Living well in 2012

A diabetes management calendar
Welcome to a new year for better health!

A new year is a great time to make changes for a healthier life. If you have diabetes, it is important to make the right health choices. Work closely with your doctor and diabetes team.

You can do it. You are not alone. The Centers for Disease Control and Prevention (CDC) estimates almost 25.8 million people in this country now have diabetes. Another 79 million, age 20 and older, have pre-diabetes, which raises the risk of getting type 2 diabetes. It also raises the risk for heart disease and stroke. Men and women, rich and poor can have diabetes. Even some doctors have it.
Getting to know diabetes

Knowledge is power when it comes to taking care of diabetes. If you’ve just learned you have diabetes or have had it for years, this calendar is for you. Inside you’ll find:

- Monthly diabetes care topics and tips
- A blank blood sugar graphing chart to copy and use each month
- Room to record health care visits
- A health and wellness checklist card to take to your doctor visits
- Recipes for tasty, diabetes-friendly dishes

What are the different types of diabetes?

Type 1 diabetes occurs mostly in children and teens. But it can happen at any age. With type 1, the body destroys the cells that make insulin. Insulin is a hormone. It helps to control blood sugar levels. About 5% of all diagnosed cases of diabetes are type 1.

Type 2 diabetes makes up most diagnosed cases of diabetes. It often includes insulin resistance. That is when the cells don’t use insulin right. As the disease goes on, the pancreas slowly stops making insulin. Type 2 diabetes is often linked with age, obesity or family background. But today, even children and teens are getting it.

Sources: Centers for Disease Control and Prevention, cdc.gov; National Diabetes Education Program, ndep.nih.gov
Starting the new year right

Diabetes can hurt many major body organs if it is not taken care of correctly. For example, it can hurt the heart, eyes, kidneys and nerves. Making healthy lifestyle choices can help.

Here are some tips to help manage your diabetes:

- Always follow your diabetes health care team’s advice.
- Graph your blood sugar each day.
- **Get your tests.** Ask your doctor which tests and exams are right for you. They should include:
  - **A1C tests at least two times a year.** This blood test shows how well you’ve controlled your blood sugar in the past three months. A good A1C goal for people with diabetes is less than 7%. Your doctor may suggest a different A1C goal for you.
  - **Blood pressure check at each office visit.** High blood pressure raises your risk for heart disease, stroke and kidney disease. If your blood pressure is 130/80 or higher, talk to your doctor. Ask if your diet, exercise or drugs need to change.
  - **Cholesterol check at least once a year.** High cholesterol raises your risk for heart disease. Ideal levels should be:
    - **Total cholesterol** – below 200 mg/dL
    - **LDL (“bad” cholesterol)** – below 100 mg/dL
    - **HDL (“good” cholesterol)** – above 40 mg/dL for men; above 50 mg/dL for women
    - **Triglycerides** (tri-glis-e-rides) – below 150 mg/dL
  - **Microalbumin** (my-krow-al-BYOO-min) **test once a year.** This measures the amount of protein in your urine. It checks how well your kidneys work. Also, have your blood tested at least once a year for creatinine (kree-at-in-nin). It is another kidney function test.
  - **Dilated retinal eye exam once a year.** Diabetes can damage your eyes. It can lead to blindness. See your eye doctor even if your vision seems fine. Ask your health plan about this benefit and about a network doctor in your area. Most health plans pay for an annual dilated retinal eye exam even if you don’t have vision benefits.
  - **Foot exam every office visit.** Diabetes can damage the nerves and blood vessels in your body, especially in your feet. Take off your shoes and socks at each visit. Your doctor can check your feet and screen for neuropathy and peripheral artery disease (PAD). You should also check your feet each day for cuts and scrapes.
  - **Dental exam two times a year.** People with diabetes are at higher risk for gum disease. Be sure to tell your dentist that you have diabetes. Get regular dental checkups. Brush and floss each day.
  - **Other tests.** Ask your doctor if there are other tests you should have on a regular basis such as **body mass index (BMI); breast, cervix or colon exams.**

**Hint:** Use the diabetes and wellness health check card in this calendar. It is a handy way to keep track of your test results.

Sources: Agency for Healthcare Research and Quality, ahrq.gov; Centers for Disease Control and Prevention, cdc.gov; National Diabetes Education Program, ndep.nih.gov; National Library of Medicine (NLM), nlm.nih.gov
January 2012

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- New Year’s Day

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- Set up your yearly diabetes tests.

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- Complete your sick day plan.
- Change the batteries in your glucose meter every six months.

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- Avoid late night eating.

My take charge challenge for January is:

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- My doctor’s appointment is scheduled. Date: ________________
- Other: ________________

Shoot for the moon. Even if you miss it, you will land among the stars.
— Les Brown
Be heart healthy

Send a little valentine to your heart. Take the steps below to help improve your diabetes control and your heart health.

- **Keep your blood sugar in check.** Test your blood sugar as directed by your doctor. The A1C test can help you know how well you’ve controlled your blood sugar in the last three months. Use the blood sugar graph in this calendar to track your glucose levels daily. If your blood sugar is high, talk to your doctor about ways to bring it down.

- **Check your blood pressure.** You can help keep it in range with exercise and a healthy diet. If needed, you also can take medicine.

- **Check your cholesterol.** If it is not within your goal range, talk with your doctor. The doctor can tell you ways to help bring it down.

- **Eat foods that are good for your heart.** Choose fresh fruits, veggies, lean meats, whole grains and low-fat or nonfat dairy foods. Cut back on foods high in saturated or trans fat. Avoid foods high in cholesterol. Stay away from fatty meats, butter, high-fat dairy products, shortening, lard, commercial baked goods, and palm or coconut oil.

- **Limit alcohol.** A good rule of thumb is no more than two drinks for men and one drink for women per day. Talk with your doctor about what is right for you.

- **Watch portion sizes.** At home, serve food on smaller plates. Split meals when you eat out. Be sure to read grocery labels to see nutrition facts by serving size.

- **Keep a healthy weight.** Healthy eating and exercise can help you reach and stay at the right weight. Your dietitian can help you make a plan.

- **Don’t smoke.** Your doctor can tell you about ways to quit smoking.

- **When you reach 40 years of age, ask about an aspirin a day.** Ask your doctor if taking a low-dose aspirin each day can help lower your risk for heart disease and stroke.

- **Take your drugs as directed.** Don’t stop unless your doctor tells you.


Know the warning signs of heart attack for both men and women

- Chest discomfort (pressure, squeezing, fullness, pain)
- Discomfort in other areas of upper body (arms, shoulder, back, neck, jaw)
- Shortness of breath
- Other signs such as feeling weak, chills, sweating, nausea, lightheadedness, back pain
- Vomiting

The most common sign for men and women is chest pain or discomfort. Women are more likely to have some of the other common signs. These are shortness of breath, nausea or vomiting, and back or jaw pain. If you have any of these signs, dial 911 or go to the hospital right away.

Source: cdc.gov/heartdisease
February 2012

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- My cholesterol has been checked. My LDL is ______
  Goal: <100*

- My blood pressure has been checked. My BP is _____/_____
  Goal: <130/80*

- I exercise 30 minutes a day at least five days per week.
  *Your doctor may set a different goal for you. Talk to your doctor.

My take charge challenge for February is:

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- I will try three new heart healthy recipes this month.

- Other:
  _______________________
  _______________________

Think you can, think you can’t; either way you’ll be right.
— Henry Ford
Blood sugar tips

Even small changes in food, exercise, stress and drugs can affect your blood sugar. Doing the things listed below may help your blood sugar levels stay within your goal.

- Follow your doctor’s advice.
- Take your drugs as the doctor tells you.
- Take care of yourself.
- Exercise.
- Plan healthy meals and snacks ahead of time.

Blood sugar graphing can come in handy. Keep a daily record of what you eat, when you exercise and other key actions. It will help you see which things change your blood sugar level. Blood sugar graphing can help show you what to avoid. It can also show you what you can keep doing. At the end of this calendar is a blank blood sugar graph. You can copy and use it each month.

Know your blood sugar patterns
Look for the lows and highs on your blood sugar graphs. Then check off these tips to help keep your blood sugar in a normal range.

Nutrition
- My portion sizes are right.
- I eat healthy foods every day.
- I choose low-fat, low-sugar, low-salt and high-fiber foods.

Physical activity
- I get enough exercise (30 minutes on most days of the week).
- I stay active.

Drugs
- I take the dose the doctor ordered.
- I take my drugs at the right times.
- I store my drugs like they should be stored.
- I check them to make sure they are not out of date.
- My doctor knows about all the drugs, vitamins and herbal supplements I take.

Illness, infection and stress
- I feel healthy. I do things to stay that way.
- I talk to my doctor if I have any signs of illness or infection.
- I talk with my doctor when I feel stressed.

Your health care team
When you have questions about changes in your blood sugar level, talk with your health care team. Your team includes your doctor, diabetes educator, dietitian and pharmacist.

Source: National Diabetes Education Program, ndep.nih.gov
**March 2012**

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- **I record my blood sugar results each day.**
- **I write down activities that affect my blood sugar.**
- **I have had my A1C test.**
  
  Result: _______
  
  Goal <7*

*Check with your doctor about what goal is right for you.

**My take charge challenge for March is:**

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- **I will eat at least five fruits or veggies a day.**

**Other:**

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*Great things are not done by impulse, but by a series of small things brought together.*

— Vincent Van Gogh
Your health care visits

Before you visit your doctor
- Make a list of your health concerns and questions.
- Make a list of your drugs and take it with you to the office visit. Include any vitamins, herbs and over-the-counter drugs.

During your visit
- Ask your doctor to repeat anything you don’t understand.
- Tell your doctor about any issues that will NOT allow you to follow his or her advice.
- Go over your medications and questions with your doctor.

Helpful questions to ask

General health
- Do I have any problems and what do I need to do to correct them?
- What kind of exercise is right for me?
- What is my body mass index (BMI)?
- What is the best meal plan for me?
- How many calories do I need to eat each day?
- What changes can I make to my favorite recipes to make them healthier?
- How can I follow my meal plan when I eat out?
- What foods can I eat when I am sick?

Diabetes health

Feet
- How do I check my feet every day and what should I be looking for?
- When should I contact my doctor about my feet?

Blood sugar
- What do my blood sugar results mean? When should I call the doctor?
- What should I do when I travel to help keep my blood sugar under control?
- Can you help me make a sick day plan?

Medications
- How and when should I take my drugs?
- Which drugs should I take with meals?
- Which ones should I take on an empty stomach?
- What are the possible side effects of the drugs I take?
- What do I do if I miss a dose of any of my drugs?
- Are there any that I shouldn’t take together?
- How should I store my drugs?
- Should I avoid any over-the-counter drugs?

Sources: Agency for Healthcare Research and Quality, ahrq.gov; National Diabetes Education Program, ndep.nih.gov
I've made a list of questions to ask my doctor.

I have a list of all current medications and will take it to my next doctor visit.

I have called my insurance company about any coverage questions.

My take charge challenge for April is:

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I will not add extra salt to my food.

Other:

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The person who says it cannot be done should not interrupt the person doing it.
— Chinese Proverb
News on nerves

Did you know that one out of two people with diabetes has nerve damage? It’s called diabetic neuropathy (ne-ROP-uh-thee) and is a serious condition. It may lead to foot injuries or infection. And if a foot injury is not noticed and treated right away, any infection may spread and could result in amputation. Nerve problems can happen any time for people with diabetes. The risk rises with age and the longer you’ve had diabetes. Nerve problems also seem to be more common in people who are overweight and who have problems with their blood sugar, cholesterol and blood pressure levels.

These steps may prevent or delay further damage. They also may lessen your symptoms if you already have neuropathy.

- Keep your blood sugar levels as close to normal as you can.
- Take care of your feet. The nerves in your feet and toes are at higher risk for nerve damage. Loss of feeling in your feet can make you not feel a sore or injury. That can lead to more damage or infection. Good foot care includes:
  - Cleaning your feet daily with warm water and soap. Dry them thoroughly.
  - Checking your feet and toes every day for cuts, blisters, redness, swelling, calluses or other problems.
  - Putting lotion on your feet (but not between your toes).
  - Wearing shoes or slippers to protect your feet.
  - Having your foot doctor trim your nails and file your corns and calluses.
  - Getting your doctor to check your feet at each office visit. Take off your shoes and socks in the exam room so you’ll remember to have your feet checked.
- Choose the right exercises for you. Some are not safe for people with neuropathy. Talk to your doctor about which are right for you.


Neuropathy symptoms depend on which nerves are affected, but may include:

- Numbness, tingling, burning or a prickling sensation
- Problems having sex
- Loss of balance or coordination
- Diarrhea or constipation
- Problems with urination
- Not able to feel hot or cold
- Indigestion, nausea or vomiting
- Leg cramps or spasms
May take charge checklist

☐ I talked to the doctor about any neuropathy symptoms.

☐ I check my feet each day for any problems.

☐ I talked with my doctor about any blood sugar control issues.

My take charge challenge for May is:

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☐ I will eat more whole grains and try whole wheat pasta.

Other:

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Nothing is particularly hard, if you divide it into small jobs.
— Henry Ford
Lighten up

Overweight and obese are names for weights that are greater than what is healthy for a given height. According to the CDC, more than one-third of American adults are obese. More than 16% of those younger than age 20 are obese, too. Obesity raises the risk of many diseases and serious health problems. This includes type 2 diabetes.

Staying active can help you control your blood sugar. It also can help control your weight, stress and blood pressure. Exercise can raise your “good” cholesterol level. It can improve your mental health. It also can help lower your risk of heart disease and nerve damage.

Before exercise
- Talk with your doctor about the best type of exercise for you.
- Ask your doctor if it’s OK to be active when your blood sugar is high.
- Ask your doctor if you should have a snack before you are active.
- Make sure that your shoes fit well. Make sure that your socks stay clean and dry.
- Find an exercise buddy. You’re more likely to be active with a friend!
- Test your blood sugar before and after exercise. If you have type 1 diabetes, don’t exercise if your urine has ketones. Ketones are chemicals that your body makes when there’s not enough insulin in your blood. Your doctor can tell you what levels are safe.

During exercise:
- Warm up and stretch for five to ten minutes before you are active. Then cool down for several minutes at the end.
- Know the signs of low blood sugar. They include shakiness, sweating, pale skin color and confusion. Always carry food or glucose tablets to treat it.
- Always wear your medical ID or something with your name and information.
- Keep water on hand. Drink it while you exercise. You should drink it even if you don’t feel thirsty.

After exercise:
- Check your feet for redness or sores after you exercise. Always call your doctor if you have sores that don’t heal.
- Test your blood sugar.

BMI: How do you measure up?
The body mass index (BMI) is a number figured from your weight and height. For most adults, BMI shows the amount of body fat.

For most adults:
Having a BMI between 25 and 29.9 means overweight.
Having a BMI of 30 or higher means obese.

See the BMI chart at the back of this calendar to see how you measure up.

To learn more about your BMI, talk with your doctor or visit nhlbisupport.com/bmi.

Sources: Centers for Disease Control and Prevention, cdc.gov; U.S. National Library of Medicine, nlm.nih.gov/medlineplus; National Diabetes Information Clearinghouse, diabetes.niddk.nih.gov
I have asked the doctor if it is OK for me to exercise.

I am taking steps to get more exercise (taking the stairs and parking farther away when I go to the store or the doctor).

I wear a medical ID and carry glucose tablets when I exercise.

My take charge challenge for June is:

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□ I will take the stairs whenever I can.

Other:

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Do something every day that you don’t want to do; this is the golden rule for acquiring the habit of doing your duty without pain.
– Mark Twain
Your kidneys

Did you know that your kidneys process about 50 gallons of blood each day? They also filter about two quarts of waste. They remove extra water from your body.

It is important to keep your kidneys healthy. High blood sugar and high blood pressure are the two main causes of kidney disease. When kidneys are damaged, they can’t filter blood right.

What does diabetes do to kidneys?
If sugar stays in your blood instead of breaking down, it is like a poison. Damage to the kidneys from too much sugar is called diabetic nephropathy (nef-ROP-uh-thee). If you keep your blood sugar and blood pressure at normal levels, you can help stop or delay problems.

Your doctor will help
Most people don’t have severe symptoms from kidney disease until it gets worse. So how can your doctor tell if you have, or might get, kidney disease? He or she can do a microalbumin test to look for albumin (small bits of protein) in your urine. It is a sign of the condition. People with diabetes also should get a blood test each year for creatinine. This test helps the doctor know how much blood your kidneys filter each minute.

Sources: National Kidney and Urologic Diseases Information Clearinghouse, kidney.niddk.nih.gov; National Institutes of Health and the Friends of the National Library of Medicine, nlm.nih.gov; Centers for Disease Control and Prevention, cdc.gov
### July take charge checklist

1. I have set up a doctor’s appointment for the second half of the year.
2. I am using the blood sugar graph.
3. I’ve had my kidneys tested (microalbumin, creatinine) or I’ve been to a nephrologist.

**My take charge challenge for July is:**

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**Other:**

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*A winner never quits and a quitter never wins.*
— Anonymous

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Be safe with medications

Drugs are an important part of diabetes care. Here’s how to get the most from them.

Ask questions
Your doctor, pharmacist or nurse can help answer these questions for you.
- What is the name of my drug? Why am I taking it?
- How long will I have to take this drug? What time of day should I take it? How many times a day should I take it?
- Should I take this drug with or without food?
- What should I do if I miss a dose?
- What are the possible side effects? When should I call my doctor?
- Will this drug interact with any of my other prescriptions? How about my over-the-counter drugs, herbals, vitamins or supplements?
- How should I store this drug? Does it need to be refrigerated?
- If I can’t swallow a pill, can I break it or chew it? Can I get it in a liquid form?

Stay safe with these tips
- Wear or carry your medical and personal ID.
- Take all your drugs with you to each doctor’s visit. Include:
  - Over-the-counter
  - Herbal remedies
  - Vitamins
  - Nutritional supplements
- Tell your doctor about any drug or food allergies you have.
- If you smoke, quit. Smoking can change the way your drugs work.
- Don’t take your drugs with alcohol.
- Don’t stop taking your drugs unless your doctor tells you to stop.

Prevent errors
- Use a pillbox or checklist to help organize your drugs.
- Keep your drugs separate from other people’s drugs in your home.
- Fill your drugs at the same pharmacy. Be sure to tell your pharmacist about any sample drugs you’re taking.
- Read labels before using drugs. Take your drugs just as your doctor ordered.
- Turn on a light and wear your glasses when taking your drugs.

Travel smart
- Pack twice the amount of drugs and supplies than you’d normally need.
- If your insulin needs to be kept cold, pack it in an insulated bag. Use cold gel packs.
- Keep snacks, glucose gel or tablets with you.
- If you use insulin, make sure you also pack a glucagon emergency kit.
- Make sure you keep your medical insurance card and emergency phone numbers handy.
- Don’t forget to pack a first aid kit with all the basics.
- If you’re flying, carry all your diabetes supplies in your carry-on bag. Have it all clearly marked. Use the original package.

Sources: U.S. Food and Drug Administration, fda.gov; Agency for Healthcare Research and Quality, ahrq.gov

Sources: National Diabetes Education Program, ndep.nih.gov
I have checked the expiration date on my insulin.

I use a pillbox or checklist to organize my drugs.

I have taken all my drugs, including over-the-counter ones, to the doctor for review.

My take charge challenge for August is:

_________________________
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I have checked with my doctor to make sure I am up to date with all my tests.

Other:

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An investment in knowledge always pays the best interest.
— Ben Franklin
Keeping an eye on your sight

Caring for your eyes is very important. When you have diabetes, it can damage blood vessels including those in the retina, the tissue that lines the inner eyeball. This damage is called retinopathy (REH-tih-NOP-uh-thee). It may cause severe vision loss. It can cause blindness. People with diabetes also have a higher risk of getting cataracts (a cloud over the eye). They can also get glaucoma (increased eye pressure).

You should see either an ophthalmologist or optometrist on a regular basis. He or she can give you a dilated retinal eye exam. This exam is NOT a vision checkup for glasses. It is a special exam. People with diabetes need it for medical reasons.

Ask your eye doctor to send a copy of the results to your doctor. Make sure your doctor gets the report and knows about any damage to your eyes.

**Hint:** Most health plans will pay for an eye exam even if you do not have vision benefits. Call your health plan customer service number. Ask if your plan covers a dilated retinal eye exam. They also can help you find an eye doctor.

Wear a smile

The National Diabetes Education Program reports that people with diabetes are two to three times more likely than others to have periodontal (per-ee-uh-don-tl) disease. This can lead to tooth loss.

Periodontal disease is more common in people with diabetes. It also progresses faster. It is often more severe. Having an infection may change your body’s ability to process or use insulin. Keeping an infection under control might help control blood sugar.

People with poor blood sugar control also can get gum disease more often and more severely than people who have their diabetes under control. So what can you do to help prevent the oral problems of diabetes? **Brush and floss each day. Have regular dental checkups. Get your blood sugar levels under control.**

Sources: National Diabetes Education Program, ndep.nih.gov; National Institute of Dental and Craniofacial Research, niddcr.nih.gov
Take charge checklist

- I have had or have set up my diabetic retinal eye exam this year.
- I have had or have set up a dental appointment.
- I brush my teeth and floss each day.

My take charge challenge for September is:

_________________________
_________________________
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- I will make my eye doctor and dentist appointments.

Other:

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Learn from yesterday, live for today, hope for tomorrow.
— Orison Sweet Marden

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A sick day action plan

Illness can cause your blood sugar to rise. That is why you need a sick day action plan. Work with your doctor or diabetes educator to make one. The plan will help you manage your blood sugar levels when you’re sick.

Be sure to share your action plan with someone close to you. Let him or her know when you don’t feel well. Keep this person’s contact information with the action plan your doctor makes for you.

Action plan for nausea, vomiting or diarrhea: fluid and food guide

- Drink four to eight ounces of water or sugar-free, caffeine-free liquid each hour.
- Eat 10 grams of carbs every hour or 50 grams every three to four hours.

These items have 10 to 15 grams of carbs per serving:
- 1 double stick Popsicle®
- 1 cup milk
- ½ cup fruit juice
- ½ cup regular (not diet) soft drink
- 6 saltine crackers
- 3 graham crackers
- 1 slice dry toast
- ½ cup regular (not sugar-free) gelatin
- ¼ cup sherbet

Blood sugar testing

- If you have type 1 diabetes, you may need to check blood sugar and urine ketones every four hours.
- If you have type 2 diabetes, checking blood sugar four times a day may be enough.
- You might only need to check ketones if your blood sugar is higher than 300 mg/dL. Follow your doctor’s orders. Write down the results.

Medication

- Take your insulin and oral drugs as your doctor orders. Ask your doctor about any dosage changes.
- Talk with your doctor if you are having medical tests or surgery that requires you to skip a meal. Talk about if he wants you to change your medicine schedule.

Keep supplies on hand before you get sick

- Write down your plan. Keep ketone strips, food and other supplies on hand.
- Make sure that your ketone test strips are not expired.

Drugs can also affect your blood sugar

Some drugs that people take when they are sick can affect blood sugar levels.
- Check the label of your over-the-counter drugs to see if they have sugar.
- Decongestants and cold medicines may raise blood sugar levels.
- Some antibiotics lower blood sugar levels in people who take diabetes pills. Only take an antibiotic when you truly need it. Talk with your doctor about when and how to take them.

When to call your doctor

- You’ve been sick or had a fever for a couple of days and aren’t getting better.
- You vomit or have diarrhea for more than six hours.
- You have moderate to large amounts of ketones in your urine.
- Your blood sugar levels are higher than 240 even though you’ve taken the extra insulin your sick day plan calls for.
- You take pills for your diabetes and your blood sugar level climbs to more than 240 before meals and stays there for more than 24 hours.
- Your chest hurts, you have trouble breathing, your breath smells fruity or your lips or tongue are dry and cracked.
- You’re not sure how to take care of yourself.

Sources: National Diabetes Education Program, ndep.nih.gov; National Diabetes Information Clearinghouse (NDIC), diabetes.niddk.nih.gov
I asked my doctor about flu and pneumonia vaccines.

I wash my hands regularly to avoid spreading germs.

I have a sick day plan in place and my pantry has needed sick day supplies.

My take charge challenge for October is:

_________________________
_________________________
_________________________

I will create a sick day plan and get the supplies I need.

Other:

_________________________
_________________________

A journey of a thousand miles must begin with a single step.
— Chinese Proverb
Eating for a healthy blood sugar level

For people with diabetes, what, when and how much they eat can change their blood sugar level. That’s why sticking to a healthy eating plan really matters. Work with your doctor or dietitian to set up meal plans. Your plan should take your lifestyle, the time of year and other needs into account.

Here are some tips for smart eating:

- Choose a variety of the five basic food groups (whole grains, veggies, fruits, lean meats/beans and dairy).
- Eat small, well-balanced meals throughout the day.
- Control the amount of starch you eat at each meal. Starches include whole grains (cereals, breads, pasta, oats) and starchy veggies (potatoes, lima beans, peas).
- Eat raw and cooked veggies with little or no fat, sauces or dressings.
- Choose whole fruits. Be sure that fruit juices, canned fruit and dried fruit have no added sugar or come in their own juice.
- Eat fat-free or low-fat dairy foods like milk, yogurt and cheese.
- Buy lean cuts of beef, pork, ham and lamb. Eat chicken or turkey without the skin.
- Limit or avoid sweets and gooey treats, and choose foods low in saturated fat and with no trans fat.
- Talk with your dietitian about how alcohol affects your blood sugar. Limit alcohol to no more than two drinks per day for men and one drink per day for women.

Know your portions

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<th>Equals</th>
<th>No measuring cup or spoons? Try...</th>
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<td>Fresh fruits or veggies</td>
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<td>Looks like a baseball</td>
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<tr>
<td>Canned fruit or cooked veggies</td>
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<tr>
<td>Starchy veggies or dried beans</td>
<td>½ cup</td>
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<td>Bread</td>
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<td>Dry cereal</td>
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<tr>
<td>Cooked cereal</td>
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<td>Looks like ½ of a baseball</td>
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<tr>
<td>Cooked rice or pasta</td>
<td>1/3 cup</td>
<td>Size of a large egg</td>
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<td>Dairy products</td>
<td>1 cup</td>
<td>Size of a small milk carton</td>
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<tr>
<td>Cheese</td>
<td>1½ ounces</td>
<td>Size of four dice</td>
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<td>Lean meats and chicken</td>
<td>3 ounces</td>
<td>Size of a deck of cards</td>
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<td>Fish</td>
<td>3 ounces</td>
<td>Size of a personal checkbook</td>
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<tr>
<td>Oil, margarine or butter</td>
<td>1 teaspoon</td>
<td>Size of your thumb tip</td>
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Holiday tips - how to stay in control

- **Snack ahead.** Enjoy a healthy snack before going to a party. It may help you eat less when you get there.
- **Plan ahead.** Check out the party foods before you start to eat. Your food choices should fit into your meal plan.
- **Bring a dish.** Try one of the healthy, tasty recipes in this calendar.
- **Move away from the buffet.** Fix your plate and move away from the finger foods. Avoid eating while chatting.
- **Savor the flavor.** Eat slowly. It will help reduce your chances of eating too much.
- **Drink water.** Water is a healthy, no-calorie beverage. Drink plenty of it.
- **Trim it down.** Eat smaller portions. Remove skin and fat from meat.

Hungry? Be sure to check out the healthy recipes in this calendar.

**November 2012**

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<td>Celebrate American Diabetes Month by trying a new healthy recipe.</td>
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<td>Have you had your yearly tests (A1C, cholesterol, kidney and eye)?</td>
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<td>Be active for 30 minutes most days.</td>
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<td>Check your blood glucose each day or as often as your doctor suggests.</td>
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<td>Stop eating when you are full.</td>
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**Take Charge Checklist**

- I eat small, well-balanced meals throughout most days.
- I eat at least five fruits and veggies a day.
- I am measuring portion sizes.

My take charge challenge for November is:

Other:

*Do not let what you cannot do interfere with what you can do.*
— John Wooden
Diabetes and stress

Too much stress is unhealthy for all of us but it can affect people with diabetes even more.

These tips may help you deal with stress:

- **Stay active.** Being active helps your body use insulin better. It can help control your blood sugar. It helps control weight.
- **Plan healthy meals.** Stress can drive you to choose unhealthy foods. Plan ahead so you can stick with the foods on your meal plan.
- **Relax.** Take 20 minutes each day to sit quietly. Breathe deeply, relax and think of pleasant things or nothing at all. Read a pleasant poem, prayer or quote to replace negative thoughts.
- **Be realistic.** If you feel overwhelmed, it’s OK to say “no.” Stop doing things you don’t need to do. Ask others to help when you need it.
- **Laugh.** Laughter can help you see stressful changes in a different light.

When it’s more than stress

Your emotional health matters as much as your body’s health. Talk with your doctor if you have feelings like these:

- **Anger and denial** can be common when you have diabetes. Denial can include thinking you don’t need to make healthy changes. It can mean not believing that diabetes is serious. Anger can mean being mad at yourself. It can mean being upset with others.

- **Depression** is a serious medical condition. Studies show that patients with diabetes are twice as likely to have depression as those without diabetes. Everyone has low moods or feels sad at times. But if you’ve felt “down,” sad, or hopeless or had little interest in doing things for two weeks straight, talk with your doctor. Ask if you might be depressed.

The good news is that depression can be treated. Drugs and counseling can help. Don’t be afraid to talk with your doctor if you think you’re depressed. You’re not alone.

Sources: Agency for Healthcare Research and Quality, ahrq.gov; Centers for Disease Control and Prevention, cdc.gov

Signs of depression include:

- Sad mood
- Loss of energy or feeling tired
- Trouble paying attention, remembering or making decisions
- Being restless and Irritable
- Unintended weight gain or loss
- Loss of interest or pleasure in most things

Have these signs? Your doctor can help. Call your doctor today!
I have talked to my doctor about my mood.

I’ve had all these diabetes tests this year:
- A1C
- Cholesterol
- Kidney
- Dilated retinal eye exam
- Blood pressure

My take charge challenge for December is:
- I will take a 20-minute break for myself each day.

Other:
- Say “no” to three things you don’t need to do this month.
- Schedule lunch with a friend.
- Take your diabetes drugs at the same times each day.
- Ask for help when you need it.

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.
— Martin Luther King
Diabetes resources

Learn as much as you can about diabetes. The more you know about the condition, the healthier your life can be.

To learn more about diabetes, check out these resources:

**American Diabetes Association**
800-342-2383
diabetes.org

**Centers for Disease Control and Prevention**
800-232-4636
cdc.gov

**National Diabetes Education Program**
301-496-3583
ndep.nih.gov

**National Diabetes Information Clearinghouse**
800-860-8747
diabetes.niddk.nih.gov

Diabetes events

Do you want to get involved? Do you want to empower yourself and help others? The American Diabetes Association’s website features several links to local and national diabetes-related events and campaigns. Visit diabetes.org/in-my-community to learn more.

This calendar is meant to inform, not to advise. For advice about your health, please check with your doctor. We use the trade names of common drugs and devices as examples. We do not endorse any of them. Your doctor may choose to use products not found in this calendar. Your health plan may not cover some treatments. Call customer service to find out what treatments we cover. The number is on your member ID card.
Breakfast
Sweet onion frittata with ham
Serves 4; serving size: 1/4 recipe

Ingredients
- 4 oz extra lean, low-sodium ham slices, chopped
- 1 cup thinly sliced Vidalia onion (or other variety, such as Texas Sweet)
- 1 1/2 cups egg substitute
- 1/2 cup shredded, reduced-fat, sharp cheddar cheese

Preparation
1. Place a medium nonstick skillet over medium-high heat until hot. Coat the skillet with nonstick cooking spray, add ham, and cook until beginning to lightly brown for 2 or 3 minutes, stirring frequently. Remove from skillet and set aside on separate plate.
2. Reduce the heat to medium, coat the skillet with nonstick cooking spray, add onions, and cook 4 minutes or until beginning to turn golden, stirring frequently.
3. Reduce the heat to medium low, add ham to the onions, and cook 1 minute (this allows the flavors to blend and the skillet to cool slightly before the eggs are added). Pour egg substitute evenly over all, cover, and cook 8 minutes or until puffy and set.
4. Remove the skillet from the heat, sprinkle cheese evenly over all, cover, and let stand 3 minutes to melt the cheese and develop flavors.

Nutrition information
- Calories: 132
- Calories from fat: 32
- Total fat: 4 g
- Saturated fat: 2 g
- Cholesterol: 23 mg
- Sodium: 519 mg
- Total carbohydrate: 7 g
- Dietary fiber: 1 g
- Sugars: 4 g
- Protein: 18 g

Appetizer
Layered black bean dip
Serves 16; serving size: 2 Tbsp

Ingredients
- 1 can (15 oz) black beans, drained and rinsed
- 1/4 tsp onion powder
- 1/4 tsp dried oregano
- 1/8 tsp garlic powder
- 1/8 tsp cayenne pepper
- 1/2 cup salsa, thick and chunky
- 1/2 cup fat-free sour cream
- 1/4 cup chopped green onions
- 2 oz (1/2 cup) grated reduced-fat cheddar cheese

Preparation
1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper.
2. Spread on a serving dish.
3. Top with salsa, sour cream, green onions and grated cheese.

Nutrition information
- Calories: 32 g
- Total fat: 1 g
- Saturated fat: 0 g
- Cholesterol: 2 mg
- Sodium: 89 mg
- Total carbohydrate: 5 g
- Dietary fiber: 1 g
- Sugars: 1 g
- Protein: 3 g

Exchanges/choices
- 1/2 starch
**Soup**

**Tomato basil soup with chicken**

Serves 4; serving size: 1 cup

**Ingredients**

1 14.5-ounce can diced tomatoes with Italian seasonings
1/2 15.5-ounce can no-salt-added navy beans, rinsed and drained
1 14-ounce can reduced-sodium chicken broth
1 teaspoon sugar
1 cup cooked chicken breast meat
2 ounces baby spinach
2 tablespoons chopped fresh basil leaves
2 teaspoons extra virgin olive oil
1/4 cup shredded mozzarella cheese

**Preparation**

1. Combine the tomatoes, beans, broth, and sugar in a large saucepan. Bring to a boil over high heat, reduce heat, cover, and simmer 5 minutes.

2. Add the chicken, spinach, and basil, and cook 2 minutes or until spinach is wilted. Remove from heat, and stir in oil.

3. To serve, top each serving with 1 tablespoon mozzarella.

**Nutrition information**

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<th>Calories</th>
<th>195</th>
<th>Sodium</th>
<th>725 mg</th>
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<th>1/2 starch</th>
<th>2 vegetable</th>
<th>1/2 lean meat</th>
<th>1/2 fat</th>
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<td>Cholesterol</td>
<td>35 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>725 mg</td>
<td>Total carbohydrate</td>
<td>18 g</td>
<td>Dietary fiber</td>
<td>4 g</td>
<td>Sugars</td>
<td>6 g</td>
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<tr>
<td>Cholesterol</td>
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<td>Trans fat</td>
<td>0 g</td>
<td>Exchanges/choices</td>
<td>1/2 starch</td>
<td>2 vegetable</td>
<td>1/2 lean meat</td>
<td>1/2 fat</td>
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</table>

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**Salad**

**Broccoli floret salad**

Serves 4; serving size: 1/4 recipe

**Ingredients**

2 cups fresh or frozen broccoli florets, cut small
2 Tbsp chopped parsley
1 Tbsp fresh basil
1 medium red pepper, thinly sliced
Black pepper, to taste
1 small purple onion, diced
2/3 cup light Italian salad dressing

**Preparation**

1. Combine all ingredients (except dressing) in a large bowl.

2. Add dressing.

3. Stir well and chill for 2 hours before serving.

**Nutrition information**

<table>
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<td>Cholesterol</td>
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</table>

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**Fish entrée**

**Grilled salmon with dill sauce**
Serves 8; serving size: 3–4 oz salmon with 2 Tbsp sauce

**Ingredients**
- 1 cup plain fat-free yogurt
- 2 tsp minced fresh dill
- 1/4 cup chopped scallions
- 1 tsp capers
- 2 tsp minced parsley
- 1 tsp minced chives
- 1 Tbsp olive oil
- 2 lb salmon steaks

**Preparation**
1. In a small bowl, combine the first six ingredients and set aside. Spray the racks of your grill with nonstick cooking spray.
2. Brush the salmon steaks with olive oil and grill them over medium-hot coals for 4 minutes per side, or just until the salmon flakes with a fork.
3. Transfer the salmon to a platter and serve with dill sauce on the side.

**Nutrition information**
- Calories: 218
- Calories from fat: 103
- Total fat: 11 g
- Saturated fat: 2 g
- Cholesterol: 79 mg
- Sodium: 81 mg
- Total carbohydrate: 2 g
- Dietary fiber: 0 g
- Sugars: 2 g
- Protein: 26 g

**Exchanges/choices**
- 4 lean meat

---

**Beef entrée**

**Slow cooker beef and bell pepper stew**
Serves 2; serving size: 1 1/2 cups

**Ingredients**
- 1 tsp olive oil and 2 teaspoons olive oil, divided use
- 8 oz boneless top round steak, all visible fat discarded, cut into 1-in cubes
- 1 medium green bell pepper, cut into 1-in pieces
- 4 small red potatoes (about 2 oz each), quartered
- 1/2 medium onion, cut into 1/2-in wedges
- 1/2 medium rib of celery, cut into 1/2-in wedges
- 2 Tbsp no-salt-added ketchup
- 2 Tbsp and 2 Tbsp medium picante sauce (lowest sodium available), divided use
- 1 medium bay leaf
- 1/2 tsp instant ground coffee granules
- 1/4 tsp salt

**Preparation**
1. In a medium nonstick skillet, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom.
2. Cook the steak for 1 to 2 minutes, or until lightly browned. Transfer to a 1 1/2- to 2-quart slow cooker.
3. Stir in the bell pepper, potatoes, onion, celery, ketchup, 2 tablespoons picante sauce, bay leaf, and coffee granules.
4. Cook, covered, on high for 4 hours or on low for 8 hours, or until the steak is tender.
5. Stir in the remaining 2 tablespoons picante sauce, remaining 1 teaspoon oil, and salt.
6. Cook, uncovered, on high for 30 minutes. Discard the bay leaf before serving the stew.
7. Some slow cookers have only an on/off switch. The “on” switch is the high setting or 2 hours before serving.

**Nutrition information**
- Calories: 330
- Calories from fat: 70
- Total fat: 8 g
- Saturated fat: 2 g
- Cholesterol: 79 mg
- Sodium: 595 mg
- Total carbohydrate: 37 g
- Dietary fiber: 0 g
- Sugars: 2 g
- Protein: 26 g

**Exchanges/choices**
- 1/2 starch
- 1/2 carbohydrate
- 1 vegetable
- 3 lean meat
- 1/2 fat

---

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Pork entrée

Good ol’ pork barbecue

Serves 6; serving size: 3-4 oz with 1-2 oz bread

This recipe is high in sodium due to the catsup. If you need to reduce the sodium in your diet, try using reduced-sodium catsup.

Ingredients

- 2 Tbsp canola oil
- 1 small onion, minced
- 1 cup catsup
- 2 Tbsp red wine vinegar
- 1 Tbsp honey
- 2 Tbsp Worcestershire sauce
- 1 cup water
- 2 tsp paprika
- 2 tsp chili powder
- 1/2 tsp cayenne
- 1 1/2 lb cooked pork tenderloin, shredded or cubed into small pieces
- 2 slices toasted French, Italian, or multigrain bread

Preparation

1. To make the sauce, combine all ingredients except the pork and bread in a saucepan.
2. Simmer uncovered over medium heat for 15 minutes, until the onion has softened.
3. Prepare the pork and add it to the sauce. Continue to simmer for 5 minutes.
4. Pile the pork filling evenly over each bread slice. Eat with a fork.

Nutrition information

Calories: 320  
Calories from fat: 94  
Total fat: 10 g  
Saturated fat: 2 g  
Cholesterol: 66 mg

Vegetarian entrée

Eggplant lasagna

Serves 6; serving size: 1 cup

Ingredients

- 1 3/4 cups chopped onion
- 2 medium garlic cloves, minced
- 16 oz whole tomatoes, undrained
- 1/4 cup tomato paste
- 2 Tbsp fresh chopped parsley
- 1 tsp oregano
- 1/2 tsp dried basil
- Fresh ground pepper
- 1 large eggplant, peeled and sliced into 1/4-inch slices
- 1 cup shredded nonfat mozzarella cheese
- 1 cup low-fat cottage cheese
- 4 Tbsp grated Parmesan cheese

Preparation

1. Coat a large skillet with nonstick cooking spray. Add onion and garlic and sauté over low heat until onion is tender, about 6 minutes.
2. Stir in undrained whole tomatoes, tomato paste, parsley, salt, oregano, basil, and pepper. Bring mixture to a boil. Reduce heat and simmer, uncovered, for 40 to 50 minutes, stirring occasionally.
3. To steam eggplant slices, place 1 inch of water in a large pot. Arrange eggplant slices on a steamer, cover pot, and steam until eggplant is tender, about 5 minutes. Do not overcook.
5. Coat a 13 x 9 x 2 inch baking pan with cooking spray, and place half of the eggplant in the pan.
6. Top eggplant with half of the sauce mixture and half of the cheese mixture, and sprinkle with Parmesan cheese. Repeat the steps in layers until all the ingredients are used.
7. Bake at 350 degrees for 30 to 35 minutes, and serve hot.

Nutrition information

Calories: 161  
Calories from fat: 22  
Total fat: 2 g  
Saturated fat: 1 g  
Cholesterol: 11 mg  
Total carbohydrate: 23 g  
Dietary fiber: 5 g  
Sugars: 10 g  
Protein: 15 g  
1 1/2 carbohydrate (or 4 vegetable)  
1 lean meat
Chicken entrée

**Honey lemon chicken**
Serves 4; serving size: 1/4 recipe

**Ingredients**
- 2 Tbsp honey
- 2 Tbsp freshly squeezed lemon juice
- 4 cloves garlic, minced
- 1/2 tsp black pepper
- 8 boneless, skinless chicken thighs

**Preparation**
1. Preheat oven to 375°F.
2. In a bowl, combine honey, lemon juice, garlic, and pepper.
3. Coat chicken with honey mixture, and arrange in a baking dish.
   Bake for 40 minutes, until juices run clear when chicken is pierced.

**Nutrition information**
- Calories: 255
- Total fat: 11 g
- Cholesterol: 100 mg
- Sodium: 95 mg
- Total carbohydrate: 10 g
- Dietary fiber: 0 g
- Sugars: 9 g
- Protein: 27 g

**Exchanges/choices**
- 1/2 carbohydrate
- 4 lean meat
- 1 fat

---

Pasta dish

**Italian baked ziti**
Serves 8; serving size: 1 cup

**Ingredients**
- 8 oz ziti pasta - tube shape (3 cups uncooked)
- 1/2 lb extra lean ground beef or ground turkey (7% fat)
- 3 cups spaghetti sauce (less than 4 g fat per 4 oz)
- 2 cups low-fat cottage cheese
- 2 Tbsp grated Parmesan cheese
- 1/4 cup egg substitute (equal to 1 egg)
- 1 tsp dried parsley
- 1/4 tsp garlic powder

**Preparation**
1. Preheat oven to 350 degrees. Cook ziti according to package directions, omitting salt and oil. Drain and set aside.
2. Meanwhile, crumble meat in a large skillet sprayed with nonstick cooking spray.
3. Sauté until meat is cooked, stirring frequently. Add spaghetti sauce.
4. Combine cottage cheese, Parmesan cheese, egg substitute, parsley, and garlic powder and mix thoroughly. Add ziti and mix well.
5. Spread 1 cup of spaghetti sauce mixture in bottom of 9” x 13” pan that has been sprayed with nonstick cooking spray.
6. Spoon ziti and cheese mixture into lasagna pan. Pour remaining sauce over ziti and cheese.
7. Cover with aluminum foil and bake 30 minutes.

**Nutrition information**
- Calories: 231
- Total fat: 4 g
- Cholesterol: 20 mg
- Sodium: 587 mg
- Total carbohydrate: 30 g
- Dietary fiber: 2 g
- Sugars: 9 g
- Protein: 19 g

**Exchanges/choices**
- 1 1/2 starch
- 1 vegetable
- 2 lean meat
**Dessert**

**Double chocolate brownies**

Serves 16; serving size: 1 square

**Ingredients**
- 2/3 cup all-purpose flour
- 2/3 cup sugar
- 1/2 cup unsweetened cocoa
- 1/4 cup butter, melted
- 2 Tbsp water
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/3 cup egg substitute
- 1/4 cup fat-free hot fudge sauce

**Preparation**
1. Preheat oven to 350°F.
2. Coat an 8-inch square baking dish with nonstick cooking spray.
3. In a large bowl, combine all the ingredients except the fudge sauce; mix well, then spread half the batter in the baking dish.
4. Top with the hot fudge sauce, then spread the remaining batter over the sauce.
5. Bake for 25–30 minutes, or until a toothpick inserted in the center comes out clean.
6. Cool completely, then cut into squares and serve.

**Nutrition information**
- Total calories: 98
- Calories from fat: 30
- Total fat: 3 g
- Saturated fat: 2 g
- Cholesterol: 8 mg
- Sodium: 69 mg
- Total carbohydrate: 17 g
- Dietary fiber: 1 g
- Sugars: 11 g

**Exchanges/choices**
- 1 carbohydrate
- 1/2 fat

---

**Dessert**

**Apple crisp**

Serves 4; serving size: 1/4 recipe

**Ingredients**
- 2 1/2 cups pared and sliced apples
- 3/8 cup Splenda sweetener
- 3/8 cup whole-wheat flour
- 3/8 cup dry oats
- 1 1/2 Tbsp cinnamon
- 1 1/2 Tbsp Smart Balance margarine
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/3 cup egg substitute
- 1/4 cup fat-free hot fudge sauce

**Preparation**
1. Arrange apples in a pan.
2. Combine the Splenda, flour, oats, cinnamon, and margarine until the mixture is crumbly.
3. Press mixture over apples and bake at 350° F for 45 to 50 minutes or until tops are browned.
4. Serve warm.

**Nutrition information**
- Total Calories: 150
- Calories from fat: 40
- Total fat: 4.5 g
- Saturated fat: 1.1 g
- Cholesterol: 0 mg
- Sodium: 35 mg
- Total carbohydrate: 28 g
- Dietary fiber: 5 g
- Sugars: 11 g
- Protein: 3 g

**Exchanges/choices**
- 1 1/2 starch
- 1/2 fruit
- 1/2 fat
# 2012 diabetes health checks

<table>
<thead>
<tr>
<th>Test name</th>
<th>Goal</th>
<th>How often</th>
<th>Dates</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C</td>
<td>Less than 7%</td>
<td>At least 2 times each year</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>The American Diabetes Association suggests an A1C goal below 7% for many people with diabetes. Less stringent A1C goals may be set for other patients especially those who have had hypoglycemia. Talk to your doctor about what goal is right for you.</td>
<td>(more often if suggested by your doctor)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood pressure</td>
<td>Less than 130/80 mm/Hg</td>
<td>Each doctor visit</td>
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<td></td>
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</tbody>
</table>
| Lipid (cholesterol) panel | - LDL less than 100 mg/dL  
|                    | - HDL greater than 40 mg/dL (males)    | At least once each year        |       |         |
|                    | - HDL greater than 50 mg/dL (females)   |                                 |       |         |
|                    | - Triglycerides less than 150 mg/dL     |                                 |       |         |
| Dilated retinal eye exam | Once each year by an eye doctor |                                 |       |         |
| Microalbumin test  | Less than 30 mg                           | Once each year                 |       |         |
| Creatinine         |                                           | Once each year                 |       |         |
| Foot exam          |                                           | Each doctor visit              |       |         |

### Notes
- A1C: The American Diabetes Association suggests an A1C goal below 7% for many people with diabetes. Less stringent A1C goals may be set for other patients especially those who have had hypoglycemia. Talk to your doctor about what goal is right for you.
- Blood pressure: Less than 130/80 mm/Hg
- Lipid (cholesterol) panel:
  - LDL less than 100 mg/dL
  - HDL greater than 40 mg/dL (males)
  - HDL greater than 50 mg/dL (females)
  - Triglycerides less than 150 mg/dL
- Dilated retinal eye exam: Once each year by an eye doctor
- Microalbumin test: Less than 30 mg
- Creatinine: Once each year
- Foot exam: Each doctor visit
<table>
<thead>
<tr>
<th>Test name</th>
<th>How often</th>
<th>Dates</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colorectal cancer screening</td>
<td>Check with your doctor (How often you get this test depends on the type of test, the person and family background.)</td>
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<tr>
<td>Mammogram</td>
<td>Every year for women aged 40 or older (Decide with your doctor what age these yearly tests should start for you.)</td>
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<tr>
<td>Bone density</td>
<td>As needed (This test usually starts at age 65 for women. How often the test is done depends on personal and family background.)</td>
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<td>Prostate screening</td>
<td>As needed (Men 50 and older should talk to their doctor about the risks and benefits of this screening.)</td>
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<tr>
<td>Pap test and pelvic exam</td>
<td>Every 1 to 3 years (This screening is given based on age, the person and past results. Check with your doctor for what is right for you.)</td>
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<td>Flu vaccine</td>
<td>Every year (Your doctor can answer your questions about pneumococcal disease and flu and if you are at risk.)</td>
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<tr>
<td>Tetanus diphtheria TD or Tdap vaccine</td>
<td>Every 10 years</td>
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<tr>
<td>Pneumonia vaccine</td>
<td>At least 1 lifetime vaccination at age 65 or older (Get one dose of this vaccine if you are a smoker 19 to 64 years of age, or if you have asthma or if you are not sure if you’ve had this vaccine.)</td>
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</tr>
</tbody>
</table>
**Blood sugar graphing**

**Even small changes in food, exercise, stress and drugs can affect your blood sugar level.** And that can make a big difference in the way you feel.

- Follow your doctor’s advice and take your diabetes drugs as ordered each day. This will help your blood sugar levels stay within your goal.
- Illness, infection, injury and surgery can impact your blood sugar levels.
- Daily chores like grocery shopping, gardening and house cleaning can help you burn calories and control your blood sugar.
- Plan meals and snacks ahead of time to help you focus on healthy food choices.

That’s why blood sugar graphing can come in handy. Keep a record each day of what you eat, when you exercise and other key factors. Then you can track the things that change your blood sugar levels. Blood sugar graphing can help show you what to avoid and what you can keep doing.

**Tips for better blood sugar graphing**

- Make 12 copies of the blank blood sugar graph chart on the next page.
- Use one chart page to record one full month of blood sugar readings.
- Each column on the chart is one day of the month (1 through 31).
- Each time you take your blood sugar, put a dot on the line that’s closest to your reading.
- Connect the dots after you’ve taken your blood sugar a few times.
- At the bottom of the graph, write down those things that could have changed your blood sugar in any way. Maybe you ate more food than usual. Maybe you were more active. You could have been stressed. Maybe you forgot to take your drugs.
- Take your blood sugar graphs to each doctor visit. The chart will be helpful when you talk about your blood sugar.

**Hint:** When you graph your blood sugar, be sure to track your daily exercise. This can show your doctor and you what causes the most changes in your blood sugar.
Blood sugar graphing chart

Make 12 copies of this blank chart so you’ll have a page for graphing each month of the year.

| Month | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Day of week | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Time of day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Greater than 300 mg/dL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 260 mg/dL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 220 mg/dL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Blood sugar | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 180 mg/dL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 140 mg/dL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100 mg/dL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Less than 60 mg/dL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Personal notes/ today’s events | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Blood sugar goals:

Before meals — 70-130 mg/dL
One to two hours after start of the meal — Less than 180 mg/dL

Find your body mass index (BMI):
First find your height in inches (example: 5 foot 4 inches = 64 inches).
Follow 64 inches until you find your weight (example: 174).
Follow up the scale to find your BMI score (example: 30 = obese).

### Body mass index table

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Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report
Living well in 2012
A diabetes management calendar

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