



A knowledge & support program for managing type 2 diabetes

Daily Diabetes Management Book

This book belongs to

Name _____

Address _____

Your Diabetes Health Care Team

Primary Doctor
Diabetes Educator
Specialist
Dietitian/Nutritionist
Pharmacy
Insurance Provider

Telephone Numbers

Medication List

Diabetes Medications

Cholesterol Medications

Blood Pressure Medications

Other Medications

? Questions to ask your health care providers and share with your diabetes educator

1. What are my ABC numbers?

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

2. What should my ABC target numbers be?

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

3. How often should I test my blood sugar and at what times? (If blood sugar is above targeted goal for 3 or more days, contact your doctor.)

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

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

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

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

8. Which exercises are best for me?

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

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

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

eyes: _____

feet: _____

kidneys: _____

nerves: _____

heart: _____

Managing Diabetes

A main goal of treating diabetes is to lower your blood sugar to a normal level. Lowering and controlling blood sugar may help prevent or delay problems caused by diabetes. Diet, exercise, and certain medications can help lower blood sugar. If you take an active role in managing your diabetes, you will be on the road to better health.

To help prevent high and low blood sugar levels:

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

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

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

Health Care Goals

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

A normal blood sugar level is less than 100 mg/dL.

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

A normal blood sugar level after a meal is 140 mg/dL.

Hemoglobin A1C: _____

Blood Pressure: _____

Cholesterol: _____

LDL Cholesterol: _____

HDL Cholesterol: _____

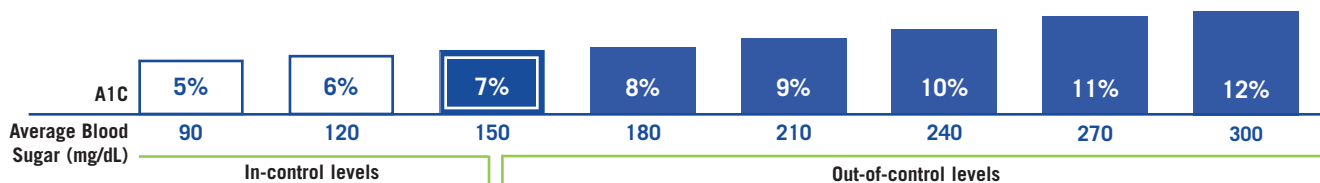
Triglycerides: _____

Weight Goal: _____

Daily Calorie Goal: _____

Activity/Exercise Goal: _____

Relationships between A1C and average blood sugar levels



Self-checking your blood sugar every day shows you how you are doing at a moment in time. An A1C test shows your blood sugar average for the last 3 months. The American Diabetes Association (ADA) recommends that you aim for an A1C of less than 7%.

Blood Glucose and Medicine Tracker (< = less than)

Goal	<100 mg/dL	<140 mg/dL							
Date	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 Hours After Lunch	Before Dinner	2 Hours After Dinner	Before Bed	Exercise	Notes
10/01	133	185*	140	124	115	155**		Vacuumed for 10 min.	*Ate pancakes and syrup. **Celebrated Sam's birthday.
10/02	69	115	110	110	115	165†		Cut grass for 30 min.	†Forgot bedtime snack.
10/03	90	120	110	130	120	140	130	Walked for 30 min.	Good day. Ate at home.

Understanding Food Nutrition Labels

Serving Size

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

Calories

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

Total Carbohydrates

Carbohydrates are found in foods like bread, potatoes, fruits, and vegetables. They are a key element in your diet, giving you nutrients and energy.

Dietary Fiber

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

Protein

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

Vitamins & Minerals

Make it your goal to get 100% of each every day. Let a combination of foods contribute to a winning score.

Nutrition Facts

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

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	13%
Total Carbohydrate 13 g	4%
Dietary Fiber 3 g	12%
Sugars 3 g	
Protein 3 g	

Vitamin A	80%	•	Vitamin C	60%
Calcium	4%	•	Iron	4%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Total Fat

Try to limit your calories from fat. Choose foods with less than 30% of calories derived from fat. Foods with more than 30% fat are considered high fat.

Saturated Fat

Saturated fat is the "bad" fat. It is the key player in raising blood cholesterol and your risk of heart disease. Avoid it!

Cholesterol

Challenge yourself to keep your cholesterol to less than 300 mg of cholesterol each day. Too much cholesterol can contribute to heart disease.

Sodium

Too much sodium (salt) can add up to high blood pressure in some people. Generally keep your sodium intake to 2,400 to 3,000 mg per day. The American Heart Association (AHA) recommends no more than 3,000 mg of sodium per day for healthy adults.

Daily Values

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

Additional nutrients may be listed on some food labels:

g = grams (about 28 g = 1 ounce).
 mg = milligrams (1,000 mg = 1 g).

Other Terms You May See on Packages:

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

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



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Diabetes Organizations and Resources

American Association of Diabetes Educators

www.diabeteseducator.org
1-800-338-3633

American Diabetes Association

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

American Dietetic Association

www.eatright.org
1-800-877-1600

American Heart Association

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

Centers for Disease Control and Prevention

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

National Diabetes Education Program

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

National Diabetes Information Clearinghouse

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