

Random Blood Sugar Test

This measures your blood sugar at the time you're tested. You can take this test at any time and don't need to fast (not eat) first. A blood sugar level of 200 mg/dL or higher indicates you have diabetes.

Result*	A1C Test	Fasting Blood Sugar Test	Glucose Tolerance Test	Random Blood Sugar Test
Diabetes	6.5% or above	126 mg/dL or above	200 mb/dL or above	200mb/dL or above
Prediabetes	5.7 - 6.4%	100 - 125 mg/dL	140 - 199 mg/dL	N/A
Normal	Below 5.7%	99% mg/dL or below	140 - 199 mg/dL or below	N/A

*Results for gestational diabetes can differ. Ask your health care provider what your results mean if you're being tested for gestational diabetes.

Source: American Diabetes Association

Know your "numbers!"

The American Diabetes Association (ADA) A1C goal: Less than 7%

- You and your health care provider will set your A1C goal. This goal may change over time.
- Work with your health care provider to reach your final goal.

Get your A1C checked every three to six months



Meal Planning

Despite of what you might have heard, having diabetes does not mean you have to give up all the foods you enjoy. However, learning to eat healthy, satisfying meals is an important part of your treatment.

Good meal planning includes:

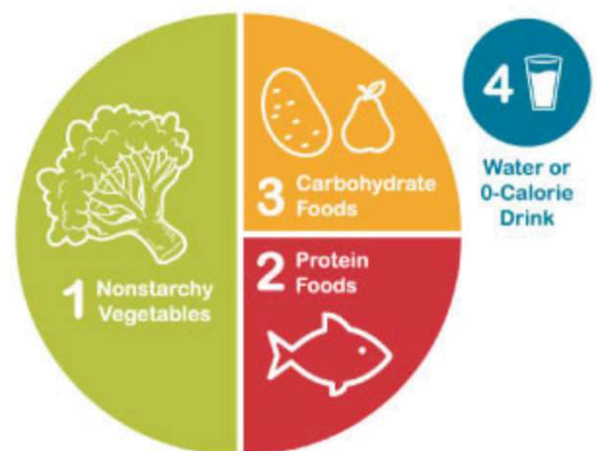
- Speaking with a registered dietitian or diabetes educator
- Understanding the importance of certain foods, portion size and meal times
- Choosing healthy foods

Diabetes Plate Method

This plate shows an easy way to choose foods for good health. This simple guide offers a stress-free way to plan your portions without any counting, calculating, or measuring.

Please visit the following address for further details:

diabetes.org/healthy-living/recipes-nutrition/eating-well



How To Read A Nutrition Label

1 Serving size

First look at the serving size and the number of servings in the package. All the information on this label is based on this serving or portion size. So, if you eat double the serving, you will consume double the calories, carbohydrate, fat and other nutrients.

2 Calories

Calories provide a measure of how much energy you get from a serving of this food. This gives the total calories per serving.

3 Total fat

This gives the total grams of fat in one serving of that food.

Unsaturated fat

If unsaturated fat is not listed you can find it by subtracting the amount of saturated and trans fats from the total fat. Eating more unsaturated fats than saturated fats can help lower blood cholesterol levels. Most unsaturated fats come from plant sources and include canola, vegetable and olive oil.

Saturated, trans fat and cholesterol

Eating too much fat may increase your risk of certain chronic diseases, such as stroke, and some types of cancers.

4 Sodium

This shows the amount of sodium (salt) in one serving. This is important if you are on a low-sodium diet or if you have high blood pressure.

5 Total carbohydrate and sugars

Total carbohydrates show the amount of carbohydrates per serving. Total carbohydrates is broken down into carbohydrates from fiber, total sugars, and added sugars. Pick foods with lower added sugars.

6 Dietary fiber

This shows the portion of the total carbohydrate per serving that is fiber. Eating a diet high in fiber can help to promote better blood sugar control.

Nutrition Facts

1 8 servings per container

Servings size 2/3 cup (55g)

Amount per serving

2 **Calories** 230

	% Daily Value*
3 Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg 4	7%
5 Total Carbohydrate 37g	13%
Dietary Fiber 4g 6	14%
5 Total Sugars 12g	
Includes 10g Added Sugars	20%
7 Protein 3g	
8 Vitamin D 2mcg	10%
Calcium 200 mg	15%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

7 Protein

This shows the total grams of protein in one serving. Protein is an essential nutrient for growth and health.

8 Vitamins and minerals

Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

Choose healthy food

Good nutrition is a very important part of diabetes management.

People with diabetes should work with their diabetes health care team to develop an eating plan that meets their personal food preferences while keeping blood glucose in a healthy range. By choosing nutritious foods and balancing what and how much you eat with activity level, blood sugar levels can be kept as close to normal as possible.



Here are a few tips on making healthy food choices for the entire family.

- Eat lots of vegetables and some fruit. Try picking from the rainbow of colors available to add variety to your meals. Choose more non-starchy vegetables that have lots of vitamins and minerals such as spinach, carrots, broccoli or green beans with meals. Discuss with your diabetes care team how many servings of fruit you should eat each day.
- Choose whole grain foods instead of processed grain. Processed grains include products like white bread, white rice or regular pasta. Try brown rice with your stir-fry or whole wheat spaghetti with your favorite pasta sauce.
- Focus on lean proteins like fish, chicken, and turkey without the skin. To prepare meats and fish with less fat, trim any visible fat and use low-fat cooking methods such as broiling, grilling, roasting, poaching or stir-frying.
- Include beans (like kidney or pinto beans) and lentils in your meals. If they are canned, make sure to drain and rinse them before use to cut back on salt.
- Choose low-fat dairy products such as milk, yogurt and cheese (1 percent fat or less). For non-dairy or plant-based milks (like almond milk) make sure you are selecting unsweetened options, with no added sugars.
- Choose liquid oils such as canola, olive or peanut oil for cooking, instead of solid fats such as butter, lard and shortening. Remember that all fats are high in calories. If you're trying to lose weight, cut back on portion sizes of added fats.
- Choose fruit that is in-season for dessert – you'll get more flavor and pay less too! Try to cut back on high-calorie dessert and snack foods such as chips, cookies, cakes and ice cream that give you and your family little nutrition.
- Choose water and calorie-free drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.
- Control your portion sizes. Remember that the amount of food you eat is important in getting to and staying at a healthy weight.

Understanding how different foods and amounts affect blood sugar



Starches and sugars (carbohydrates) have more effect on blood sugar than protein or fat. Carbohydrates include foods such as bread, pasta, cereal, beans, milk, fruit and fruit juices, and sweets. Keeping track of the carbohydrate foods you eat is a key factor in controlling your blood sugar. Carbohydrates have the greatest impact on your blood sugar after meals, and your blood sugar level can go too high when you eat more carbohydrates than your body can use. By keeping track of the carbohydrates you eat and spreading them throughout the day, you can help control your blood sugar.

In order to track carbohydrates, it's helpful to have a meal plan and know the average carbohydrate values of various food groups.

Talk to your health care provider, dietitian or diabetes educator about how many carbohydrates you should have at each meal.

Most of the carbohydrates we eat come from three food groups: starch, fruit and milk. Vegetables also contain some carbohydrates, but foods in the meat and fat groups contain very little carbohydrates. The total amount of carbohydrates in a food affects blood sugar levels more than the source of carbohydrates or whether the source is a starch or sugar. This list shows the average amount of carbohydrates in each food group per serving:

Carbohydrate Grams			
Starch	15	Vegetable	5
Fruit	15	Meat	0
Milk	12	Fat	0

To make things easy, many people begin carbohydrate tracking by rounding the carbohydrate values: One serving of milk, starch, or fruit = 15 grams of carbohydrates or one carbohydrate serving.

Three servings of vegetable = 15 grams of carbohydrates. One or two servings of vegetables do not need to be counted (with the exception of starchy vegetables like corn, potatoes, squash).

Tracking carbohydrates allows for flexibility in your meal plan. Each meal and snack will contain a total number of grams of carbohydrates. Remember to consult your health care provider or dietitian before making any of the changes discussed here.

Diabetes And Exercise

Talk to your health care provider before starting any exercise plan. Regular physical activity can have a positive effect on your diabetes management. Work up to at least 30 minutes of exercise a day, most days of the week.

Some good ways to get exercise are:

- Take a brisk walk (outside or inside on a treadmill)
- Ride a stationary bicycle indoors
- Take a low-impact aerobics class
- Swim or do water aerobic exercises
- Ice-skate or roller-skate
- Play tennis
- Go dancing

Here are some ideas for being more active every day:

- Park the car farther away from your destination.
- Get on or off the bus several blocks away from your stop.
- Take the stairs instead of the elevator or escalator.
- Exercise while watching TV.
- Walk around while you talk on the phone.
- Play with the kids.
- Take the dog for a walk.
- Get up to change the TV channel instead of using the remote control.
- Work in the garden or rake leaves.
- Clean the house.
- Wash the car.
- Stretch out your chores. For example, make two trips to take the laundry downstairs instead of one.
- Park at the far end of the store parking lot and walk to the store.
- At work, walk over to see a co-worker instead of calling or e-mailing.
- Stretch or walk around instead of taking a coffee break and eating.





A pre-workout checklist

It's important to keep in mind that if you have diabetes, you always need to be prepared before exercising.

Always speak with your diabetes care team prior to starting a new fitness routine. Once you've been given the all clear for your workout regimen, ask yourself these questions prior to each workout.

What's my blood glucose level?

Check with your doctor to know what blood sugar levels are safe for you when developing an exercise plan. Before exercising, it's very important that you check your blood glucose to determine if it is low, high, or in a normal range. If it is low, have a snack with 15 grams of carbohydrate and wait 15 minutes for your glucose to return to normal. Check your glucose again in 15 minutes to make sure your glucose is rising. If it isn't, continue to follow the "15/15" rule (15 grams of carbohydrate for hypoglycemia and check glucose again in 15 minutes) until it is in a normal range. If your glucose is high (240 mg/dL or more), check your urine for ketones. If ketones are present, don't exercise.

Do I have fast-acting snacks in case of hypoglycemia (low glucose)?

Always be prepared for these situations when you're about to work out. Many drugstores carry fast-acting glucose snacks that rapidly increase your blood sugar and many of them are small enough to take to the gym or outside (depending on where you work out). Do not forget your water. It is important to stay well hydrated during exercise.

Do I have my glucose meter with me?

Ask your health care provider if you need to monitor your blood sugars during exercise. If so, bring your glucose meter, since you'll want to check your glucose after every 30 minutes of exercise.

Is there something I am wearing that identifies me as a person with diabetes?

Wear a necklace, bracelet, or carry something that identifies you as a person with diabetes. Also, indicate whether or not you take insulin and list an emergency contact as well.

Are my shoes comfortable?

When you have diabetes, finding comfortable footwear that's also supportive is key to avoiding foot problems in the future. It's also part of a healthy program for caring for your body.

If you're going outdoors for an extended period of time, you must be sure to bring extras of all of your supplies.

Diabetes Medicines

You have learned that diabetes is a disease in which the body does not make or fully use insulin. Insulin is a hormone that is needed to change sugar, starches and other food into energy needed for daily life. Diabetes cannot be cured, but it can be managed.

People with type 1 diabetes must take insulin to live because their bodies cannot produce insulin. Although most people with type 2 diabetes take either diabetes medication, insulin, or both, a few can keep their blood sugar in control with careful meal planning and regular activity.

Taking more medicine or different medicine doesn't always mean your diabetes has gotten worse. Remember, the key is controlling blood sugar levels, and changing medicines may help you do that.

All diabetes medicines work to lower blood sugar. Each kind of diabetes medicine works in a different way. Sometimes more than one medicine is needed. Talk with your health care provider to learn more about your medicines.

