

Your Self-Care Guide



What To Do About Blood Sugar



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Tools You May Need



Glucometer



Lotion



Mirror



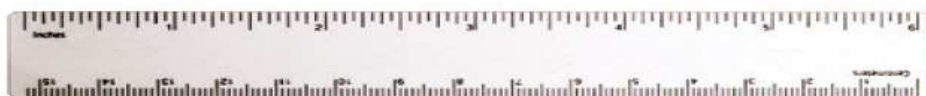
*Measuring
Cups*



*Glucose
Tabs*



Pill Organizer



Ruler

“...and oh, by the way, you have diabetes.”

After the first shock, it can take two, three years—or more—before everything about blood sugar all makes sense.

People call the moment when it all comes together *The Click*™. From that moment, you're ready to get your routines “down cold” so you don't have to worry.

This SelfCareKit® will get you there faster

True stories of real people who learned they had high blood sugar.

What they did—and didn't do—about it.



What? How can they just leave it hanging there like that? They think this is no big deal?

I must have heard wrong. There must be some mistake. I'm OK. Forget it.

Mario's Story

My father had diabetes. Then my brother got it. I guess I was overweight, but my tests were always good: low cholesterol, low blood pressure, low sugar. I thought I was going to be the one to get away. I mean, after all, I was a basketball player!

Then one day I got on an airplane and I got SO thirsty. They kept giving me apple juice and orange juice. I passed out when we landed.

I woke up in the hospital. They said my sugar was almost 500.



I was so angry I spit fire on everyone. Not me. Not me. This wasn't going to happen to me. I was the one who was going to get away. My dad made me go to a class. This jerk started a lecture, *The Physio-Something of Diabetes Melly*.

“Don't you get it, man?” I shouted. “Unless you deal with my emotions, I CAN'T HEAR YOU.”



Joe's Story

Hey, what happened? You work hard, you're supposed to sit back a little by now, no? I'm 49. I've worked hard since I was 18 in home construction. Independent, that's me. Workaholic. That's how you succeed.

I was working, working, working. Then this weakness started in on me. It was hard to walk. My legs would go numb. I slowed down to hide it.

One day my leg hurt bad. Suddenly, my eyes went cloudy. Then I went numb, all up the side of my body. They took me to the ER. "Blood sugar 420."

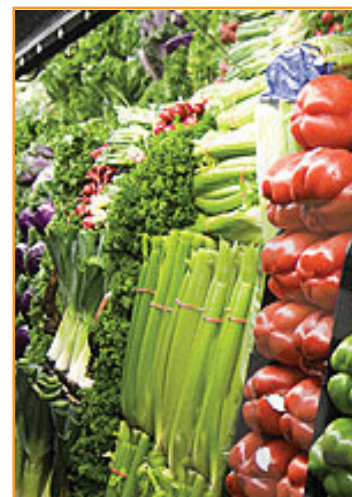


But I got friends. This doctor, I remodeled his house. He gives me free samples of diabetes medicines.

I used to think about blood sugar, *'This happened to me.'*

But now I gotta make things happen. I take the bus to buy whole wheat bread, and those low fat, low-sugar things they don't have at the grocery store near me.

I take vitamins. My blood sugar is pretty much in control, mostly under 145.



My Own Story About Blood Sugar

Before all this...

My family...

When I first heard...

The doctor...

What upset me most was...

I need to learn...

It really hit me when...

Type "diabetes blog" into Google.com or Bing.com. There are websites where people just say what's on their minds about blood sugar. You can read without having to sign in.

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The Short Story on Blood Sugar

You know you have sugar in your blood. How did it get there? You eat. The body turns most of the food into sugar. Muscles use this sugar for energy to move.

Your body turns sugar into energy just like a power plant turns coal into energy.

Who's in Charge Here?

Just having sugar in the blood—or energy in the wire—doesn't mean anyone *uses* the power. Someone has to turn a key or flip a switch. Muscles also have to be “turned on” with a key.

In a power plant, everyone knows the boss is the one with the keys. **In your body power plant, insulin is the Boss.**

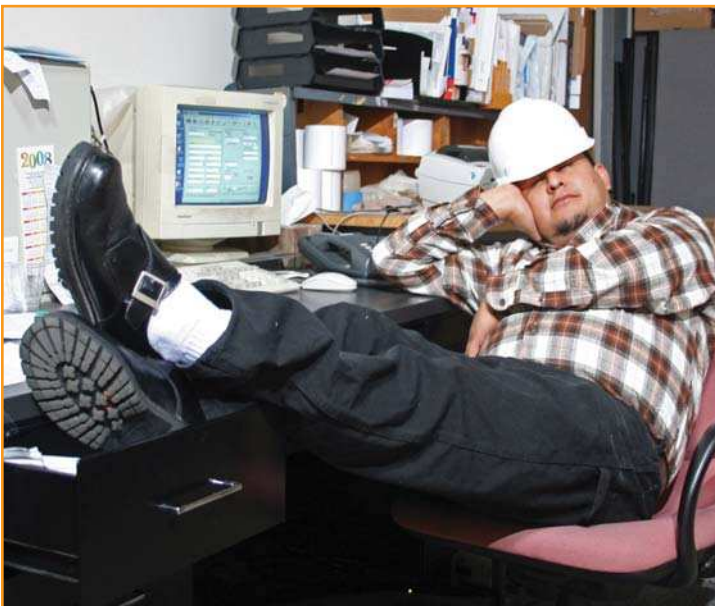
Boss Insulin unlocks the muscles to let sugar power flow in. If there is more sugar than muscles can use at the moment, insulin moves the extra sugar to a storage room, the liver.

After a power plant makes energy, it has to travel to where people can use it.

- Electricity travels in wires to the city
- Sugar travels in blood to the muscles



So having sugar in your blood is normal. Everyone has it. Everyone needs it. Without sugar in the blood, no one has energy to do anything. **So what does it mean to have a “blood sugar problem?”**



If you have a blood sugar problem, **BLAME BOSS INSULIN!** Boss Insulin is not doing his job. *You're right to be angry and depressed:*

Boss Insulin won't unlock muscles, so sugar can't get in. Too much sugar stays in the blood. That's **High Blood Sugar.**

If you need more energy, insulin won't open the liver. Sugar can't get out into the blood. That's **Low Blood Sugar.**

Take Over for the Boss

When Boss Insulin isn't doing his job, *you have to take over*. The power plant's aim is to let people in the city live their lives without worrying about their energy source. No blackouts. No breakdowns.

Your aim is to live *your* life without breakdowns. To succeed, you have three goals:



1. Be the Boss

Every boss has goals to reach. That means testing and tracking them daily. A power plant prints out daily numbers for a Log Book. You now have *The New Log Book* to track your daily numbers.

Every boss also has a Quality Control Expert. "Quality Control" means doing a different kind of test to make sure the daily tests are right. The doctor is your Quality Control Expert. The doctor uses a different test, the A1C. An A1C test makes sure those daily scores you're getting on your monitor are right.

If your daily scores are in control, your A1C score will be less than 7.

Quality Control also checks the other equipment: How are your heart, eyes and other body parts holding up? The doctor has target scores for each part.

To make all those numbers come out right, a boss has to have self confidence, keep his cool, and plan ahead.

The Big Picture

The Boss aims to let people in the city live their lives with no power breakdowns. For success, the Boss takes charge, keeps the power level steady and protects the part.

To live *your* life with no breakdowns:

2. Steady the Score

A good blood sugar score is 70 to 130 before meals. **Food** and **Stress** send blood sugar up. **Moving** and **Meds** bring blood sugar down. To keep sugar steady, balance all four inputs. Start by matching *how much you eat* to *how much you move*.

Then adjust:

If the score is still high, move and ask the doctor if you can take more meds.

Taking meds is like hiring extra workers to get the job done!

If the score is still low, eat more and ask the doctor if you can take fewer meds.

3. Protect Your Body Parts

Holding the sugar score steady is the first step. Then certain body parts need extra care each day:

- For the heart, **avoid salt**
- For the heart and brain, **avoid fat**
- For skin, feet and teeth, **clean daily**

Avoiding salt lowers your blood pressure.

Your target is 130/80 or lower.

Avoiding fat lowers your total cholesterol.

Your target is below 200.

Cleaning skin, feet and teeth daily keeps them working!

Be the Boss



Steady the Score



Protect the Parts





Be the Boss



You're In Charge

A good boss:

1. Has self confidence
2. Check monitors and tracks
3. Uses Quality Controls
4. Keeps his cool
5. Plans ahead

The payoff for being your own Boss is to live your life without breakdowns.

1 Have Self Confidence

It's sad to say, but friends, family—even some doctors and nurses—may treat you as if you are a child. There's only one way to deal with them: Be the Boss. Know the goals. Have a plan. Work your plan. Most people have thought: "I could do better than the boss." Now's your chance to prove it.

But a Boss can't manage if the Quality Control Expert won't listen. So when you choose or change doctors, be sure you find one who listens.



2 Check Monitors and Track

"If you don't measure it, you can't manage it."

- 1. Sugar.** Every day, use a monitor to know if your energy supply is high, low or on target.
- 2. Blood Pressure.** Once a week, use a home monitor or go to a drugstore where they have a free one. Keep score in *The New Log Book*. See how in, *A New Kind of Log*.
- 3. Foot Feeling.** Once a month, test your feet. Use the *LEAP Filament Tester* on the *Door Tag*. The *Door Tag* shows how.



3 Use Quality Controls

The Doctor—Your Quality Control Expert

Doctors set high and low limits for blood sugar scores. They pick pills and shots. They adjust medicine if scores aren't steady. They step in for breakdowns.

But the doctor doesn't run the plant day to day. **You do.** The doctor is not the boss. **You are.**

- Ask for your limit numbers
- Report if a medicine feels wrong.
All About Medicine shows you how
- Get an A1C test every three months



The A1C—Your Quality Control Test

At home, you might make a mistake, forget to test or even lie about the daily score. But blood has a memory. An A1C reads this memory: No mistakes, no lies, no fooling.

Think of it this way: Blood delivers sugar to body parts.



The Daily Monitor counts "boxes" of sugar: How much sugar is the blood carrying right at this moment? A score of 138 means 138 "boxes" of sugar are in a sample of blood.

The A1C counts blood carrying sugar: How much blood carried sugar for the last three months? A score of 6.8% means 6.8% of your blood carried sugar.

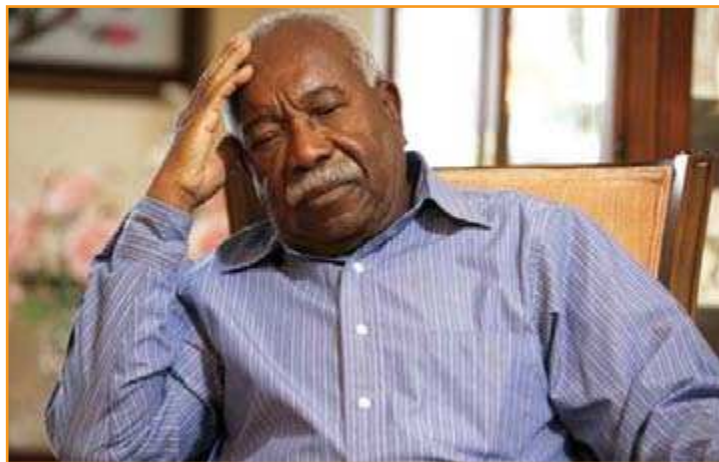
4 Keep Your Cool

When you're up tight, sugar goes up, too.

- Muscles twitch
- Nothing seems funny
- Others say you're "touchy"
- You eat when you're not hungry

Start relaxing by telling your own story on the back of the book, *Hey, I Can't Hear You*.

Keep relaxing, by going deep: A deep *breath*, a deep *stretch* and a deep *sleep*.



Breathe

- Sit in a comfortable chair. Close your eyes
- Breathe in while you count to 5 and raise your shoulders up and back
- Breathe out while you count to 10 and slowly lower your shoulders
- Repeat 5 times

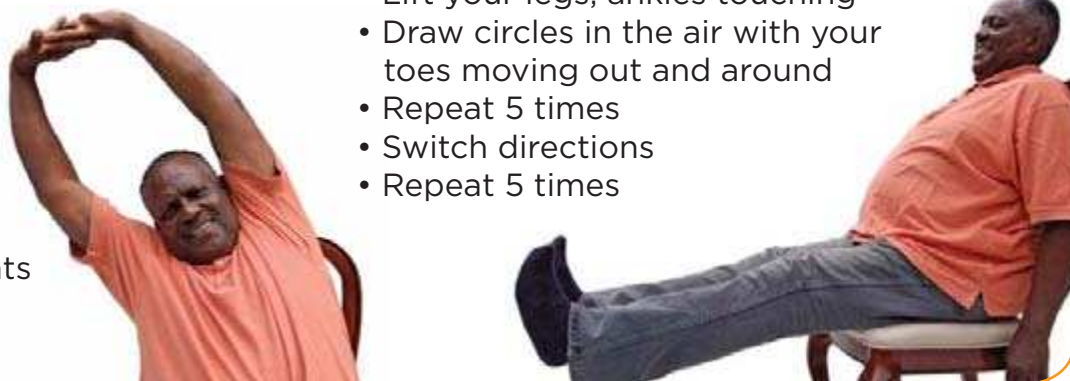
- Roll your head down and around in a circle to the left
- Repeat to the right



Stretch

- Lace your fingers
- Reach to the ceiling
- Turn palms up
- Reach higher
- Lean right while you count to 10
- Lean left for ten counts

- Lift your legs, ankles touching
- Draw circles in the air with your toes moving out and around
- Repeat 5 times
- Switch directions
- Repeat 5 times



Check with your doctor before you start stretching.

Sleep

Don't lie awake.

- Take a 10-minute warm shower
- Put on socks
- Make the room as dark as you can
- Lie back and imagine...

*Things that make you laugh
A dream come true*



5 Plan Ahead

For Troubleshooting

A well-run plant has posters to remind workers what to do when there's a breakdown. So find room on the refrigerator for the *Troubleshooting Magnet Board*. It reminds you—and alerts others—what to do when you're not feeling right. Fill out the *Emergency Card*. Put it in your wallet.



For Sickness and Stress

Being sick or stressed can open up the liver. Sugar spills out. That means *even if you don't eat*, blood sugar may go up. Plan to keep taking blood sugar medicine if you get sick.

Flu, Pneumonia and Shingles shots can keep you from getting sick.

Stress is coming. Plan for it.

Short term change. Back to school, moving Dad to a retirement home, divorce. The doctor can prescribe more medicine until life calms down.

Ongoing pressure. Out of work, a child in trouble, legal hassles. When there's no end in sight, talk to your doctor about more exercise and more medicine.

Sudden crises. An arrest, a rush to the ER, a flood. They can happen to anyone. Keep water bottles, glucose tabs and energy bars in drawers and the car—it may not be easy to find something to eat.



For Meals and Exercise

Take charge. Don't leave it to chance. Take one day a week to figure out:

- What you're going to eat
- Read *How to Survive a Night Out*
- When and how you'll exercise

For an Easier Future

It's not going to get any easier to keep your body parts working. Body parts need blood flow or they shut down. If you smoke, stop. *Nicotine* narrows veins and arteries so blood can't get through. *How to Stop Smoking* rids your body of nicotine fast with the "4-Day Flush."





Steady the Score



Do I Really Have to Count?

No one can be strict all the time. But people who *guess* always believe they eat less and move more than they really do. You need to know how to count because **your body is always counting**. A body reacts to **exactly** how much sugar it has: Not enough, you can faint. Too much, you can go into a coma.

*Learn to steady the score by counting.
Wait until you know how to bring back the
balance before you have that extra helping.*

1 Start: Match how much you EAT

A power plant takes in *coal* to make energy.
You take in *carbs* to make energy.

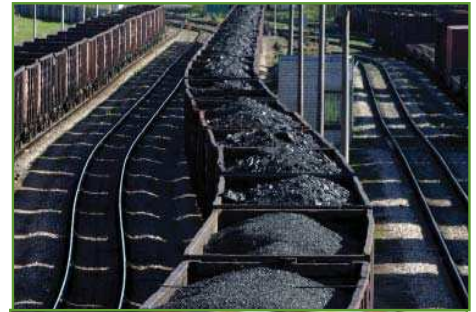
It's the **carbs** in food that turn into sugar for energy.

Every food that grows in the ground has carbs: fruits, vegetables and grains. Animals don't, so meat has no carbs. But animals eat plants to make milk, so milk has carbs.

All **plants** and **milk** have carbs except when:

- Plants make oil. Oil has no carbs
- Milk makes hard cheese. Hard cheese has no carbs

How Many Carbs Can I Have? For most people, the right number for one day is 150: **ten portions**, 15 carbs each:



to how much you EXERCISE

A city “on the move” uses up energy.
You use up sugar energy when you move.

Moving muscles pull sugar from the blood. You want just enough sugar in your blood for them to use—not too much, not too little.

Boss Insulin used to balance for you. Now you do it: If you eat more than usual one day, exercise more than usual that day. If you're too busy to exercise, you better be too busy to eat.

If you eat every day, you exercise every day. *If you eat without limit, you have to exercise without stopping.*

How Much Exercise is Enough? For most people, the right amount of exercise for one day is **forty minutes**:





carb portions

minutes of exercise

Three for breakfast, **Three** for lunch,
Three for dinner, **One** more for a snack.

Five minutes stretching before, **Thirty**
minutes moving, **Five** minutes stretching after.



“Quick Start”

Choose foods on the right side of the *How to “Watch What You Eat”* poster.

- **Zero and Low Carb** food has just a few carbs in one bite. You can eat more.
- **Medium and High Carb** food has a lot of carbs in one bite. You don’t feel full when it’s time to stop.

Next Step: Down to Ten Portions

Once you get the hang of picking good foods, it’s time to control how much of a good thing to eat. The *Build-A-Meal* shows how to feel full with 10 portions a day.

When you need *food fast*, use a salad bar remembering the poster. When you can’t avoid *fast food*, use the *AdVisor*.



“Quick Start”

Five days a week stretch for 5 minutes
Then take a 10-minute walk—5 minutes
out, 5 minutes back. To finish, stretch
5 more minutes.

Two days a week stretch for 5 minutes.
Then lift weights with your arms and
legs for 10 minutes. To finish, stretch for
5 more minutes.



Next Step: Up to Forty Minutes

Once you’ve got the rhythm—*stretch, workout, stretch*—walk a little longer. Lift a few more times. Add one minute a day to the workout time and you’ll reach 40 minutes in 3 weeks.

Hang the “It’s Just 40 Minutes” poster where you stretch and lift weights.

2 Are You on Target

If you don't know your target score, call the clinic and ask. Most people aim between 70 and 130 before meals.

After you eat 10 portions and exercise 40 minutes, take a test. Step-by-step instructions are in *A New Kind of Log*. How's your score?

If it's on target, congratulations!



3 Adjust If You Need To

If you matched food and exercise and it's still too high...

1. Are you stressed? See *Be the Boss* on how to manage.
2. Did you forget to count some carbs?
3. If you're not stressed and you didn't overeat, maybe...
 - Your body needs more exercise to use up 150 carbs
 - Your doctor needs to adjust your medicines



If you matched food and exercise and it's too low, maybe...

- You can eat a little more
- Your doctor can prescribe less medicine

The New Log Book lets you track and figure out what works for you. To lose weight, use Low or Zero carb food for snacks, not Medium or High. Exercise five minutes more. Find your personal balance.



Medicine to Steady the Score

Take *The New Log Book* to doctor visits. Review the Daily Control Charts. Is the medicine right?

You may need to change long term.

Maybe you missed getting the right medicine to start. Maybe what worked before doesn't any more.

You may need a change short term. A lower dose for hard labor in summer. A higher dose when you're under stress. Later you go back to a regular dose.

Note: Even if you feel better, Boss Insulin is not back on the job. You and medicine are doing his jobs for him.



How to Survive a Night Out



Social events can be a challenge. **Six Ways** to manage.

- 1 Decide to “indulge” or “stick to your plan.”
- 2 Either way, measure and track what you do.
- 3 Take your medicines on time. You might need them more than ever.
- 4 Eat a small snack before you go. When you’re not so hungry, you can keep up your guard and make good choices.
- 5 Expect to dance, laugh and talk with everyone.
- 6 Look forward to a relaxing time!

I want to indulge.

Fine, but choose ahead of time what you will indulge in.

Sweets & starches are the worst choice, because you’ll still be overeating later.



Indulge in protein instead. Take extra portions of meat and fish. Snack on carrots, celery and cheese. Getting back to normal eating will be easier.

I want to stick to it.

If I want to make sure I wake up feeling good about myself the next day, I make plans. Here are ideas others say work for them.



FAST FOOD PLACE



“I put the AdVisor from the kit in my car and use it!”

“I look for the name of the place where I want to eat. *What do I want to order?* **What they give you is not one serving.** It’s several!”

“I make a choice using the Tips on the front of the AdVisor so I won’t get too far off track. But I might want to skip the salt and eat lightly the rest of the day.”

“As a reminder of why I really **don’t want fast food,** I look at the back!”

BAR



“I ask for water with a lime in a daiquiri glass. Who’s to know?” (Limit alcohol to one drink for women and two for men.)

“If they put a snack bowl near me, that’s my signal to go talk to someone far away.”

RESTAURANT

Ways I can manage:



1

Order from the menu, but stick with “free” foods: A salad, grilled vegetable plate or bowl of soup. Meat on a salad is a controlled serving size. Order a small salad.

- **WATCH OUT** for *salads with foods that are not free: avocados, croutons, cheese, nuts.*
- **WATCH OUT** for *salad dressings.* Ask for low fat dressing on the side or for vinegar or lemon slices to squeeze on the salad instead.
- **WATCH OUT** for *fried foods, especially batter or breaded.* Ask for broiled, baked, grilled, poached, steamed or roasted.
- **WATCH OUT** for *sauces.* Look for red sauce instead of white or cheese.
- **WATCH OUT** for *soups with corn, peas, beans, potatoes, or the name “Cream of.”*
- **WATCH OUT** for *both soft drinks and alcohol.* Fool everyone: order sparkling water with a lime. If you take alcohol, sip just one glass a long time.
- **WATCH OUT** for *bread.*
I announce I don’t eat bread and pass the basket to the other end. Then I am too embarrassed to ask for it back.

2

Cut the amount of food in half if I choose foods that are not “free.” Ask for a “doggy bag” to come with my order. Put half the food in the bag before I start to eat.

MOVIE THEATERS AND PARTIES



Theater	<ul style="list-style-type: none">● Popcorn with no butter lasts longer than candy for a movie.● Going to the rest room with friends during intermission leaves no time for snacks.
Private Party	<ul style="list-style-type: none">● I jot down today’s headlines, jokes and quotes so I have lots to say instead of putting food in my mouth.● When they bring me a dessert, I immediately give it to the person next to me who doesn’t have one yet.

Overall, **WATCH your choices.** Ask:
if I eat this, will I feel good about myself in the morning?

Build-A-Meal

People often ask for a “Diabetic Diet.”

This is it! The “Build-A-Meal” plan fills you up on 150 carbs a day, 10 carb portions.

You’ve never seen a meal plan like this before:

1. Each food in a list is 1 portion.
2. The biggest portions come first.
3. Only the good stuff is here: No salt or bad fat, either! If a food group is not here, it’s not safe food.

Make a shopping list to Build-A-Meal:

- Lots of Zero and Low Carb food
- Just enough Medium and High Carb food

*If it’s not in the house you can’t eat it.
If you buy it, you will eat it.*

For each meal:

Step One on Page 18

Pick Zero and Low Carbs



Pick a Protein Roast, boil or grill it. If you want to fry your protein, use spray oil.



Add Flavor to protein, veggies or both.



Choose Veggies Make a salad or cook some veggies from this page—or both! The portion size is large. If you eat the full amount, count it as one portion of the ten. If you eat less, these veggies don’t count!



Pick a Drink and a Sweet
Now you have a whole meal with just zero and low carbs.

Step Two on Page 19

Pick 3 Medium and High Carbs



Take Three: Pick Fruits, Vegetables, or Grains



The right size for one carb portion is all figured out for you: how much of the food is one carb portion. Use the measuring cups to get the right amount.



Mix and match your three choices: Three different foods or all three the same!



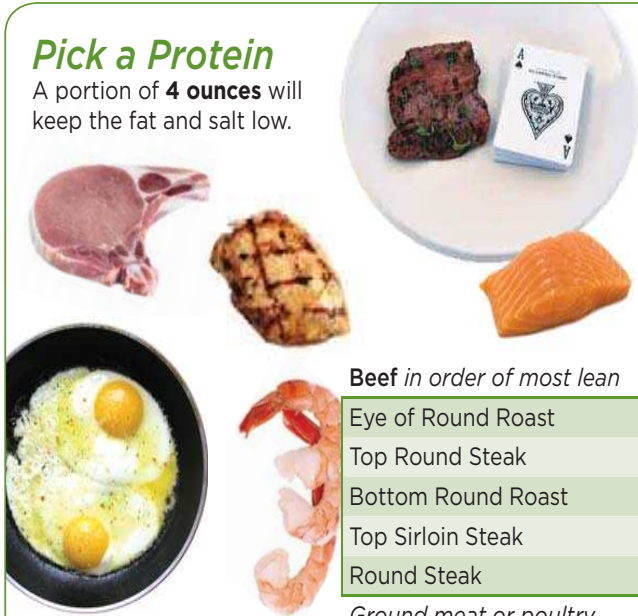
You can add flavor to the carb choices, too.

After the lists, see the sample meals that follow the Build-A-Meal plan.

Zero and Low Carbs

Pick a Protein

A portion of **4 ounces** will keep the fat and salt low.



Beef in order of most lean

- Eye of Round Roast
- Top Round Steak
- Bottom Round Roast
- Top Sirloin Steak
- Round Steak

Ground meat or poultry should be 95% lean.

Skinless Poultry and Eggs

- Chicken
- Egg Whites
- Turkey
- Whole Egg

Lean Meat

- Bison (Buffalo)
- Lamb: Roast, Chop, Leg
- Ostrich
- Pork: Chop, Ham, Tenderloin
- Rabbit
- Venison

Fish in order of the best for good fat (Omega 3)

- Mackerel
- Lake Trout
- Herring
- Salmon
- Tuna
- Halibut
- Catfish
- Cod
- Flounder or Sole
- Red Snapper
- Grouper
- Mahi Mahi
- Orange Roughy

Shellfish

- Oysters
- Crabs
- Scallops
- Lobster
- Pollock (Imitation Crab)
- Shrimp
- Clams

Choose Veggies



More than 5 Cups

- Alfalfa Sprouts
- Arugula
- Cabbage, White, Raw
- Celery
- Lettuce, All Kinds
- Radish
- Seaweed, Kelp
- Spinach, Raw
- Watercress
- Zucchini, Raw

3 to 4 Cups

- Cabbage, Red
- Cabbage, White, Cooked
- Carrot
- Cauliflower, Cooked
- Cucumber
- Mung beans, Cooked
- Mushrooms
- Nopales
- Turnip Greens, Cooked
- Zucchini, Cooked

2 to 3 Cups

- Asparagus
- Broccoli, Raw
- Cauliflower, Raw
- Fennel
- Kale
- Leeks
- Mung Beans, Raw
- Okra
- Pepper, Banana
- Pepper, Jalapeño
- Spinach, Cooked
- Summer Squash
- Sweet Pepper, Green
- Tomato (*a fruit?*)
- Turnip Greens, Raw
- Turnips, Cooked



Watch: If it says "Cooked" or "Raw," the portion size is different. If it doesn't say, it doesn't matter.

Pick an Oil



- Margarine in Tubs
- Olive Oil, Bottle and Spray
- Canola Oil, Bottle and Spray

Add Flavor

- Basil
- Black Pepper
- Cayenne Pepper
- Chili Powder
- Chives
- Cilantro
- Cloves
- Cumin
- Curry Powder
- Dill Weed
- Garlic

Try these and others!

- Garlic Powder
- Ginger Root
- Hot Sundried Chiles
- Lemon or Lime Juice
- Mint
- Onion Powder
- Oregano
- Paprika
- Parsley
- Rosemary
- Tarragon
- Thyme
- Vinegar

Pick a Drink



- Coffee
- Diet or Zero Soda
- Tea, All Kinds
- Sugar Free Powdered Drink Mix
- Water

Pick a Sugar-Free Sweet



- Hard Candy
- Gelatin
- Popsicles

Medium and High Carbs

Measure with Cups

1 and 3/4 Cups

- Eggplant, Cooked
- Kohlrabi
- Sweet Pepper, Red and Yellow
- Turnips, Raw



1 and 1/2 Cups

- Artichoke Hearts
- Green Beans
- Squash, Spaghetti



1 and 1/3 Cups

- Broccoli, Cooked
- Brussel Sprouts
- Jicama (Yambean)
- Rutabagas, Raw
- Watermelon



1 and 1/4 Cups

- Pumpkin Mashed
- Cantaloupe Melon



1 Cup

- Beet
- Edamame
- Hot Green Chili
- Hot Red Chili
- Onion
- Rutabagas, Cooked
- Apricot
- Avocado
- Blackberries



- Blueberries
- Honeydew Melon
- Papaya
- Prickly Pear
- Raspberries

3/4 Cup

- Rutabagas, Mashed
- Squash, Butternut
- Pineapple



2/3 Cup

- Parsnips
- Guava



1/2 Cup

- Refried Beans, Fat-Free
- Shallot
- Squash, Acorn
- Corn Kernels
- Cherimoya
- Mango



1/3 Cup

- Black Beans
- Black-Eyed Peas (Cowpeas)
- Chickpeas
- Hummus
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Northern Beans
- Peas
- Pinto Beans
- Split Peas
- Plantain, Cooked



Watch: If it says "Cooked" or "Raw," the portion size is different. If it doesn't say, it doesn't matter.

Measure with a Ruler

4 Inch

- 1 Corn Cob
- 1 Banana
- 9 Tamarind

4.5 Inch

- 1/2 Grapefruit
- 2 and 1/2 Starfruits (Carambola)



Measure at a Glance

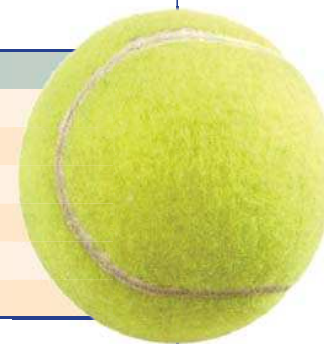
The size of a Baseball

- 1 Orange



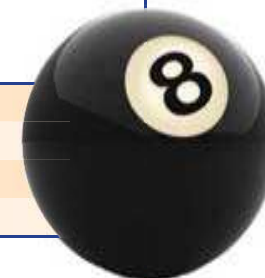
The size of a Tennis Ball

- 1 Artichoke
- 1 Apple
- 1 Nectarine
- 1 Peach
- 1 Pear, Asian
- 1/2 Pear
- 1 Tangerine



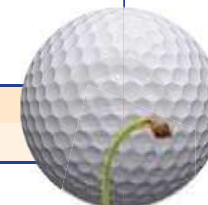
Each one the size of an 8 Ball

- 1 and 1/2 Kiwifruit
- 2 Lemons
- 2 Limes
- 2 Plums



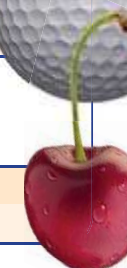
Each one the size of a Golf Ball

- 1 Fig
- 12 Strawberries



Each one Bite Size

- 12 Cherries
- 17 Grapes

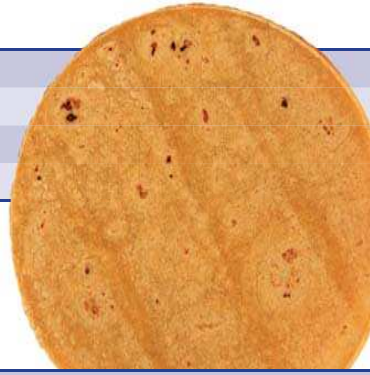


Medium and High Carbs

Grains and Starches: Whole Pieces

6 Inches

- 1 Pita Bread, Whole Wheat
- 1 Tortilla, Corn, Flour
- 1/2 Pancake
- 1/2 Pita Bread, White



4 Inches

- 2 Rice Cakes
- 1 and 1/2 Pancakes
- 1 English Muffin, Whole Wheat, White
- 1 Granola Bar, Hard Plain
- 1/4 Bagel



Tennis Ball

- 1 Biscuit, Plain or Buttermilk
- 1/2 Muffin, Oat Bran
- 1/2 Potato
- 1/2 Sweet Potato
- 1/2 Yam



Other

- 6 Crackers, Saltine Square
- 1 Slice of Bread, Rye, Pumpernickel, Multigrain, Oat Bran, Whole Wheat, White
- 1 Cornbread, 1" x 2"



Small Pieces

2 Cups

- Popcorn, Popped Plain

3/4 Cups

- Stuffing, Cornbread from Dry Mix

2/3 Cups

- Hominy, Canned

1/2 Cup

- Couscous
- Cream of Rice
- Cream of Wheat
- Farina
- Pasta, Whole Grain or Spinach
- Potato, Mashed
- Oatmeal
- Rice, Wild

1/3 Cups

- Barley
- Corn Grits
- Noodles, Rice
- Pasta, White
- Rice, Brown, White
- Wheat Bran, Dry

1/4 Cup

- Corn Bran, Dry
- Oat Bran, Dry
- Rice Bran, Dry
- Sweet Potato, Mashed

2 Tbsp

- Bread Crumbs
- Cornmeal, Dry
- Flour, All Kinds

Nuts and Seeds

1 and 1/4 Cups

- Coconut Meat

1 Cup

- Brazil Nuts
- Pecans
- Pumpkin Seeds
- Walnuts



3/4 Cup

- Macadamia Nuts
- Pine Nuts

2/3 Cup

- Hazelnuts
- Peanuts

1/2 Cup

- Almonds
- Flaxseed, Ground
- Pistachios
- Sesame Seeds
- Sunflower Seeds



2 Tbsp

- Peanut Butter

Dairy

Cups

- Soy Milk, Original and Vanilla, Light
- Milk, Nonfat
- Buttermilk, Lowfat
- Rice Milk, Unsweetened



Amount

- 1 and 3/4
- 1 and 1/4
- 1 and 1/4
- 2/3

Extras

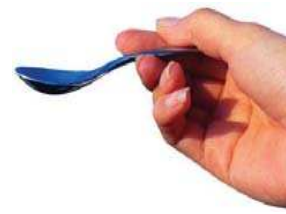


Tablespoons

Amount	Amount
Mayo, Diet, Low Sodium	7
Tomato Paste, No Salt Added	5
Ketchup, Low Sodium	4
Corn Syrup, Light	1
Honey	1
Maple Syrup	1
Molasses	1

Teaspoons

Amounts	Amounts
Sugar, Powdered	1
Sugar, Brown	1
Sugar, White	1



Alcohol

Alcohol can make your blood sugar drop too low. It can also block your meds from working. If you want to drink anyway, men can have two drinks in a day. Women can have one.



Amount	Amount
Beer	12 oz
Wine	4 oz

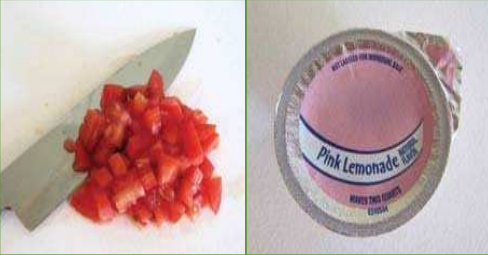
All cooked unless it says "dry."

Sample Breakfast

Start with ZERO AND LOW CARB

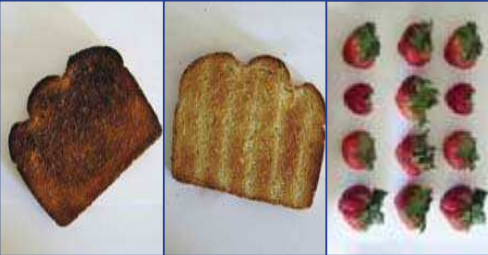


Pick a Protein Egg Whites
Pick an Oil Spray Canola Oil for eggs,
Tub Margarine for the toast
Add Flavor Cilantro



Choose Veggies Tomatoes
Pick a Drink Sugar Free Drink Powder

Add 3 Portions of MEDIUM AND HIGH CARB



Portion 1 Whole Grain Toast Slice
Portion 2 Whole Grain Toast Slice
Portion 3 Strawberries, 12 Golf Ball Sized



Sample Lunch

Start with ZERO AND LOW CARB



Pick a Protein Canned Tuna in Water
Add Flavor Lemon and Celery Seed



Choose Veggies Lettuce, Green Peppers
and Celery
Pick a Drink Zero Cola
Pick a Sweet Sugar Free Gelatin

Add 3 Portions of MEDIUM AND HIGH CARB

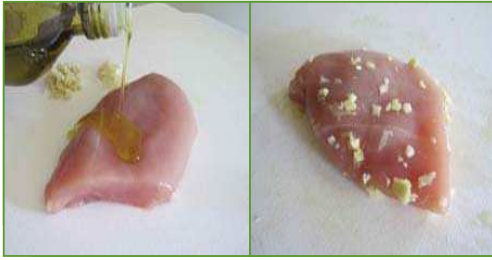


Portion 1 Fat Free Mayo, 1 Tablespoon
Portion 2 Uncooked Whole Grain Pasta,
1/2 Cup
Portion 3 Uncooked Whole Grain Pasta,
1/2 Cup



Sample Dinner 1

Start with ZERO AND LOW CARB



Pick a Protein Chicken
Pick an Oil Olive Oil
Add Flavor Ginger Root and Garlic

Sample Dinner 2

Start with ZERO AND LOW CARB



Pick a Protein Pork
Pick an Oil Bottled Olive Oil
Add Flavor Basil



Choose Veggies Cooked Spinach and Coleslaw
Add Flavor Pepper Flakes and Vinegar
Pick a Drink Water
Pick a Sweet Sugar Free Popsicle



Choose Veggies Lettuce, Red Cabbage, Cucumber and Cooked Cauliflower
Pick a Drink Green Tea
Pick a Sweet Sugar Free Hard Candy

Add 3 Portions of MEDIUM AND HIGH CARB



Portion 1 Sesame Seeds
Portion 2 Uncooked Couscous, 1/3 Cup
Portion 3 Orange, Baseball Sized

Add 3 Portions of MEDIUM AND HIGH CARB



Portion 1 Pine Nuts, 3/4 Cup
Portion 2 Brown Rice, 1/3 Cup
Portion 3 Brown Rice, 1/3 Cup



Ready for a snack?

Pick 1 portion of any medium or high carb.

You may want something in a package for a snack or meal. Turn the page: How to read a label to get the right portion size.



How to Use Labels to Get the Right Portion Size

Find the Nutrition Facts Label. It may be a tall box with white space. It may go sideways with words all run together.

The Four-Step Test for Every Label

1. Check the Saturated Fat line. If it's more than 5, it's not a good choice. The fat limit for the whole day is 15.

2. Check the Sodium line. If it's more than 400, it's not a good choice. The limit for the day is 1500.

3. Check the Ingredients. If you see "Shortening" or "Partially Hydrogenated" it's not a good choice.

Nutrition Facts

Serving Size 2 slices (17g)
Serving Per Container 16

Amount Per Serving		
Calories 60	Calories from Fat 0	
		%Daily Value*
Total Fat 0g		0%
Saturated Fat 0g ✓		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 70mg ✓		3%
Total Carbohydrate 15g ✓		5%
Dietary Fiber 3g		12%
Sugars 0g		
Protein 2g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g



4. Check the Carb line. If it's about 15, you've got a carb portion!

Careful! A whole package is usually NOT a portion.

Look up at the "serving size" to see how big the portion really is.

Ingredients: Whole Grain Rye Flour, Water, Salt. ✓
MAY CONTAIN TRACES OF WHEAT.

Serving Size 1/2 Cup
Total Carbohydrate 7g 3%

If the carb line is about 7 you can have **two** servings for 1 carb portion.



Serving Size 1 Cup
Total Carbohydrate 30g 10%

If the carb line is 30, cut the serving size in **half** for 1 carb portion.



Serving Size 1 Pastry
Total Carbohydrate 37g 18%

If the carb line is more than 35, you'd have to cut the serving size down so small it's probably not worth it!



Build-A-Meal

Everyone wants to feel full after a meal. If you're still hungry, or if you feel like you're missing out, you won't stick to the plan. Use the poster to "Build-A-Meal" that will keep you full and satisfied. For each meal:

STEP ONE Start with "ZERO AND LOW CARBS."



From the first row:
Pick a Protein Roast, boil or grill it.
Pick an Oil For fried protein, use spray oil.

From the second row:
Add Flavor Choose some spices for your protein and your veggies.
Choose Veggies Make a salad or cook some. Have as much as you want!

From the third row:
Pick a Drink
Pick a Sweet

Now look: You have a whole meal using just "Zero and Low Carbs." Anything more is a bonus. And you can have more.

STEP TWO Add "MEDIUM AND HIGH CARBS."



Pick 3 Portions Go easy on sweets and nuts in the last row. Have a small amount once in a while. You can add flavor to these carb choices, too.

Now you have a complete meal that keeps you full and on target.

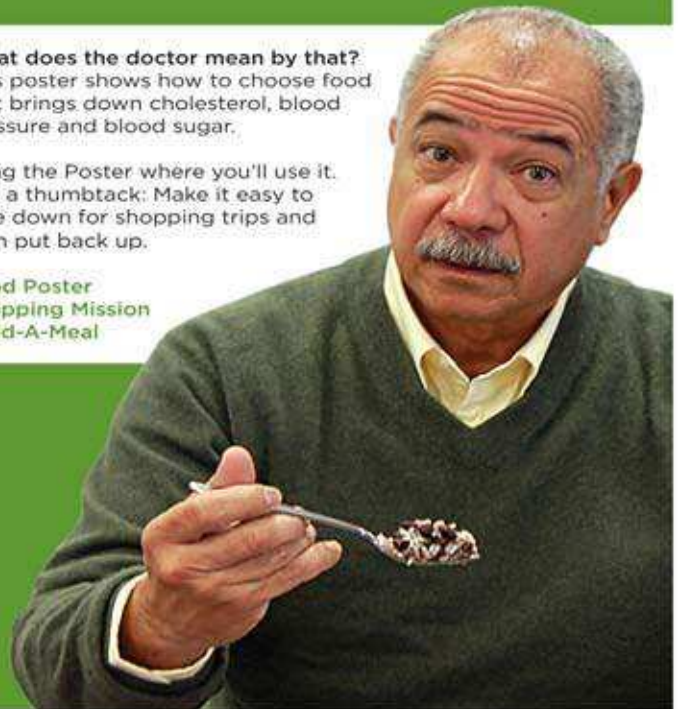
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How To "Watch What You Eat"

What does the doctor mean by that?
 This poster shows how to choose food that brings down cholesterol, blood pressure and blood sugar.

Hang the Poster where you'll use it. Use a thumbtack: Make it easy to take down for shopping trips and then put back up.

Food Poster
 Shopping Mission
 Build-A-Meal



Shopping Mission Get in. Get out. No distractions.

The struggle to eat right is won—or lost—at the grocery. You buy it, you'll eat it.

! If it's in a package, read the ingredients. Don't buy if you see: Shortening or Partially Hydrogenated.

Deli and Bakery



TRAP
 Prepared food doesn't have labels. You don't know how much trans fat, sodium and sugar is in it.

Eggs and Dairy



TRAP
 "Low" or "Lite" may still have fat and sodium.

Meat and Fish



TIP
 Look for: 90% Lean, 10% Fat Select or Choice

TRAP
 Lunch meats—even chicken and turkey—can be high in sodium.

Fresh Produce



TRAP
 Dips and dressings that say "Low" or "Lite" may still have trans fat and sodium.

Center Aisles—Know what you're going in for

Frozen Food



TRAP
 The bad stuff is on the same shelves with the good stuff.

TRAP
 Granola seems healthy, but it has high sugar, fat and sodium.

TRAP
 "Instant" foods are stripped of fiber.

TIP
 Read the aisle signs. Only enter rows you have to. Look for:

- **Bread:** 100% Whole Grain, Pumpernickel
- **Rice:** Brown, wild
- **Cereal:** High fiber brands, oatmeal, oat bran, barley
- **Tea** without caffeine

High Fiber Fruits



High Fiber Veggies



High Fiber Beans, Seeds and Pastes—Read the label

Black Beans	Lima Beans	Flaxseed (ground)
Black-eyed Peas	Navy Beans	Sunflower seeds
Chick Peas	Northern Beans	Sesame Seeds
Kidney Beans	Peas	Hummus
Lentils	Pinto Beans	Tomato Paste

Checkout

TIP
 As you empty the cart, set aside (don't buy) bad stuff that may have slipped in.

TRAP
 Impulse purchase racks are filled with sodium, sugar and trans fat.



How To "Watch What You Eat"

The more you stay on the right side of the poster, the better you'll feel.

Zero and Low Carb High Sodium • Bad Fat



Red Meat and Animal Fat



Salty Sides

Extreme Carb High Sodium • Bad Fat Low Fiber



Sugary Drinks



TV Dinners
Vegetables in Cans or Dried



Fruit Juice
Fruits in Syrup or Dried



Processed Grain and Starch



Whole Dairy and Extras

Zero and Low Carb Low Sodium • Low or Good Fat



Protein: Egg Whites, Fish, Lean Meats • Oil: Margarine in Tubs, Vegetable Fat, Spray Oils



Spices, Herbs, Salt Substitute • Vegetables



Sugar-Free Sides • Sugar-Free Drinks

Medium and High Carb Low Sodium • Low or Good Fat



Vegetables: Fresh, Frozen or in Cans with no Salt



Fruits: Fresh, Frozen or in Cans with Water



Whole Grain and Starch



Low Fat, Fat Free or Good Fat

GO EASY: These High and Medium carbs are good but you can still have too much of a good thing.