Diabetes

a guide to help you manage your diabetes in order to help prevent the major risks associated with diabetes.
important phone numbers

Your Doctor: __________________________

Your Endocrinologist: ______________________

Your Care Manager: _________________________

Your Pharmacy: ____________________________

Other: ___________________________________

Other: ___________________________________

Other: ___________________________________

Other: ___________________________________

references
American Diabetes Association
American Association of Diabetes Educators
Academy of Nutrition and Dietetics
Diabetes is a condition characterized by elevated blood glucose (hyperglycemia) resulting from the body’s inability to use blood glucose for energy.

Types

**Type 1**—Previously known as juvenile diabetes, it’s considered an autoimmune disease. The pancreas doesn’t make insulin (a hormone that helps use glucose for energy), so glucose cannot get into the body’s cells for use as energy. Insulin is needed to control blood glucose. There is no way to prevent Type 1 at this time.

**Type 2**—The pancreas makes insulin, but it either doesn’t produce enough or isn’t working properly. Prevention includes exercise, weight loss (if overweight), and a healthy eating plan.

**Gestational Diabetes**—Develops only during pregnancy. Women who have had gestational diabetes have a 20 to 50% chance of developing Type 2 diabetes within 5 to 10 years. Prevention includes consuming a healthy diet, exercise, and maintaining a healthy weight prior to becoming pregnant.

Causes

The causes of diabetes are not known.

Certain risk factors increases your chances of getting diabetes.

- Overweight or Obese—BMI (Body Mass Index) 25 or greater
- Family history of diabetes
- History of gestational diabetes
- High blood pressure
- High cholesterol
- Sedentary lifestyle
- Smoking
- Unhealthy diet
- Age (risk increases with age)
- Ethnic/racial background: African American, Hispanic/Latino, Native American, Asian American

Signs and Symptoms

- Frequent urination
- Numbness or tingling in hands or feet
- Excessive thirst
- Feeling tired or exhausted frequently
- Excessive hunger, even though you’re eating
- Very dry skin
- Unexplained weight loss
- Sores or wounds that are slow to heal
- Sudden vision changes
- More frequent infections
screening for diabetes

Screening
Your doctor will primarily diagnose diabetes from lab values and symptoms. The two lab values often tested are Hemoglobin A1C and Fasting Plasma Glucose. However, a random plasma glucose or oral glucose tolerance test may also be tested.

<table>
<thead>
<tr>
<th>Hemoglobin A1C</th>
<th>Fasting Plasma Glucose</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.6% or under</td>
<td>99mg/dL or less</td>
<td>Normal</td>
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<tr>
<td>5.7-6.4%</td>
<td>100-125mg/dL</td>
<td>Pre-Diabetic</td>
</tr>
<tr>
<td>6.5% or higher</td>
<td>126mg/dL or higher</td>
<td>Diabetic</td>
</tr>
<tr>
<td>Under 7%</td>
<td>-</td>
<td>Treatment goal for most diabetics</td>
</tr>
</tbody>
</table>

**Hemoglobin A1C**—Shows an average measurement of blood glucose over the past 2-3 months without fasting.

**Fasting Plasma Glucose**—Shows glucose measurement after 8 hours of fasting.

To interpret your result, first find your A1C number on the left. Then read across to learn your average blood glucose for the past 2 to 3 months.

- 6%: 126 mg/dL
- 6.5%: 140 mg/dL
- 7%: 154 mg/dL
- 7.5%: 169 mg/dL
- 8%: 183 mg/dL

- 8.5%: 197 mg/dL
- 9%: 212 mg/dL
- 9.5%: 226 mg/dL
- 10%: 240 mg/dL
- 10.5%: 255 mg/dL

My A1C is:_________________

**Self Management of Blood Glucose:**
- Testing frequency and time is individualized and determined by:
  - Doctor recommendations
  - Patient
  - Cost
  - Control of diabetes

- Target ranges: Are individualized and based on:
  - Duration of diabetes
  - Age/life expectancy
  - Comorbid conditions
  - Known cardiovascular disease
  - Hypoglycemia unawareness
  - Individual patient concerns
screening for diabetes

The American Diabetes Association suggests the following targets for most non-pregnant adults with diabetes:

› Hemoglobin A1C under 7%
› Before a meal glucose (pre-prandial plasma glucose): 70-130 mg/dL
› 1-2 hours after beginning of a meal glucose (post-prandial plasma glucose): less than 180mg/dL
› Ask your physician for your glucose goals

Pre-prandial plasma glucose (before a meal) TARGET: _____________________________

Postprandial plasma glucose (1-2 hrs after a meal) TARGET: ______________________

How do I check my blood glucose?

1. After washing your hands, insert a test strip into your meter
2. Use your lancing device on the side or your fingertip to get a drop of blood
3. Touch and hold the edge of the test strip to the drop of blood, and wait for the result
4. Your blood glucose level will appear on the meter’s display

Note: all meters are slightly different, so always refer to your user’s manual for specific instructions. Some meters will allow you to use your forearm, thigh, or fleshy part of the hand.

What do my results mean?
When you finish the blood glucose check, write down your results

Review results with food, activity, and stress, which can affect your levels

If your level is too high or too low for several days at about the same time, it might be time to change your plan

Low Blood Glucose (hypoglycemia) is characterized as a blood sugar less than 70mg/dl. However, it is important to talk to your health care provider about your individual blood glucose targets. Treatment usually involves consuming 15 grams of fast acting carbohydrates such as a glucose tablet, 4 ounces of juice or regular soda, or a tablespoon of sugar. Recheck your blood glucose after 15 minutes. If hypoglycemia continues, repeat. Once your blood glucose returns to normal, eat a small snack if your next meal or snack is more than an hour or two away.

One of the most important things you can do to manage your diabetes is to know what your blood sugars are and check them regularly

Work with your doctor and Registered Dietitian Nutritionist. Your doctor will tell you how often to test and when.
diabetic complications

Long-term complications can develop gradually over time. You’re more at risk the longer you’ve had diabetes and the less controlled your blood sugars have been. With correct treatment and lifestyle changes, you are able to prevent or delay the onset of these complications.

Management always includes: A healthy balanced meal plan, physical activity, blood glucose control, weight loss, if indicated and medications, if needed. Speak with your physician for any other specific management recommendations.

Complications include

**Skin Conditions**—bacterial infections, fungal infections and itching due to poor circulation and delayed healing

**Eye Conditions**—glaucoma, cataracts, retinopathy, blindness due to damage in blood vessels and nerves.

**Neuropathy**—nerve damage including:
- Peripheral—tingling, pain, numbness and weakness typically in the feet, legs and hands
- Autonomic—affects the heart, stomach, intestines and bladder. Could cause dizziness, fainting, rapid heart rates, indigestion, nausea, vomiting, diarrhea, constipation, loss of bladder control, and bladder infections

**Foot Complications**—neuropathy, skin changes, calluses, foot ulcers, poor circulation, and amputation

**Kidney Disease**—diabetes can damage the kidneys and cause them to fail. Kidney disease produces no symptoms until almost all function is gone. Once the kidney’s fail, either a kidney transplant or chronic dialysis will be necessary to maintain function

**Stomach Problems**—often related to neuropathy, gastroparesis may occur. The stomach may take a long time to empty content, blood sugars stay high and are difficult to manage, and blockages could occur.

**Heart Disease**—higher incidence of coronary artery disease, heart failure, high blood pressure, peripheral artery disease, and high cholesterol.

**Stroke**—Diabetes affects your blood vessels, increasing your chances of stroke by 50%. A stroke occurs when the blood supply to part of your brain is suddenly interrupted and causes the brain tissue to be damaged. This can cause movement problems, pain, numbness, and problems with thinking, remembering or speaking

**Mental Health**—managing diabetes can cause multiple emotions: anger, denial, depression, stress, frustration, fear, and anxiety. Ask for help—you are not alone!
Monitor Your Weight

Overweight, defined as a BODY MASS INDEX greater than or equal to 25.0

When you have diabetes, being overweight can increase your risk for complications. Even losing 5-10% of your weight through diet and eating well can help with your overall diabetes control and reduce your risk for these complications.

To successfully and healthfully lose weight and keep it off, most people need to subtract about 500 calories per day from their diet to lose about 1 pound per week.

This can also be accomplished by reducing total caloric intake in combination with increasing calories burned with exercise. Ex. Walking (3mph) for 30 minutes and consuming ~350 calories less every day

Medications

The first treatment for blood glucose control is often meal planning, weight loss, and exercise. If these measures do not bring blood glucose levels down near normal range, medication is usually the next step.

Take your medications as recommended. The effect on your health can be unpredictable or dangerous if you don’t take your medications as prescribed.

Having trouble remembering to take your medications? Try using a weekly pill organizer, set a reminder, or use a chart to check off when you’ve taken your medications.

If your blood glucose levels remain too high, your medication may need to be adjusted. DO NOT adjust your medication on your own. Talk to your doctor about possible changes.
Managing Diabetes

07

what to eat

Have a moderate and consistent amount of carbohydrates.

What are Carbohydrates? Carbohydrates are one of the three key nutrients found in the foods we eat. The other two components that make up our foods are protein and fats. Your body needs all three components for part of a healthy and balanced diet. Carbohydrates are the main food that raises blood sugar levels. That’s why it’s important to be aware of the amount of carbohydrates you eat. Determining when and how much you eat should be based on your lifestyle, medications and meal-planning goals.

Which foods contain carbohydrates?

› Breads, crackers, and cereals
› Pasta, rice and grains
› Starchy vegetables—such as potatoes, corn, and peas
› Beans and legumes
› Milk, soy milk, and yogurt
› Fruits and fruit juices
› Sweets, such as cakes, cookies, ice cream, jelly, etc.

15 grams of carbohydrates = 1 serving of carbohydrates

Weight Maintenance

For weight maintenance, many women need about 3-4 carbohydrate servings (45-60 grams) at each meal and most men need about 4-5 carbohydrate servings (60-75 grams) at each meal. One carbohydrate serving (15 grams) at snacks may work best.

› Spread out your carbohydrates throughout your day. Have 3 small meals and 1 to 2 snacks per day
› Use carbohydrate tables and read food labels to learn more about serving sizes

*Meal plans should be individualized according to your specific needs. Speak with your healthcare provider or Registered Dietitian for customized meal plans.
carbohydrate examples

Examples of One Serving of Carbohydrates (15 grams)

Grains
› 1 slice of bread
› Two 5 inch taco shells
› 1/2 hamburger or hot dog bun
› 1/2 cup cooked cereal
› 1/3 cup cooked pasta or rice
› 1/2 cup beans, corn, sweet potatoes, or mashed potatoes

Fruit
› 1 small fresh fruit,
› 1/2 cup canned or frozen fruit
› 2 Tablespoons of dried fruit
› 1 cup melon or berries
› 17 small grapes
› 1/2 cup unsweetened fruit juice

Milk/dairy
› 1 cup fat free or reduced fat milk
› 1 cup soy milk
› 2/3 cup or 6 ounces of nonfat yogurt plain or sweetened with sugar substitute

Sweets and desserts
› 2 inch square of unfrosted cake
› 2 small cookies
› 1/4 cup sherbet or sorbet
› 1/2 cup ice cream or frozen yogurt
› 1 Tablespoon of syrup, jam, sugar or honey

Other
› 1 cup raw or 1/2 cup cooked non-starchy vegetables count as zero carbohydrates. If you eat more than 3 servings in one meal, count them as one carbohydrate serving.
› 1 cup of casserole or mixed foods can be counted as 2 carbohydrate servings.

Don’t forget to read labels!
Drink Water
8-10 cups of water per day, every day

Increasing water intake helps your body clear excess fluids that are retained in your body.

It is very important to increase your consumption of water whenever you are increasing your activity level and fiber intake.

If you choose to drink alcohol, recommendations are to limit to 1 drink or less per day for women and 2 drinks or less per day for men.

› One drink is equal to 12oz beer, 5oz glass of wine, or 1.5oz distilled spirits

› Do not drink on an empty stomach or when glucose is low

› Alcohol can cause hypoglycemia shortly after drinking and for 24 hours after drinking—check blood glucose regularly

› Do not omit food from your regular meal plan and replace it with alcohol. If you use carbohydrate counting to plan meals, do not count it as a carbohydrate choice.

› Remember that certain additional mixers such as juice and soda will have carbohydrates.
diabetic snack ideas

5 Grams of Carbohydrates or Less

› 15 almonds
› 3 celery sticks with 1 Tablespoon of peanut butter or almond butter
› 1 hard boiled egg
› 1 cup of sliced vegetables-pair with hummus or low fat dressing
› 1 cup light popcorn
› 1 piece of low fat string cheese

About 10-20 grams of carbohydrate

› 1 small piece of fruit
› 6oz light yogurt with 3/4 cup of berries
› 3/4 cup whole grain cereal with 1/2 cup fat free milk
› 1/2 banana with 1 Tablespoon of peanut butter
› 1 cup strawberries with 1/2 cup low fat cottage cheese
› 1 cup berries or melon
› 1 slice of whole grain toast topped with 2 tsp almond butter or 1/4 avocado

What snacks do you usually have? 15 grams of carbohydrates for snacks are often best for most diabetics.

Check your serving size and carbohydrates:

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<tr>
<th>Snack</th>
<th>Serving Size</th>
<th>Total Carbohydrates</th>
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Tips

› Know your portion sizes! If in doubt use measuring cups and spoons
› Don’t forget to count the carbohydrates into your overall meal plan
› Mindless snacking can add up! Avoid eating in front of the TV, computer, while reading or driving
› Stock up on healthy options so that they are always available! Keep them in the front of your fridge and cupboards in single serving packages.
Always read food labels when you shop and when calculating your intake for the day.

### Serving Size
All the information on the label about calories and nutrients is for 1 serving. If you eat more than 1 serving, you get more calories and nutrients.

### Calories
Choose foods that help you get the nutrients you need without going over your daily calorie goal. Too many calories leads to weight gain.

### Total Fat
Choose foods with less than 5 grams (g) of total fat per serving. For someone who needs to eat 2,000 calories per day, 50 to 75 grams per day is a good range. Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).

### Saturated Fat and Trans Fat
Choose foods with less than 3 grams per serving of saturated fat and trans fat. (These are not heart-healthy.) A person who needs to eat 2,000 calories per day should eat no more than 15 grams of saturated fat and trans fat combined in 1 day. Read ingredients. If a food contains partially hydrogenated oils, then it has trans fat. (If a product has less than half a gram per serving, the label may still say trans fat free.)

### Sodium
Look for foods that have < 140 mgs. of sodium. Each day, eat less than 2,300 milligrams sodium.

### Dietary Fiber
Aim to get 25 to 30 grams dietary fiber each day. To meet this goal, include foods with at least 5 grams of fiber per serving.

### Total Carbohydrate and Sugars
It is measured in grams (g). **Remember, one serving of carbohydrate = 15 grams**

To figure out how many carbohydrates are in one serving of food:
1. Look at the serving size
2. Check the grams of total carbohydrates for one serving
3. Divide the grams of total carbohydrates by 15

*Note: sugars on the Nutrition Facts panel are included in the grams of total carbohydrates*
One half plate NON-starchy vegetables such as:

Spinach | Broccoli | Cauliflower | Romaine lettuce | Cabbage | Carrots | Tomatoes | Onions | Cucumber | Beets

*You can make a salad from a combination of these vegetable or just serve any one by itself.

*About one cup of raw vegetables is considered an appropriate serving size. One cup would be about the size of your fist.

One quarter of your plate protein source such as:

3 oz. of lean beef or pork | 3 oz. of skinless turkey, chicken or fish | Tofu | Eggs | Cottage cheese - low fat

*A 3 oz. serving is about the size of a deck of cards.
Managing Diabetes

common barriers

Eating Out
- Decide ahead of time what and how much you will eat and how you will handle social pressure. Practice saying “no thank you” “I’m too full” or look at the menu online
- Share one portion of dessert with someone
- Ask to have half your meal boxed up before it even reaches the table
- Ask to not have bread or chips placed on the table
- Don’t skip meals before you go

Grocery Shopping
- **Produce:** fill up on non-starchy vegetables, choose small sized fruits, choose fruits canned in their own juice instead of syrups, choose frozen or canned vegetables without added salt or additional sauces
- **Meat and Seafood:** choose lean (90% or more) or cuts with round or loin in the name. Choose skinless meats or trim the fat off of the meats.
- **Breads, Pasta, Rice, Cereal:** choose high fiber and whole grains
- **Dairy:** choose low fat or fat free products with limited added sugars

Traveling
- Over-pack your medications
- Protect your supplies-keep them close at hand. The TSA will allow you to go over the 3.4oz carry on limit for diabetic meds and supplies
- Identify yourself: where a medical bracelet or necklace that notes you have diabetes and take insulin (if you do) or carry a health card that includes emergency contact info. If traveling to another country where they speak another language, practice saying “I have diabetes”, “sugar”, and “orange juice, please”
- Carry snacks and low blood sugar treatment-glucose tabs, granola bars, etc

Summer Picnics
- Choose lean, grilled meats
- Load up on non-starchy vegetables
- Watch condiments and dressings-they are often filled with additional sugars
- Bring a dish to share
- Drink water, not high sugar beverages
- Stick to your routine-don’t skip meals
- Get additional activity in-walk with friends and family or grab a baseball glove and play catch

Holidays
- Remember, the holidays are a time to slow down and catch up with your loved ones. Focus on friends and family instead of food
- Don’t overdo it!
  - Eat slowly and really enjoy the foods you may only have once a year
  - Try to eat the same amount of carbohydrates you normally would for a meal
  - If you’d like a portion of dessert, cut back on another carbohydrate during the main course
- Bring a healthy dish
- Drink in moderation. Avoid high calorie, high sugar mixtures with soda, juice, or margarita mix
- It’s a busy time of year, but plan time into your week for physical activity: train for a local holiday run or walk, walk with a loved one after eating, help clean up after a meal to move around
Exercise can lower blood glucose in a few ways.

- Increased insulin sensitivity: cells are better able to use any available insulin to take up glucose during/after an activity; this can last up to 24 hours after your workout
- Muscles contracting: stimulates another mechanism that allows your cells to take up glucose and use it for energy whether insulin is available or not
- When you’re active on a regular basis, it will also help lower your HgbA1C levels

Other benefits of regular physical activity may include:

- Lower blood pressure and cholesterol
- Strengthen your heart and improve blood circulation
- Lower risk of heart disease and stroke
- Strengthen your muscles and bones
- Help you lose or maintain weight
- Keeps your joints flexible
- Increased energy for daily activities
- Improve your balance to prevent falls
- Improvement in sleep
- Reduce symptoms of depression
- Relieve stress
- Improve quality of life

Recommendations: Insufficient physical activity is defined as less than 2 hours and 30 minutes a week of moderate intensity aerobic activity. You should become familiar with how your blood glucose responds to exercise by checking your levels before and after exercise.

Understanding these patterns can help you prevent your blood glucose from going too high or too low. ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING A NEW EXERCISE ROUTINE.

Getting Started
You can start out for 5 or 10 minutes a day. Increase your activity sessions by a few minutes each week, or as tolerated. Over time, you’ll see your fitness improve and find that you’re able to do more. Be sure to get your physician’s clearance prior to starting any new exercise routine.

Find the Time
You don’t need an entire 30 minute block of time to dedicate to physical activity. Break it up into 10 minute sessions. Walk when doing errands instead of driving. Walk while talking on the phone. Do exercises at home during commercials.

At Work
Take the stairs instead of the elevator, walk once per hour, stand and stretch at your desk, pace during conference calls, take the longer way to get to the restroom or printer.

At Home
Take the dog for a walk around the block, do extra yard work or housework, play with the kids, carry things upstairs or from the car in two trips instead of one.
Tomato Stuffed Zucchini

**Ingredients**
- 1 medium zucchini
- 1 plum tomato, diced
- 1/3 cup shredded cheese
- 1/3 teaspoon minced fresh parsley
- Dash of garlic powder, dried oregano and pepper
- 1 1/2 teaspoons grated Parmesan cheese
- Salt and pepper to taste

**Directions**
Preheat oven to 350 degrees F. Cut zucchini in half lengthwise. Scoop out and discard pulp, leaving a 1/4 inch shell. Place zucchini in a saucepan and cover with water. Bring to a boil; cover and cook for 2-4 minutes or until tender. Drain. In a small bowl, combine the tomato, cheese, parsley, garlic powder, oregano and pepper. Spoon into zucchini shells. Sprinkle with Parmesan cheese. Place into an 8 inch square baking dish coated with cooking spray. Bake, uncovered for 20-25 minutes or until heated through.

**Nutrition info**
Servings Per Recipe: 2  |  Calories: 79  |  Total Fat: 5 g  |  Sodium: 115 mg  |  Total Carbs: 5 g  |  Dietary Fiber: 2 g  |  Protein: 7 g

Derived from *Taste of Home*

Mexican Beef and Corn Skillet Peppers

**Ingredients**
- 12 ounces extra lean ground beef
- 2 cups frozen corn kernels
- 1 10 ounce can diced tomatoes and green chilies
- 1 1/2 tsps ground cumin
- 2 large green sweet peppers, halved lengthwise, stems, seeds removed
- 1 ounce reduced fat sharp cheddar cheese

**Directions**
Lightly coat a deep large nonstick skillet with cooking spray and place over medium high heat until hot. Brown beef, stirring frequently. Stir in the corn, tomatoes, cumin and salt. Top with pepper halves, cut side down. Bring to a boil over medium high heat, reduce heat, cover and simmer 15 to 20 minutes or until peppers are at desired tenderness. Remove from heat. Place the pepper halves on a serving platter. Spoon in meat mixture and top with cheese. Makes 4 (1 pepper half and about 1 cup meat mixture each).

**Nutrition info**
Servings Per Recipe: 4  |  Calories: 264  |  Total Fat: 7 g  |  Sodium: 403 mg  |  Total Carbs: 23 g  |  Dietary Fiber: 4 g  |  Protein: 23 g

Derived from *Diabetic Living Online*
Peanut Butter and Double Chocolate Chip Muffins

Ingredients
1/4 cup unsweetened cocoa powder
1/4 cup unsweetened applesauce
2 tablespoons of flour (preferably whole wheat or oat)
1/4 cup plain nonfat Greek yogurt
1/2 teaspoon baking soda
1 tsp vanilla extract
1/4 teaspoon salt
2 tablespoons honey
2 tablespoons brown sugar
1 large egg
1/2 cup creamy peanut butter
5 tablespoons chocolate chips

Directions
Preheat oven to 425 degrees F. Spray muffin tin with cooking spray (only spray 9 cavities and fill the other three half-way up with water to ensure even baking). In a large bowl, stir together cocoa powder, flour, baking soda, baking powder, and brown sugar. In a separate bowl, combine peanut butter (room temperature), applesauce, Greek yogurt, vanilla, and honey. Beat until combined completely. Beat together dry and wet ingredients and then add the egg until completely blended. Do not over mix. Stir in the chocolate chips and add a few chocolate chips to the tops if desired. Bake at 425 degrees for 5 minutes and then reduce heat to 350 degrees. Continue to bake for 13-15 minutes more or until a toothpick inserted comes out clean.

Nutrition info
Servings Per Recipe: 9 | Calories: 167 | Total Fat: 10 g | Sodium: 162 mg | Total Carbs: 19 g | Dietary Fiber 2 g | Protein 6 g

Derived from Chelsea’s Messy Apron
Your Health Insurance Company
Many health plans offer diabetes support at no cost to their members. Call the customer service number (frequently found on the back of your insurance card and ask for the disease management or case management department).

American Diabetes Association
www.diabetes.org

National Diabetes Education Program
www.yourdiabetesinfo.org

American Heart Association
www.heart.org | Go to “conditions” page for “Diabetes” resources | 1-800-AHA-USA-1

Health Care.gov
www.healthcare.gov | 1-800-318-2596

Center of Disease Control
http://www.cdc.gov/diabetes/home/index.html

Academy of Nutrition and Dietetics
www.eatright.org

Nutrition Information
www.calorieking.com
http://www.nal.usda.gov/fnic/foodcomp/search
http://tracker.diabetes.org/explore
www.myfitnesspal.com

List of Apps
http://www.dce.org/public-resources/diabetes/

For more recipes take a look at these websites
www.diabetes.org
www.diabeticconnect.com
www.diabeticlivingonline.com
## my record

<table>
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<tr>
<th>Test</th>
<th>Frequency</th>
<th>Goal</th>
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<td><strong>Each Visit</strong></td>
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**weekly physical activity chart**

My Weekly Goal: ___________

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20

weekly physical activity chart

My Weekly Goal: ___________

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<tr>
<td>Name of Medicine</td>
<td>Color</td>
<td>What’s it For?</td>
<td>Dose</td>
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</tr>
<tr>
<td>Aspirin</td>
<td>white</td>
<td>blood thinner</td>
<td>1 pill</td>
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</tbody>
</table>
### medicine chart

<table>
<thead>
<tr>
<th>Name of Medicine</th>
<th>Color</th>
<th>What’s it For?</th>
<th>Dose</th>
<th>How Often &amp; What Time</th>
<th>Prescribing Doctor</th>
<th>Pharmacy Phone No.</th>
<th>Special Instructions</th>
<th>Refill Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirin</td>
<td>white</td>
<td>blood thinner</td>
<td>1 pill</td>
<td>once daily at night</td>
<td>Dr. Jones</td>
<td>650-555-1234</td>
<td>take with food</td>
<td>9/1/12</td>
</tr>
</tbody>
</table>
# 23

## My Weekly Record

<table>
<thead>
<tr>
<th>Date:</th>
<th>Breakfast</th>
<th>Snack</th>
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this information was brought to you on behalf of your doctor and