts, chopped, $\frac{1}{4}$ cup

Snack

Grapefruit, $\frac{1}{2}$
Cottage cheese, calcium-fortified, low-fat, $\frac{1}{2}$ cup

Lunch

Broiled or grilled eggplant tomato sandwich, with 2 slices of whole wheat bread (recipe provided)
Spinach salad made with 1 cup spinach, $\frac{1}{2}$ cup chopped carrots, and 1 tablespoon ranch dressing

Snack

Whole grain crackers, 5 each
Peanut butter, low-fat, 2 tablespoons

Evening Meal

Pork loin, baked, 3 ounces
Okra and tomatoes, stewed, $\frac{1}{2}$ cup
Black-eyed peas, steamed, $\frac{1}{2}$ cup
Brown rice, $\frac{1}{3}$ cup with 1 teaspoon margarine
Peaches, canned in own juice, drained, $\frac{1}{2}$ cup

Snack

Yogurt, low-fat, peach, 1 cup
Graham crackers, 3 squares

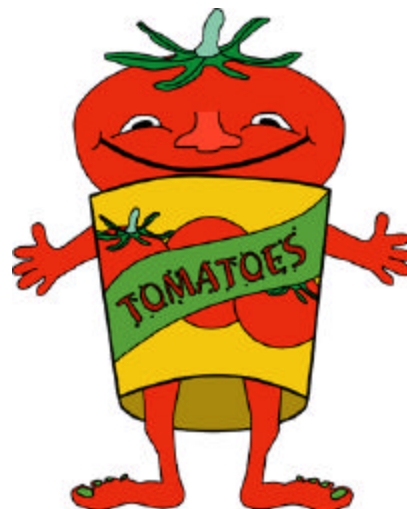


Broiled Eggplant and Tomato Sandwich

Serves 2

Ingredients:

- 1 small Italian eggplant cut into ½ inch slices
- Dash of salt
- ½ tablespoon olive oil
- 1 garlic clove, crushed
- 1 tablespoon finely minced fresh basil
- 4 slices whole wheat bread toasted
- 2 tomato slices
- Dash of black pepper
- ¼ cup crumbled Feta cheese OR 2 slices of low-fat Swiss cheese



Directions:

1. Do not peel eggplant. Remove end and cut into ½ inch slices. Sprinkle sides with salt and let sit for 10 minutes. Thoroughly rinse slices to remove all salt and drain on absorbent paper.
2. Combine olive oil and garlic and lightly brush onto each slice of eggplant. Broil under broiler. When soft, remove immediately and sprinkle with basil. Slice tomato.
3. Arrange tomato slice and eggplant on 2 slices of bread. Season with pepper and add cheese, if desired. Top with second slice of bread and serve immediately.

Adapted from www.5aday.gov



Seniors Taking Charge of Diabetes!

Lesson Eight: Get Checked for Your A, B, Cs

Getting Ready

1. Review lesson plan before each session.
2. Copy the handouts that best meet the needs of your audience.
3. Gather supplies needed for lesson and activities.
4. Consider inviting any of the local dietitians, diabetes educators, nurses, pharmacists, podiatrists, doctors or others who help you with the lessons; they can share in the participants' success in improving the self-management of diabetes.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the "Six Daily Do's for Diabetes."
2. Pens or pencils for participants interested in writing on handouts.
3. Step counters for participants (for participants that may have broken or lost theirs).
4. If you plan to play Diabetes Bingo, then have some prizes available (e.g., measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels).

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy fruit and vegetable recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives for Participants

1. Learn complications related to diabetes that can occur in the heart, eyes, kidneys, feet and teeth/gums, and other organs.
2. Learn the checkups and tests that are needed to help delay and prevent these complications.
3. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.

Script

Six Daily Do's for Diabetes

Give participants their handouts.

Let's see how we are coming along on our "Six Daily Do's for Diabetes." *Wait for answers and review the handout with the participants.* Let's everyone check how often you followed each "Daily Do" and make a new goal for next week.

Did anyone follow at least one of the "Six Daily Do's" everyday this past week? *If yes, congratulations!* Did anyone do more than one everyday? *If yes, congratulations!* What helps you follow these healthy habits? What gets in the way? *Wait for answers and discuss with the group.* Can you think of some ways to reach your goals to follow more of the Six Daily Do's? *Wait for answers and discuss with the group.*

Today is our last lesson together, so now you will need to count on each other and count on yourself to keep doing your "Six Daily Do's." I hope you will keep working on these, because they really can help you delay the various health problems that can come with having diabetes.

Get Checked

Today we are going to talk about getting checked, which means getting regular checkups of your blood pressure, cholesterol, heart, vision, nerves, feet, kidneys, teeth and gums. Some other health checks that your doctor may do include assessing your risk of falling, depression, memory problems, tobacco use, and the number of medications you take. People with diabetes can have many health problems, especially when they have difficulty keeping their blood sugar in the proper range.

This information is not meant to frighten you, but to let you know of ways to help prevent complications.

Get Checked for Your A, B, Cs

When people talk about checking for the A, B, Cs of diabetes what do they mean? *Wait for answers.* The A is for A1c, which is a blood test that can tell how well you have been managing your blood sugar for the past few months. Most of you had this test done several months ago before we started these lessons. We are going to measure this again in a few weeks to see how following your "Six Daily Do's" has helped you. When you get these results back, be sure to take them to your doctor to share your success and to get additional advice on how to keep managing your diabetes.

The B is for blood pressure and the C is for blood cholesterol. Remember that high blood pressure and high blood cholesterol increase the chances of having heart disease or a stroke. It's important to get your blood pressure and blood checked regularly and to follow your doctor's advice to take any recommended medicines, eat healthy, and be physically active.

Tobacco

If you smoke or use other tobacco products, your doctor, family, and friends will ask you to quit. Tobacco products cause many health problems, especially in people with diabetes.

Vision

Vision tests are very important. Diabetes is the main cause of blindness in adults in the United States. You should have a dilated eye exam once a year because you may develop eye problems and not know it. Many people do not notice symptoms since there is no pain. Some people experience blurred vision after having diabetes for a short time. Often, vision problems are not noticed until the disease is advanced and vision cannot be restored. If your eyes are already damaged, an eye doctor may be able to save your sight with laser treatments or surgery, but not without cost and risks. The main thing to remember is to treat eye problems early. Tell your doctor right away if you have problems with your eyes, such as blurred vision, or if you see dark spots, flashing lights, or rings around lights.

Kidneys

Diabetes and high blood pressure can damage the blood vessels in your kidneys making it harder for your body to eliminate urine and other wastes from your body. This is called diabetic nephropathy (diabetic kidney disease). A urinary micro-albumin test should be done once a year. It shows your doctor any signs of kidney problems. People with advanced kidney damage may need to have their blood cleaned with a dialysis machine.

Does anybody know someone who is on dialysis? *If someone answers yes, you might want him or her to tell about experience(s) with the person they know who has to have dialysis.* To prevent this complication, it is important to maintain good control of your blood sugar. Also, make sure you see your doctor right away if you get a bladder or kidney infection. Signs of bladder or kidney infections are cloudy or bloody urine, pain or burning when you urinate, having to urinate often or in a hurry. Back pain, chills, and fever are also signs of kidney infection.

Nerve Damage

About 60 to 70 percent of people with diabetes have some nerve damage. Severe forms of diabetic nerve disease are the major cause of foot and leg amputations. Nerve damage makes it hard for your body and brain to talk with each other. Nerve damage lessens the pain you might feel from a blister or sore on your foot. The sore can become infected, and, in serious cases, the foot may have to be amputated. Warning signs of nerve damage include tingling, burning, loss of feeling (numbness), sharp pain and/or weakness. Make sure you call your doctor if you have any of those signs. To help prevent nerve damage, check your feet everyday. If you can't see your feet naturally, then use a mirror under your feet and look for any red spots, blisters, wounds or other breaks in the skin. Also, remember to take off your shoes and socks so the doctor can look at your feet. Diabetes also affects other nerves that control your sweat glands, stomach,

heart and sexual organs. These organs can also be damaged if you do not manage your diabetes properly.

Dental Health

Uncontrolled blood sugar can lead to infections of the gums and bones around your teeth. If this problem is not treated, teeth may become loose and fall out. Be sure to see your dentist twice a year, tell your dentist that you have diabetes, and brush and floss your teeth each day. It is still important to prevent infection in your gums by keeping them clean even if you no longer have your original teeth and wear dentures.

Before we move on to our menus, recipe, physical activities, and games, let's take one more look at our handout "*My Goals to Follow the Six Daily Do's*" and make sure you have set some new goals. Pick at least one new goal to do every week, so that after a few weeks, you'll be following nearly all of these goals.

Menu and Recipe

Now its time to review our menu and recipe for the day. *Ask participants to refer to the handout titled "Day Eight Menu."* This healthy menu has seven or more servings of fruits and vegetables, three servings of whole grain foods, such whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. Remember to eat some carbohydrate-containing foods at each meal and space them out evenly throughout the day to help control your blood sugar. And use the serving sizes on the menus to help you remember the correct portion sizes for good health.

The menu has many ideas and a recipe you can try at home. *Encourage participants to discuss healthy parts of the menu and how it works with the plate method. If the recipe is provided for taste testing, then discuss it also. Be sure to tell participants what is in the recipe, in case any one is allergic to any of the ingredients.*

Another great part of our lesson today is physical activity. Who can remember the key message about physical activity? *Encourage participants to offer suggestions.* Yes, the message is:

Be Physically Active Everyday!

I am going to write down your number of steps for this past week, so if you have your Step Count Chart with you, then I would like to look at it. Otherwise, I will just contact you in the next few days to get this information.

How much physical activity should we be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. Congratulations to all those who have reached this goal! Remember, there are even more benefits to being more physically active each day, by increasing either the time or the intensity of our physically activities.

Does anyone want to talk about ways to be physically active everyday? *Wait for answers and encourage discussion.*

How many of you have been using a step counter? *Wait for a show of hands.*

Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

If anyone needs a new Step Count Chart, then please let me know and I will give you a new one.

Has anyone increased the number of steps since the last time we met? *Wait for responses and ask participants how they increased their steps.*

Do you think you feel better when you walk more? *Wait for responses and share in participants' success.* It's wonderful to hear that you are feeling better!

Last week, we did chair exercises one through sixteen. Have any of you tried these on your own since last week? Has anyone noticed any improvements in balance and flexibility? If you are doing these exercises, then you should be feeling better! *Wait for responses and share in participants' success.*

Begin chair exercises one through sixteen. Strongly encourage participants to try these with you and at home.


Remember to record steps from participants and/or to contact them shortly to get this information.

Diabetes Bingo

If time permits, then play Diabetes Bingo. Play this as a regular game of bingo with someone picking various pictures with phrases from a hat or jar and calling them out to the participants. Be sure to have prizes available for the winners, such as measuring cups, healthy snacks, bottled water, small packets of artificial sweetener, spice blends, magnifying glass to read food labels.

It has been really wonderful to be with all of you these past few months. I wish you health and happiness in your newfound wisdom to manage your diabetes more successfully.

My Goals to Follow the Six Daily Do's for Diabetes (#8)

	Not Very Often This Past Week	Almost Everyday	 Everyday!	My New Goal(s) For Next Week
1. Take my medications as recommended by my doctor				
2. Test my blood sugar as recommended by my doctor				
3. Eat healthy and follow my healthy meal schedule				
4. Be physically active				
5. Check my feet				
6. Be positive with help from family, friends, a support group, and my doctor				

- **What keeps me from following the “Six Daily Do’s for Diabetes”?**

- **What can I do to reach my goals to follow the “Six Daily Do’s for Diabetes” everyday?** _____

- **To Follow All of the “Daily Do’s”:**

- **Remember the health benefits of following the “Daily Do’s”**
- **Ask for support from my family, friends, and doctor**
- **Think of easy ways to find time for my new habits**
- **If I sometimes forget, then just be positive and try again**



See American Diabetes Association (<http://www.diabetes.org/uedocuments/14-Change-Habits.pdf>)

Six Daily Do's for Diabetes

1. Take medications

- Medications help control blood sugar, blood pressure, and other problems
- Goal is to follow my doctor's recommendations everyday

2. Test blood sugar

- Ask my doctor how often to check my blood sugar
- Goal is to follow my doctor's recommendations everyday

3. Eat healthy

- Control portions during meals and snacks
- Eat fruits, vegetables, whole grains, and other low-fat and low-sodium foods
- Goal is to follow my healthy meal schedule everyday

4. Be physically active

- Be physically active everyday
- Goal is at least 30 minutes of moderate physical activity everyday

5. Check feet

- Check my feet for sores, blisters, or injuries everyday
- Goal is to check my feet everyday

6. Be positive

- Having diabetes is hard and can be stressful
- Goal is to develop a positive attitude with help from family, friends, a support group and my doctor

Get Checked!

Check blood pressure

- Check at each doctor's visit
- Goal is less than 130/80 mm Hg

Check blood A1c

- Ask my doctor how often I should have this blood test
- Goal is less than 7% (according to the American Diabetes Association)

Check blood cholesterol

- Ask my doctor how often I should have this blood test
- Goals include LDL less than 100 mg/dl

Ask my doctor about other tests I should have



Day Eight Menu

Breakfast

Whole grain ready-to-eat cereal, unsweetened,
fortified, $\frac{3}{4}$ cup
Orange juice, calcium-fortified, $\frac{1}{2}$ cup
Pecan halves, $\frac{1}{4}$ cup
Milk, 1%, 1 cup

Snack

Cranberries, dried, $\frac{1}{4}$ cup
Mozzarella cheese, low-fat, 1 ounce

Lunch

Barbeque sandwich made with 2 ounces roasted pork, whole wheat bun,
and 1 tablespoon barbecue sauce
Baked beans, canned, rinsed, drained, and cooked, $\frac{1}{2}$ cup
Carrot sticks, 6 or $\frac{1}{2}$ cup

Snack

Popcorn, 3 cups
Tomato juice, $\frac{1}{2}$ cup

Evening Meal

Fish, baked, 3 ounces with squeezed lemon juice
Corn on the cob, 1 small ear with 1 teaspoon margarine
Spinach, steamed, $\frac{1}{2}$ cup
Biscuit, whole wheat with 2 teaspoons sugar-free preserves
Milk, 1%, 1 cup

Snack

Sautéed bananas, 1 serving (recipe provided)
Cottage cheese, calcium-fortified, low-fat, $\frac{1}{2}$ cup

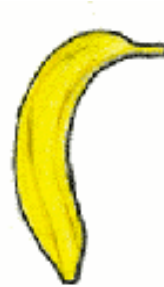


Sautéed Bananas

Serves 2

Ingredients:

- 1 large banana (30 grams carbohydrate per whole banana)
- 2 tablespoons sugar-free maple syrup
- 1 teaspoon margarine
- Dash of nutmeg



Directions:

1. Melt margarine in pan.
2. Slice banana lengthwise and in half.
3. Sauté bananas until they begin to soften, 2-3 minutes. Add syrup and nutmeg. Bring to a boil and remove from heat.

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Acknowledgements

We thank Tommy Johnson, PharmD, CDE, and Connie Crawley, MS, RD, LD, for providing an expert technical review of these lessons. We also thank Wendy Giminski for drawing the fruit and vegetable characters.

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Resources

American Diabetes Association. All About Diabetes.

<http://www.diabetes.org/about-diabetes.jsp>.

American Diabetes Association. Topics in the Diabetes - Cardiovascular Disease Toolkit. Handouts in English and Spanish. <http://www.diabetes.org/for-health-professionals-and-scientists/CVD.jsp>.

American Diabetes Association. Getting Started. What should I do to get started on a physical activity routine?

<http://www.diabetes.org/weightloss-and-exercise/exercise/getting-started.jsp>.

American Diabetes Association. Foot Care. <http://www.diabetes.org/type-2-diabetes/foot-care.jsp>.

American Diabetes Association. Nutrition and Recipes. <http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp>.

American Diabetes Association. Type 2 Diabetes Complications. <http://www.diabetes.org/type-2-diabetes/complications.jsp>.

American Heart Association. Cholesterol.

<http://www.americanheart.org/presenter.jhtml?identifier=4488>.

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Clinical Practice Recommendations. *Diabetes Care*. Volume 28, Supplement 1, S1-S78, 2005. http://care.diabetesjournals.org/content/vol28/suppl_1/index.shtml#INTRODUCTION.

Food models: Order from Nasco Products, 1-800-558-9595, www.nascofa.com- Click on (1) Educational materials, (2) Family and Consumer Sciences, (3) Teaching Aids, then (4) Food Replicas.

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National Diabetes Education Program. African American American Work Group. Health and Fitness: It's a Family Affair. Community Intervention Kit. For more information contact: Magon M. Mbadugha, MS, RD, LD, Diabetes Prevention and Control Program, Division of Public Health, Georgia Department of Human Resources, mmbadugha@dhr.state.ga.us.

National Diabetes Education Program. Small Steps. Big Rewards. Prevent Type 2 Diabetes. http://www.ndep.nih.gov/campaigns/SmallSteps/SmallSteps_index.htm.

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US Department of Health and Human Services, US Department of Agriculture. Dietary Guidelines for Americans. 2005. <http://www.healthierus.gov/dietaryguidelines>.