

# ADJUSTING TO LIFE WITH TYPE 2 DIABETES OR PREDIABETES.

## WHAT IT MEANS

### WHAT IS DIABETES?

Diabetes means that your blood glucose (also called blood sugar) levels are higher than normal. This can also be called hyperglycemia.



### WHAT IS PREDIABETES?

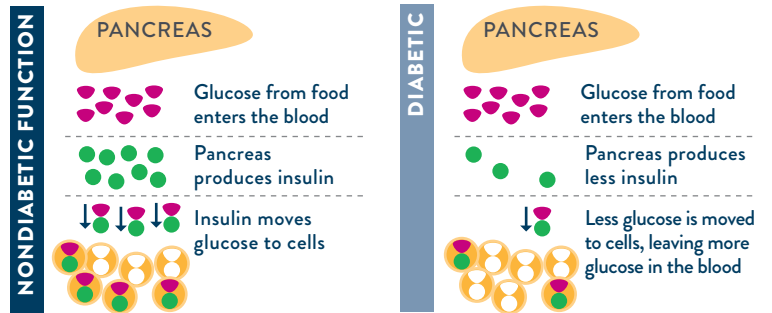
With prediabetes, blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

INCREASED  
**GLUCOSE**  
ALSO CALLED HYPERGLYCEMIA

### A LITTLE MORE SCIENTIFIC EXPLANATION.

The digestive tract breaks down carbohydrates from the food you eat into glucose. With the help of insulin, a hormone produced in the pancreas, cells throughout the body absorb glucose and use it for energy.

If you have diabetes, your body doesn't use insulin properly. That's called insulin resistance. When this occurs, blood sugar levels are higher than normal. Over time, the pancreas can't make enough insulin to keep your blood glucose at normal levels. Too much glucose in the bloodstream can lead to heart disease, kidney disease, nerve damage, and loss of vision.



PROPER DIET AND EXERCISE HELP PEOPLE WITH DIABETES LEAD HEALTHY LIVES.

### HOW DO I KNOW IF MY DIABETES IS UNDER CONTROL?

The American Diabetes Association suggests the following blood glucose targets for most nonpregnant adults with diabetes. Work with your medical care team to determine a goal that is right for you.

### BLOOD GLUCOSE LEVELS

BEFORE MEALS

AFTER MEALS

**80-130** mg/dL

**<180** mg/dL

— A1C LEVEL: **LESS THAN 7%** —



### MONITOR BLOOD SUGAR LEVELS

SHORT-TERM

To check your blood sugar on a daily basis, you may have to rely on a meter or continuous glucose monitoring. Common times to check blood sugar are before a meal (fasting) or two hours after a meal. Talk with your medical care team about how often and when you should check your blood glucose and what your target numbers should be.

KEEPING TRACK OF DIABETES.

TWO WAYS

### CHECK HEMOGLOBIN A1C

LONG-TERM



Your physician can help you track your diabetes long-term by ordering a hemoglobin A1C test, which indicates your average blood sugar level over the past three months. As a person with diabetes, your A1C goal will likely be <7%.

# DIABETES CAN SEND YOU WARNING SIGNS.

# WHAT TO DO

## HYPOGLYCEMIA

Hypoglycemia, also called low blood sugar, occurs when the level of glucose in your blood drops well below normal. For many people with diabetes, that means a level of 70 milligrams per deciliter (mg/dL) or less.

### SYMPTOMS

LESS THAN 70 mg/dL

- Shaky or jittery
- Sweaty
- Hungry
- Headache
- Blurred vision
- Tired or weak
- Dizzy or lightheaded
- Confused or disoriented
- Irritable or nervous
- Fast heart beat

### CAUSES

- Skipped or delayed meals
- Too much diabetes medication
- Diabetes medication taken too often
- More physical activity than usual
- Drinking alcohol
- Medication side effects

## HYPERGLYCEMIA

Hyperglycemia, or high fasting blood sugar, occurs when the level of glucose in your blood is too high, usually 180 mg/dL or higher.

### SYMPTOMS

MORE THAN 180 mg/dL

- Thirsty
- Tired or weak
- Headache
- Urinating often
- Blurred vision

### CAUSES

- Large meals
- Not enough diabetes medication or insulin
- Low physical activity
- Not drinking enough liquids, like water
- Medication side effects
- Illness or injury
- Stress

 CHECK WITH YOUR MEDICAL CARE TEAM ABOUT WHAT LEVELS ARE TOO LOW OR TOO HIGH FOR YOU.

### HOW TO MANAGE



When your blood sugar level drops below 70 mg/dL, there are simple ways to bring it back into a safer range. Each of the items below have about 15 g of carbohydrates. Having one immediately should raise your blood sugar:

- ½ cup (4 oz) of fruit juice or regular (not diet) soft drink
- 8 oz of milk
- 5 to 7 pieces of hard candy
- 1 tbsp of sugar or honey

15 minutes after you've taken steps to raise your blood sugar, check your level again. If it's still below 70 mg/dL, eat another one of the items listed. This should be repeated until your level is above 70 mg/dL.

### HOW TO MANAGE

High blood sugar is influenced by diet, physical activity, and medication. If your blood sugar is frequently high, work with your healthcare team to adjust your current regimen.



## SEVERE HYPOGLYCEMIA



### SYMPTOMS

- Unable to eat or drink
- Seizures or convulsions (jerky movements)
- Unconscious

### HOW TO MANAGE

**SEEK IMMEDIATE HELP.** Severe hypoglycemia is extremely dangerous and may require a glucagon injection. Glucagon is a hormone produced in the pancreas that helps raise your blood sugar level. Talk with your healthcare team about when and how to use a glucagon emergency kit. If you have hypoglycemia often or have had severe hypoglycemia, you should wear a medical alert bracelet or pendant. Getting prompt care may help prevent the serious problems that hypoglycemia can cause.

# WITH DIABETES, WHAT, WHEN, AND HOW MUCH YOU EAT CAN ALL MAKE A DIFFERENCE.

## WHAT TO EAT

### DAILY GUIDELINES

Based on 2,000 calories a day

#### FOCUS ON WHOLE FRUITS



Avoid fruits in sauces or syrup  
Choose from whole fruits that are fresh, frozen, canned, or dried.

#### EAT MORE VEGGIES



Vary your vegetables  
Choose a variety of colorful fresh, frozen, and canned vegetables.

#### SELECT LEAN PROTEIN



Vary your proteins  
Include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.

#### EAT WHOLE GRAINS



Make half your grains whole grains  
Find whole grain foods by reading the nutrition facts label and ingredients list.

#### CHOOSE LOW-FAT DAIRY



Choose low-fat or fat-free milk or yogurt  
Fat-free milk, yogurt, and soy beverages (soy milk) can help you cut back on saturated fats.

We all love food. Having diabetes doesn't mean you can't continue to enjoy your favorites. With some basic information and a little bit of planning you can manage diabetes without too much interruption to your daily life.



### WHAT CAN I EAT?

You can eat a variety of healthy foods from each of the 5 food groups.



myplate.gov

### HOW MUCH SHOULD I EAT FROM EACH FOOD GROUP DAILY?

The amount of food you need from each food group depends on factors such as your age and amount of physical activity. Your healthcare professional should be able to recommend what's right for you. Below are general recommendations based on a 2,000-calorie diet.



### DO SOME FOODS IMPACT MY BLOOD SUGAR MORE THAN OTHERS?

Carbohydrates (carbs) provide your body and brain with energy. It's important to include carbs in your diet. Of all the things that you eat, carbs impact your blood sugar levels the most. Some carbs digest slowly, while others digest quickly. Slow-digesting carbs will cause your blood sugar to rise at a consistent rate. Fast-digesting carbs will cause your blood sugar to spike quickly. So you'll want to carefully monitor the types and serving sizes of these foods. Here are some foods that contain carbs:

- Grains (breads, crackers, rice, hot and cold cereals, tortillas, noodles)
- Starchy vegetables (potatoes, peas, corn, beans, lentils)
- Fruit and 100% fruit juice
- Milk and plain yogurt
- Sweets and desserts



#### EXAMPLES OF FOODS THAT CAN CAUSE BLOOD SUGAR TO SPIKE

Any foods made with refined flours (breads, pastas, cereals) or with added sugars (muffins, cakes, cookies, soda, fruit juice). Also, chips, white potatoes, and white rice.



#### EXAMPLES OF FOODS THAT DO NOT CAUSE BLOOD SUGAR TO SPIKE

Any foods made with whole grains (bread and pasta). Also, sweet potatoes, non-starchy veggies, and whole fruits.

# WITH DIABETES, WHAT, WHEN, AND HOW MUCH YOU EAT CAN ALL MAKE A DIFFERENCE.

## HOW TO PLAN



### WHEN SHOULD I EAT?

The best way to manage your blood sugar is to eat small, frequent meals at the same time every day. Start your day off right by eating breakfast. Then space meals about 4 to 5 hours apart with a healthy snack in between. Healthy snacks between meals can help keep blood sugar at a normal level. Never skip meals!

 <b>MEAL 1</b>	 <b>SNACK</b>	 <b>MEAL 2</b>	 <b>SNACK</b>	 <b>MEAL 3</b>	 <b>SNACK</b>
<b>7AM - 8AM</b>	<b>10AM - 11AM</b>	<b>12PM - 1PM</b>	<b>3PM - 4PM</b>	<b>5PM - 6PM</b>	<b>Pre-bedtime</b>



### WHAT IS A SERVING SIZE?

**1 CUP COOKED PASTA =**



1 baseball

**½ CUP FRUITS OR VEGGIES =**



½ baseball

**1 OUNCE LEAN MEAT =**



1 pack of dental floss

**1 OUNCE CHEESE =**



3 dice

### SERVING SIZE EXAMPLES



#### FRUIT

1 cup =

- 1 small apple
- 1 large banana
- 8 large strawberries
- 1 cup 100% fruit juice



#### VEGETABLES

1 cup =

- 2 cups raw spinach
- 1 cup cooked green beans
- 1 cup raw green peppers
- 1 cup mashed potatoes



#### PROTEIN

1 ounce =

- 1 egg
- 1 oz cooked beef or chicken
- ¼ cup cooked beans
- 1 tbsp peanut butter
- 12 almonds



#### GRAINS

1 ounce-equivalent =

- 1 regular slice bread
- ½ cup cooked rice
- 1 small (6-inch) flour tortilla
- ½ cup cooked pasta



**At least half of your grains should be whole grains.**



#### DAIRY

1 cup =

- 1 cup plain yogurt
- 1 cup skim milk
- 1/3 cup shredded cheese
- 1 cup soy milk
- 1 cup frozen yogurt

Your medical care team can help you determine your specific nutrition needs.