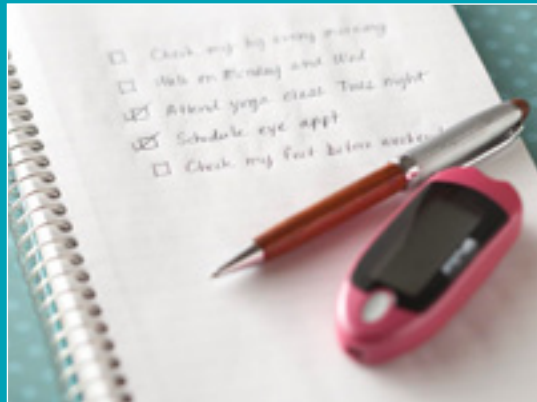


Take Control!

Diabetes Workbook



What does it mean to take control of diabetes?
Taking control of diabetes means not letting diabetes control you. *Diabetic Living* provides the tools you need to live your best. Find helpful resources to record your numbers and keep track of target goals. Start a food journal or create a shopping list to make helpful choices from grocery aisle to dinner table. Plus, we offer charts to keep track of medications, meal plans, exercise, and much more. Go ahead! Take control now!

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Testing

3 take control of glucose checks

Tracking what affects your blood sugar levels can tell you a lot. Our easy testing guide helps keep track of patterns and identify triggers.

4 know your numbers

Use this handy sheet the next time you go in for tests. With target ranges from the American Diabetes Association and what they mean, you'll be prepared.

4 record your numbers

Keep track of your numbers, from blood glucose to cholesterol and blood pressure to A1C. We provide target ranges and a place to record your progress.

5 emergency contacts card

It's always good to be prepared. Keep up-to-date emergency information in your purse or wallet to ensure you're covered in case of an emergency.

Eating

6 food journal

Keep track of how what you eat affects blood sugar levels and your weight loss efforts and goals.

7 substitutions

Post our healthful substitutions list on your fridge and reference this easy-to-use guide when following any recipe.

8 take control of dining out

Love eating out but dread the guessing game when it comes to nutrition information? Do your homework before dining out and feel more confident about what you eat.

9 take control of shopping

Our shopping guide helps you make the best choices aisle by aisle so cooking healthful meals is a breeze.

10 take control of menus

Use this practical menu planner to build a balanced meal using the plate method. Eating healthfully was never so easy!

Meds

11 medication chart

Post this chart in a place you will see often to keep track of your medications and any notes or questions you have for your health care provider.

Exercise

12 exercise log

Whether you want to lose or maintain weight or get back in shape, boost motivation and stick to your exercise goals by tracking your progress.

Resources

13 diabetes resource guide

Find websites and information about diabetes and health-related organizations.

15 diabetes online community resources

Stay connected with people like you for support, information, encouragement, and helpful resources.

take control of glucose checks

One of the best ways to learn how diabetes affects you is to track your blood sugar or blood glucose (BG), noting how it changes with the foods you eat, medications you take, activities you do, and the emotions you feel. Similar results due to a certain food or activity help you and your provider spot patterns to act on.

Consider testing your BG before and 2 hours after the first bite of a meal or snack:

Example:

Meal: ate 2 granola bars for snack BG before eating 110 mg/dL BG after eating 215 mg/dL Change: 105 mg/dl

Notes: BG was higher than I would have liked 2 hours after my snack. I wonder how 1 granola bar would affect my BG?

Meal: _____ BG before eating _____ mg/dL BG after eating _____ mg/dL Change: _____ mg/dl

Notes: _____

Meal: _____ BG before eating _____ mg/dL BG after eating _____ mg/dL Change: _____ mg/dl

Notes: _____

Try testing your BG around an activity:

Example:

Activity: walked 30 minutes after dinner BG before activity 115 mg/dL BG after activity 155 mg/dL Change: 40 mg/dl

Notes: this was a lower rise in BG than I normally have after lunch

Activity: _____ BG before activity _____ mg/dL BG after activity _____ mg/dL Change: _____ mg/dl

Notes: _____

Activity: _____ BG before activity _____ mg/dL BG after activity _____ mg/dL Change: _____ mg/dl

Notes: _____

Try testing your BG around a situation that's stressful to you:

Example:

Situation: driving in heavy traffic BG before situation 92 mg/dL BG after situation 190 mg/dL Change: 98 mg/dl

Notes: Tomorrow I'll try playing quiet music to see if it helps reduce my stress while driving

Situation: _____ BG before situation _____ mg/dL BG after situation _____ mg/dL Change: _____ mg/dl

Notes: _____

Situation: _____ BG before situation _____ mg/dL BG after situation _____ mg/dL Change: _____ mg/dl

Notes: _____

Blood glucose

For most people, the key to feeling good and protecting your body is to keep BG readings at or around these numbers* as measured by a home-use meter:

- 70–130 mg/dL or less fasting (at wake-up time) and before eating
- <180 mg/dL 1–2 hours after the start of eating

*These suggested target levels are consistent with the goals published by the American Diabetes Association. The American Association of Clinical Endocrinologists recommends a lower target: below 140 mg/dl two hours after a meal. Please consult with your health care provider before making any treatment changes and ask what target is right for you.



Print our checklist before your next doctor's appointment at
DiabeticLivingOnline.com/checkup-checklist

know your numbers

Know Your Numbers	Target According to the American Diabetes Association	Meaning
Fasting Blood Sugar	70–130 mg/dl	The amount of sugar (glucose) in the blood before eating a meal.
Postmeal Blood Sugar	<180 mg/dl	The amount of sugar (glucose) in the blood 2 hours after the meal.
A1C	<7%	Average blood sugar (glucose) level over the past 2–3 months.
Blood Pressure	<130/80 mmHg	The force of blood against the arteries when the heart beats and rests.
LDL Cholesterol	<100 mg/dl	According to the American Heart Association, LDL cholesterol is the bad cholesterol, which can clog arteries; HDL cholesterol is considered the good cholesterol and helps keep LDL cholesterol from increasing; triglycerides are fats converted from food and found in the blood and can contribute to coronary artery disease.
HDL Cholesterol	>40 mg/dl	
Triglycerides	<150 mg/dl	
BMI	18.6–24.9	Ratio of weight to height to estimate body fat

record your numbers

When you go to the doctor, it is nice to have a place to write down all your test numbers. Then the next time you go, you can refer back to charts from previous visits to track your progress.

Date: _____

A1C	Blood Pressure	Cholesterol	LDL	HDL	Triglycerides	Weight	BMI	Notes



Learn more about controlling blood sugar
at DiabeticLivingOnline.com/monitoring

emergency contacts card

Print, fill out, and keep this card in your purse or wallet in case of emergency.

EMERGENCY CONTACT INFORMATION

Name: _____

Home phone: _____

Birth Date: ____/____/____ Blood Type: _____

My Emergency Contact: _____

E-mail: _____ ph: _____

My Pharmacy: _____

E-mail: _____ ph: _____

My Doctors

Name: _____ ph: _____

Name: _____ ph: _____

My Medications

Name: _____ Dose: _____

Name: _____ Dose: _____

Name: _____ Dose: _____

My Conditions



Find type 2 diabetes information at DiabeticLivingOnline.com/type-2

food journal

Date: _____

Food Item	Calories	Total Fat	Cholesterol	Sodium Grams	Carb	Fiber	Protein	Blood Glucose (2 Hours after)

what to eat

A balanced meal plan is essential to good health. Eating well with diabetes shouldn't make you feel deprived of the foods you love to eat. Making good choices includes counting carbs; opting for foods with low or reduced fat, calories, and sodium; and eating from the recommended food groups.

From pyramid to plate:

The USDA made the switch from the MyPyramid food pyramid to the MyPlate plate method as a healthy eating guide. Instead of focusing on how much you eat from each food group in a day, focus on what you are eating at each meal. The method divides a plate into four sections: vegetables, grains, fruits, and protein. The plate also includes 1 cup of dairy.

For more on the plate method, visit ChooseMyPlate.gov

“Keeping a diary [or food journal] of what you eat helps keep you aware of problem foods or behaviors that make managing your weight and diabetes harder.”

—Judith Wylie-Rosett, M.D., Ed.D., R.D.,
professor of epidemiology, Albert Einstein College of Medicine, Bronx, New York



For Diabetic Living's plate method meals ideas, visit DiabeticLivingOnline.com/plate-method

substitutions

Your recipe says	Use this instead	It's best used for
Sour cream	Nonfat plain yogurt	Sauces and some baked goods
Sour cream	Equal parts low-fat yogurt and no-salt-added low-fat cottage cheese	Dips and salad dressings
Fine dry bread crumbs	Crushed fiber cereal	Coatings and toppings
Ground beef	Lean ground turkey breast	Meat sauces, burgers, meat loaves, and tacos
Heavy cream	Nonfat evaporated milk	Custards, desserts, and quiches
Vegetable oil	Equal parts applesauce and buttermilk	Muffins, quick breads, and cakes from mixes
Cheese	Low-fat or fat-free cheese	Sandwiches and salads
Seasoning salt	Salt-free dried herb blends, fresh herbs, garlic, or fresh peppers	Main dishes, side dishes, dips, and sauces
Shortening	Trans fat- and saturated fat-free shortening or margarine	Cookies and piecrusts
Butter	Cooking spray and/or nonstick cookware	Baking and sautéing
Cream cheese	Nonfat ricotta cheese blended with nonfat plain yogurt	Spreads
Uncooked white rice	Uncooked quinoa or whole wheat couscous	Casseroles, baked dishes, tacos, and pasta salad dishes
Vegetable oil	Pureed prunes	Brownies and dark quick breads
Whole milk	Nonfat (skim) or low-fat milk	Beverages, sauces, and baked goods
All-purpose flour	Whole wheat flour and all-purpose flour blend	Cookies, breads, muffins
Frying oil	Brush lightly with oil or spray with nonfat cooking spray	Chicken, fish fillets, pork tenderloins
Whole egg	1/4 cup egg substitute or 2 egg whites	Baked goods, omelets



Learn to bake with sugar substitutes at [DiabeticLivingOnline.com/baking](https://diabeticlivingonline.com/baking)

take control of dining out

You can still enjoy dining out and keep your health in mind by making healthful choices at restaurants. Once you've looked over the nutritional facts for your favorite restaurant foods (by looking up numbers online or on restaurant-provided materials), record your favorites here. Carry the list to ease decision making when faced with a menu.

[illegible]

Cook restaurant-style recipes at home; visit DiabeticLivingOnline.com/Italian

take control of shopping

Healthful eating starts with smart shopping, and one of the best ways to ensure you bring home nutritious foods is to form a shopping game plan before you leave home. Use this shopping list to help make your next trip to the market easier and more healthful.

Produce section

Nonstarchy Vegetables

Consider eating a nonstarchy vegetable (or two) at every meal and aim for at least 3–5 servings of vegetables each day. A serving is 1 cup of raw or ½ cup of cooked vegetables. Some examples of nonstarchy vegetables:

- | | | |
|--|---|---|
| <input type="checkbox"/> Artichoke hearts | <input type="checkbox"/> Celery | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Salad greens and cabbage (endive, lettuce, romaine, spinach, arugula, radicchio) |
| <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Sugar snap peas |
| <input type="checkbox"/> Beans (green, wax, Italian) | <input type="checkbox"/> Greens (collard, kale, turnip) | <input type="checkbox"/> Summer squash and zucchini |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Jicama | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Onions | |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Peppers | |

Starchy Vegetables and Fruit

These foods contain more carbohydrate than nonstarchy vegetables, and are loaded with vitamins, minerals, and fiber.

Consider including at least one serving of this food group with each meal. For most fruits and starchy vegetables, a serving is 1 small item or about ½ cup.

- | | | |
|---|--|--|
| <input type="checkbox"/> Apples or unsweetened applesauce | <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Potatoes and sweet potatoes |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Melons | <input type="checkbox"/> Squash (acorn, butternut) |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Peaches and plums | <input type="checkbox"/> Tropical fruits |
| <input type="checkbox"/> Citrus (grapefruit, orange, nectarine) | <input type="checkbox"/> Pears | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Peas | |
| <input type="checkbox"/> Grapes | | |

Meat department

Choose lean cuts and for a serving consider a 3-ounce portion of cooked lean protein at most meals. Some good choices:

- ☐ Beef, select or choice grades trimmed of fat
- ☐ Fish fillets (catfish, cod, halibut, salmon, tilapia, trout, tuna)
- ☐ Fresh or frozen seafood (clams, imitation shellfish, scallops, shrimp, oysters)
- ☐ Lean presliced or deli meats
- ☐ Pork tenderloin or lean chops
- ☐ Poultry without skin
- ☐ Other _____

Dairy section

Look for low-fat items in this section. Most of these items provide nutritious sources of protein as well as carbohydrate.

- | | |
|---|---|
| <input type="checkbox"/> Reduced-fat butter or margarine | <input type="checkbox"/> Reduced-fat or nonfat milk |
| <input type="checkbox"/> Reduced-fat cheese | <input type="checkbox"/> Nonfat plain or Greek yogurt |
| <input type="checkbox"/> (part-skim mozzarella, 2% fat cheddar) | <input type="checkbox"/> Eggs or egg substitute |
| <input type="checkbox"/> Flavorful grated cheeses | <input type="checkbox"/> Other _____ |

Bread aisle

The best choices are fiber-rich whole grains. Try to include a serving of whole grains or beans into several meals per week. For most grains and starch, a serving is 1 ounce or ½ cup. Some good choices:

- | | |
|--|--|
| <input type="checkbox"/> Dried beans (black, lima, pinto) | <input type="checkbox"/> Thin-sliced whole grain bread, bagels, and buns |
| <input type="checkbox"/> Fat-free refried beans | <input type="checkbox"/> Unsweetened oatmeal |
| <input type="checkbox"/> Low-fat 6-inch tortillas | <input type="checkbox"/> Whole grain cereals and pastas |
| <input type="checkbox"/> Low-sodium and vegetarian canned or baked beans | <input type="checkbox"/> Other _____ |

Canned goods and other items

Look for low-sodium and no-sugar-added canned and packaged goods. Turn to the Nutrition Facts label to compare items.

- | | | |
|---|--|---|
| <input type="checkbox"/> Low-sodium canned vegetables | <input type="checkbox"/> Meal replacement bars | <input type="checkbox"/> Portion-control snacks |
|---|--|---|



Learn more about what to look for on food labels at DiabeticLivingOnline.com/food-labels

take control of menus

Dividing your plate into sections is a great way to ensure your dinners are well-rounded. Keep the plate method in mind as you plan your weekly menu.

Build Your Plate!

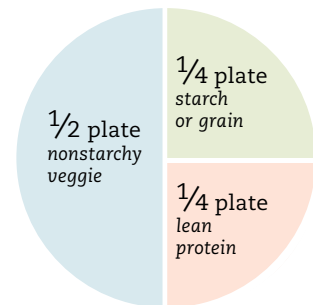


plate method basics

- Start with a 9-inch plate.
- Fill $\frac{1}{2}$ of the plate with nonstarchy vegetables, $\frac{1}{4}$ with starchy vegetables or whole grains, and $\frac{1}{4}$ with lean protein.
- Pile the food about 1 inch high.
- Add a side of fruit and/or a serving of low-fat dairy as your calorie budget allows.

food examples

STARCHY VEGGIES/GRAINS

- whole grain bread or bun
- peas • corn • brown rice
- black or navy beans • lentils
- red or sweet potatoes

NONSTARCHY VEGGIES

- carrots • Brussels sprouts
- cauliflower • tomatoes
- green beans • peppers
- spinach or lettuce • celery
- broccoli • mushrooms

LEAN PROTEIN

- chicken breast • lean beef
- turkey cutlet • canned tuna
- low-fat cheese • eggs • tofu

set your goals

MY DAILY CALORIE GOAL

_____ CAL.

MY DAILY CARB GOAL

_____ GRAMS CARB.

Talk with your physician, dietitian, or diabetes educator to determine the best calorie and carb goals for you.

	$\frac{1}{2}$ PLATE NONSTARCHY VEGGIE	$\frac{1}{4}$ PLATE STARCH or GRAIN	$\frac{1}{4}$ PLATE LEAN PROTEIN
MONDAY	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
TUESDAY	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
WEDNESDAY	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
THURSDAY	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
FRIDAY	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
SATURDAY	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
SUNDAY	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>



Get our best recipes at DiabeticLivingOnline.com/diabetic-recipes

medication chart

Some days it's hard to remember what medications you have already taken and which ones you need to take. Make remembering easier by using this chart before and after each medication you take.

Date: _____

[illegible]

Find helpful information about medications at DiabeticLivingOnline.com/medication

exercise log

Date: _____

Exercise	Sets	Reps	Weight	Time	Distance	Intensity	Heart Rate	Notes

Make an exercise schedule:

It's important to get a balance between aerobic, strength, and flexibility exercises. The American Diabetes Association recommends 150 minutes per week of moderate-intensity aerobic activity, as well as resistance training three times per week. Always talk to your health care provider before starting a new exercise routine.

Aerobic Exercises:

Walking, swimming, biking, or even daily household tasks such as cleaning, gardening, and grocery shopping will get your heart rate up!

Resistance Exercises:

Lunges, squats, crunches, push-ups, or any moves that will put those core muscles to work!

Flexibility Exercises:

Yoga or simple stretches such as toe touches and arm reaches will keep your body feeling comfortable and less sore from your aerobic and strength exercises.

To get started after years of inactivity,
simply move more. "Stand up when you're on the phone.
Take more steps during the day. It really does make a
big difference."

—Sheri R. Colberg, Ph.D., professor of exercise science,
Old Dominion University, Norfolk, Virginia



Visit DiabeticLivingOnline.com/diet/fitness for easy exercise ideas.

diabetes resource guide

Resource	Website	Phone	About
American Association of Diabetes Educators	diabeteseducator.org diabeteseducator.org/ DiabetesEducation/Find	800-338-3633	Diabetes education and advocacy; provides database to find a certified diabetes educator
American Diabetes Association	diabetes.org	800-342-2383	Diabetes research, outreach, advocacy, information, and community involvement
American Dietetic Association	eatright.org eatright.org/iframe/ FindRD.aspx	800-877-1600	Food and nutrition research, education, and advocacy; provides database to find a registered dietitian
American Heart Association	americanheart.org	800-242-8721	Cardiovascular disease and stroke research, outreach, advocacy, and community involvement
Arthritis Foundation	arthritis.org	800-283-7800	Arthritis research, outreach, advocacy, and community involvement
Centers for Disease Control and Prevention	cdc.gov/diabetes	800-232-4636	Resources, data and statistics, projects and programs, etc.
Center for Nutrition Policy and Promotion	choosemyplate.gov	888-779-7264	Nutrition and consumer economics research, analyses, and advancement in dietary guidelines; the plate method
ClinicalTrials.gov	clinicaltrials.gov		Find a variety of clinical trials for different diseases
Corengi	corengi.com	713-364-4639	Find clinical trials in your area for type 2 diabetes
Diabetes at Work	diabetesatwork.org		Health care concerns, healthy living at work, and assessment tools
Diabetic Living Online	DiabeticLivingOnline.com	For subscriptions: 866-261-6866	Recipes, articles, free downloadable mini cookbooks, and tip sheets
Food and Drug Administration	fda.gov fda.gov/safety/recalls	888-463-6332	Listing of approved products, food, and medication; recalls on products, food, and medications
International Diabetes Federation	idf.org	+32-2-538 55 11	Diabetes research, advocacy, information, and World Diabetes Day sponsor
Juvenile Diabetes Research Foundation	jdrf.org	800-533-2873	Type 1 diabetes research, outreach, advocacy, information, and community involvement

Continued on page 14

diabetes resource guide Continued from page 13

Resource	Website	Phone	About
Medicare	medicare.gov	800-633-2273	Government-funded health care
National Association for Health and Fitness	physicalfitness.org		Information on physical fitness and healthy lifestyles
National Diabetes Education Program	ndep.nih.gov	888-693-6337	Diabetes awareness; pamphlets and fact sheets (multiple languages available)
National Eye Health Education Program	nei.nih.gov	301-496-5248	Vision and eye disease research
National Heart, Lung, and Blood Institute	nhlbi.nih.gov	301-592-8573	Research, training, and education program to promote prevention and treatment of heart, lung, and blood diseases
National Institute of Diabetes and Digestive and Kidney Diseases; National Diabetes Information Clearinghouse	niddk.nih.gov	800-860-8747	Basic and clinical research on diabetes and digestive and kidney diseases
National Kidney Disease Education Program	nkdep.nih.gov	866-454-3639	Kidney disease awareness, education, and advocacy
Recognized Clinician Directory	recognition.ncqa.org	202-955-3500	Find doctors who have demonstrated that they meet the standards of care
Small Step	smallstep.gov smallstep@adcouncil.org		Information on healthy eating, exercise, and diabetes management
Taking Control of Your Diabetes	tcoyd.org	858-755-5683	Diabetes education and motivation through national conferences, website, etc.
USDA Nutrient Database	nal.usda.gov/fnic/foodcomp/search	301-504-0630	Nutrient database listing nutritional content for more than 10,000 foods
Weight-Control Information Network	win.niddk.nih.gov	877-946-4627	Science-based information on obesity, weight control, physical activity, and related nutritional issues



Visit us online at DiabeticLivingOnline.com

diabetes online community resources

American Diabetes Association (diabetes.org)

Diabetes research, outreach, advocacy, information, and community support
facebook.com/AmericanDiabetesAssociation

ChildrenWithDiabetes.com

Active community and resources for kids who live with diabetes and their parents

DiabetesDaily.com

Active diabetes community with news, chat rooms, groups, and more

DiabetesMine.com

Diabetes news site and blog—opinionated and real!

Diabetes Social Media Advocacy (diabetessocmed.com)

Wednesdays at 9 p.m. Eastern, moderated chat on Twitter, hashtag #dsma

Diatribе.us

Free e-newsletter that translates new research and therapies

Facebook.com/diabeticliving

Active and supportive community of people with diabetes sharing tips and encouragement

Juvenile Diabetes Research Foundation (jdrf.org)

Type 1 diabetes research, outreach, advocacy, information, and community (juvenation.org)
facebook.com/myJDRF

Thediabetesresource.com

Links to diabetes companies, products, communities, and more

Tudiabetes.org

Active diabetes community with chat rooms, groups, events notices, and more

Twitter.com

Search these terms for ongoing diabetes discussions:

#bgnow (post blood glucose numbers), #bgwed (Wednesdays), #sweatbetes (exercise support), #dsma (Diabetes Social Media Advocacy moderated chat), #wddusa (World Diabetes Day USA), #BluntLancet (Spinal Tap for people with diabetes!)



Find us on Facebook for support and an active diabetes community at
Facebook.com/diabeticliving