

RESOURCES

Henry Mayo Newhall Hospital Diabetes Program

Contact us at 661.200.1440

Visit henrymayo.com/diabetes for educational resources.

Websites

American Diabetes Association
www.diabetes.org

Academy of Nutrition and Dietetics
www.eatright.org

Novo Nordisk diabetes education website
www.cornerstones4care.com

National Diabetes Education Program
www.ndep.nih.gov

Apps

My Fitness Pal – Track food intake, calories, carbohydrates, and exercise routines.

Care Zone – Track medications and medication schedules.
Carb Counting with Lenny – Learning tool for children and adults to count carbs.

Calorie King – Access nutritional facts (calorie, carbohydrates etc.) from large data base.

Calorie Mama AI: Diet counter – take a picture of food and app will provide you with full nutritional snapshot of food item or meal.

TYPE 2 DIABETES

What is Type 2 Diabetes?

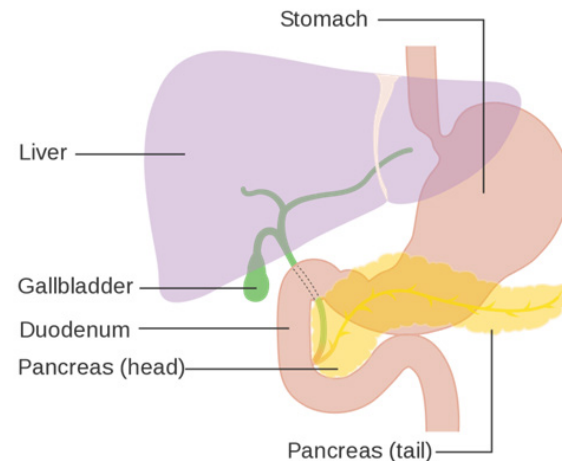
Type 2 diabetes is when your pancreas (an organ in your body):

- Does not make enough insulin
- Or the insulin it does make does not work well
- Or both

Insulin is a hormone that your pancreas makes that is needed to help control your blood sugar (glucose) level.

When you eat, your body changes the food you eat (especially foods with carbohydrates) into glucose. The glucose enters your blood. Insulin is then released by the pancreas and it helps your body use the glucose as energy.

If your body does not make enough insulin, or the insulin does not work well, the glucose stays in your blood, where it can cause serious problems.



TAKING CARE OF YOUR DIABETES

When you have diabetes, there are steps you can take to help control your blood glucose.

- Nutrition: Eat healthy and balance your food choices
- Exercise – be active
- Medications: If needed, take them as prescribed by your doctor
- Check your blood sugar (glucose) at home – if prescribed by your doctor
- Keep your appointments
- Learn as much as you can about diabetes

Nutrition

The meal plan for diabetes is a healthy way of eating that is good for everyone. However, changing eating habits can be challenging. To be successful, try making small changes that you can keep and work each day to meet your goals.

The Basics:

Your body changes the food you eat into glucose, especially food with carbohydrates. Food with carbohydrates will raise your blood glucose level, but it does not mean you have to avoid them; you just need to find the right amount to keep your glucose controlled.

What foods contain carbohydrates?

Any food made with sugar, honey, or syrups contains carbohydrates. This includes foods such as cookies, cakes, donuts, candy and any drinks with sugar. Try to avoid these types of foods and just have them occasionally.

APPOINTMENTS

To stay at your best health, it is important to keep your appointments with your healthcare provider.

At your office visit, your blood pressure and weight are usually checked and your feet should be examined. Your doctor may order routine blood tests for you on your visit, including the hemoglobin A1C, a cholesterol panel, and kidney function test.

The A1C is a blood test that tells you the average level of glucose in your blood over the previous two-to-three months. It is recommended that the A1C test be done at least twice a year and the tests for cholesterol and kidney function be done yearly.

Test	Goal
A1C	< 7.0
Total Cholesterol	< 200 mg/dl
LDL Cholesterol	> 40 mg/dl for men > 50 mg/dl for women > 60 ideal goal
Triglycerides	< 150
Kidney (urine test) Albumin to Creatinine ratio (ACR)	ACR < 30 mg/g
Kidney (blood test) Glomerular filtration rate (eGFR)	eGFR >90 (age dependent – ask your doctor)

Ask your doctor for a referral to an ophthalmologist (eye doctor). A yearly eye exam is important to catch early signs of glaucoma, cataracts and retinopathy. Early treatment can help preserve your vision.

Also, see your dentist regularly (every six months), for exams and teeth cleaning. Remember to floss and brush your teeth to avoid gum disease.

Make sure to ask your healthcare provider about your medications. Things to know: Name of medication, when to take it and how much, what to do if you forget to take it,

and any common side effects. Not all medications are well tolerated by everyone. Talk with your doctor before stopping a medication.



Also, many people think when their glucose is well controlled that it is time to stop their medication.

Remember your glucose is probably well controlled because of the

medication you are taking. Again, make sure to speak with your doctor before stopping medications.

Monitoring Your Glucose

Your healthcare provider may ask you to check your blood glucose at home. Checking your glucose will help you know how food, activity and medicine are affecting your glucose. The information will also help your doctor make better decisions for your diabetes care.

There are many good glucometers and it is a good idea to contact your insurance company to find out which glucometer and test strips are best covered.

The American Diabetes Association recommends the following glucose targets:

Before Meals	2 hours after beginning meal
80 - 130 mg/dl	Less than 180 mg/dl
Total Cholesterol	< 200 mg/dl

Ask your provider when you should check your glucose, how often and what your glucose target should be. Not everyone has the same glucose target.

You may use sugar substitutes to sweeten food or drinks, and you can drink sugar-free or diet soft drinks. Other options are eating sugar-free Jell-O, sugar-free popsicles, or using sugar-free syrup. These products do not contain carbohydrates or are low in carbohydrates (<5 g carbohydrate per serving).

However, not all sugar-free products are carbohydrate free. Foods such as sugar-free ice cream, sugar-free pudding, or sugar-free cookies will contain carbohydrates and can raise your blood sugar.

Other foods with carbohydrates:

Even though, the following foods can raise your blood glucose, they are still healthy for you. Just try eating smaller portions of these foods with your meals.

Bread and Starches - Anything made from flour (white, wheat or corn) – bread, crackers, pasta, pancakes, waffles, tortillas, corn bread, grains – rice, quinoa, oats, couscous, cereal

Beans – any type of bean, starchy vegetables – corn, peas, potato, sweet potato, winter squash (yellow/orange squash)

Fruit – any type of fruit, juice

Milk and Yogurt – most foods made with milk contain carbohydrates, except cheese.

It is important to eat three meals per day, every 4 - 5 hours. Spread your carbohydrate foods evenly between your meals.

Food with no carbohydrates or little carbohydrates

These foods do not raise your blood glucose very much. They can be included with each meal and eaten for snacks.

Protein foods - any type of meat (non-breaded, no added sweet sauce) – chicken, turkey, fish, beef, pork, cheese, eggs, nuts, seeds, peanut butter

Vegetables - most vegetables, except starchy vegetables (see bread/starches)

Fats – oil, avocado, margarine, butter, cream cheese, mayonnaise, sour cream, most salad dressings (use small amount to cook or to add flavor)

An easy way to get started eating healthy and controlling your blood glucose is to try the “plate method.”

My Plate Planner

Please refer to meal planning guidelines on the back.



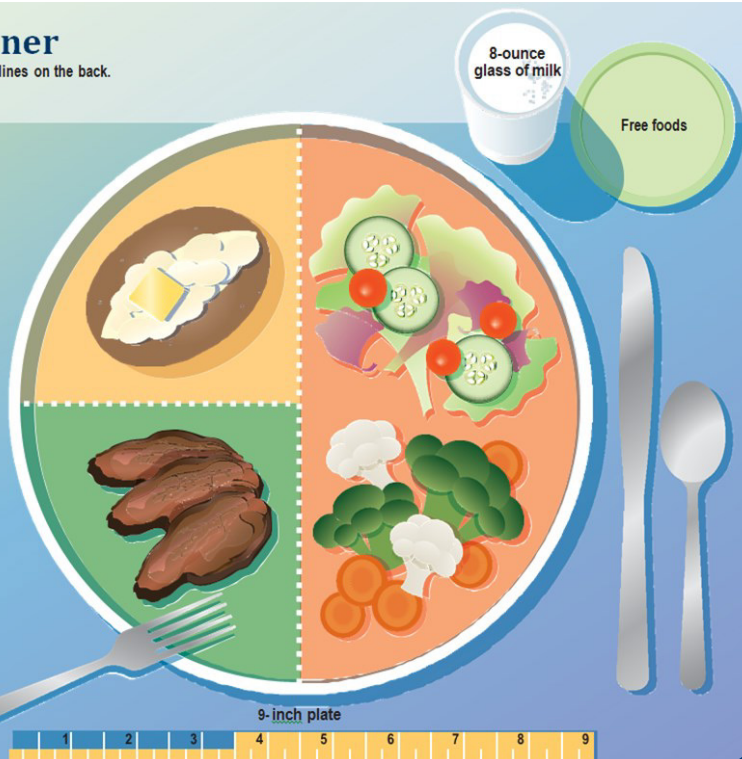
My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes
- Add 1 serving of fruit
- Choose 1 serving of milk
- Add margarine or oil for preparation or addition at the table

Add other portions as needed to round out your meal plan

For breakfast, use only half the plate

For lunch and dinner, use the whole plate



ACTIVITY

Being active is important because it can improve your health.

Activity can help you:

- Lower your blood glucose by improving the way your body uses insulin
- Lower your blood pressure
- Reduce your risk of heart disease
- Reduce stress
- Maintain or lose weight
- Lower the dose of your diabetes medication

Exercise with care:

- Ask your doctor what is the right level of activity for you
- Start slowly and build up your endurance
- A good goal to reach is being active for 30 minutes, at least five days a week
- Drink plenty of water
- Carry a snack for emergencies (glucose tablets, small box of raisins) in case your blood sugar becomes too low
- Take care of your feet. Wear comfortable shoes that fit properly and check your feet after you exercise. If you injure your feet, let your healthcare team know
- Carry your phone or an ID (diabetes bracelet or necklace) if exercising alone. Better yet, exercise with a friend.

MEDICATION

Your doctor may prescribe diabetes medication to help control your blood glucose. There are different types of diabetes medications that work in different ways to lower blood glucose. Over time, you may need to change or add a new medication to keep your glucose controlled.