



30-Day Meal Plan* for a 1600-Calorie† Diet



Sample 30-Day Meal Plan* for a 1600-Calorie† Diet

Because individual nutritional needs can vary, the most appropriate meal plan is one you work out with your health care provider or nutritionist. Please confirm your calorie level with your health care provider.

Note: For those who prefer to eat a lighter evening meal, you can switch lunch with dinner on occasion and/or have your snack as an afternoon snack rather than a night-time snack.

Patient Name: _____ Date: _____

Health Care Provider/Practice Name: _____

Your Weight: _____

Your Goal Weight: _____

	Day 1	Day 2	Day 3
Breakfast B	Cinnamon-raisin french toast (300)	Strawberry-almond enchilada (190), fruit silk smoothie (130)	Banana nut oatmeal (320), strawberry flax smoothie (110)
Lunch L	10-minute chili soup (200), Mediterranean sandwich (280)	Spinach salad with cranberries, apple & feta (260), fruity chicken almond salad pita (330)	White bean chili (260), avocado spinach sandwich (230)
Dinner D	Grilled beef and vegetable kabob (620), tossed salad (40)	Sweet & sour pork stir-fry (450), apple slaw (80)	Italian shrimp and veggie linguini (350), chunky tomato vegetable soup (120)
Snack S	Lo-cal shake (130)	Pastrami & apple crostini (150)	Tortilla chips (100), spinach-bean spread (140)

	Day 4	Day 5	Day 6	Day 7
B	Whole wheat pancakes (250) with pumpkin-apple butter (60)	Poached eggs with ham and asparagus (140), rise & shine! smoothie (160)	Cranberry-orange scone (210), banana smoothie (200)	Microwave oatmeal (220), small orange (60)
L	Chicken lettuce wrap (160), tortellini soup (210)	Taco salad (260), Tuscan white bean soup (170), small apple (60)	Barley and red bean salad with chips (480)	Veggie burger open-faced (280), black bean fiesta salad (360)
D	Shrimp stir-fry with rice (630), tossed salad (40)	Grilled tuna with tomatoes and olives (620)	Italian braised pork chop (550), tossed salad (40)	Parsley vegetable soup (140), Caribbean pizza (370)
S	Avocado pita wedges (140), Italian vegetable picks (20) with herbed dip for veggies (70)	Strawberry flax smoothie (110)	Fruit with peach dip (170)	Frozen fruit pop cup (50), oatmeal raisin cookies (120)

Notes

Practice portion control:

The extra calories from portions that are just a bit too large can add up quickly. These extras on a daily basis can mean you gain 2 pounds instead of losing 2 pounds, or that you don't meet your blood sugar goals. To keep on track with portions, put the tools below to work in your kitchen.

Portion control essentials (you probably have most of them already):

- **Measuring spoons:** A set with ½ teaspoon, 1 teaspoon, and 1 tablespoon sizes will meet most needs; don't rely on teaspoons and tablespoons from your silverware set, because these vary in size based on style and aren't an exact measure.
- **Measuring cup for liquids:** A 1-cup size, clear plastic or glass measuring cup is indispensable in the kitchen.
- **Measuring cups for solids:** A set with ¼ cup, ½ cup, ¾ cup, and 1 cup is recommended. Fill the cup to the top. Level with the flat edge of a knife to eliminate excess.
- **Food scale:** An inexpensive (\$5–\$10) scale is a must-have, especially for foods you measure in ounces, such as meat, fish, and cheese.
- **Nutrition Facts package labels:** By law, these must list the serving size of the products inside their packages, which helps you understand what reasonable portion sizes are.

Source: Warshaw H, MMSc, RD, CDE, and Webb R, MS. *The Diabetes Food & Nutrition Bible*. American Diabetes Association, Alexandria, VA, 2001:87–88.



* For full recipes and additional nutritional information, please visit Januvia.com

† The meals listed for a day are approximately 1600 calories. The number of calories in each dish is in parentheses.

This meal plan does not substitute for nutritional recommendations of your health care provider. Please discuss your specific needs with him or her.



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Because individual nutritional needs can vary, the most appropriate meal plan is one you work out with your doctor or nutritionist. Please confirm your calorie level with your health care provider.

Your Weight: _____
Your Goal Weight: _____

- Breakfast** **B**
- Lunch** **L**
- Dinner** **D**
- Snack** **S**

	Day 22	Day 23	Day 24
B	Spinach cheese pie (240), tea-poached pear (190)	Fruit and nut breakfast rice (250), banana nog eggless (150)	Huevos rancheros over corn tortilla (230), purple cow smoothie (220)
L	Zesty chicken burrito (450), easy split pea soup (170)	Baked potato soup (240), chicken and soy salad sandwich (280)	Lentil barley stew (260), kiwi berry salad (110)
D	Lemon tofu stir fry (250), tomato basil alphabet soup (150)	Broiled fiesta pork kabob (240), cider sweet potatoes (70), holiday tossed salad (90), small pear (60)	Lasagna roll ups (380), homestyle light biscuit (100), holiday vegetable bouquet (60), squash gratin (30)
S	Fruit and nut sandwich (170)	Strawberry pie in a glass (200)	Watermelon blueberry banana split (160)

Notes

	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
B	Broccoli-mushroom omelet (90), spiced tea latte (90), fruit kabob (60)	Granola go cup (440), rise & shine! smoothie (160)	Peanut butter banana muffin (300)	Whole wheat pancakes (250) with blueberry sauce (35)	Eggs with mushrooms (200), cappuccino (25), one medium-sized banana (60)	Microwave Dutch apple oatmeal (250)
L	Chicken chef salad (230), lazy lentil vegetable soup (250), vanilla fruit parfait (180)	Cold BBQ beef sandwich (210), quick corn chowder (190)	Ham, red bean and barley soup (260), B-L-T wrapper (320), small orange (60)	Barbecued portobello burger (190), beef barley soup (310)	Spinach walnut salad (220), baked potato soup (240)	Creamy butternut squash-apple soup (150), fresh mozzarella and tomato salad (200), seasoned pita chips (110)
D	Vegetarian lasagna (360), delicious greens (70), homestyle light biscuit (100)	Shells with black bean sauce (460), steamed vegetables (50)	Creamy Cajun shrimp (290), hearts of romaine with raspberry dressing (60), French grilled veggies (90)	Chicken a la king (480), green beans (45), chili roasted vegetables (140), berry salad (40)	Steak with peppers (600), spinach salad (80)	Spicy Asian halibut with wasabi cream (620), apple walnut tossed salad (80)
S	Creamy banana shake (120)	Mini cucumber sandwiches (130)	Beany bagel melt (200)	Pineapple orange dip (70) with fruit kabob (60)	Angel-devil smoothie (130)	Veggie pita pizza (230)

* For full recipes and additional nutritional information, please visit Januvia.com

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ACHIEVE: Set your health goals NOW

A resource designed to help you

- Set your health goals from A to C
 - A** A1C
 - B** Blood pressure
 - C** Cholesterol
- Understand the importance of diet and exercise
- Get the most out of each visit to your health care provider

Achieving a healthy balance

What is type 2 diabetes?

When you have type 2 diabetes, your blood sugar (glucose) level is too high.

Your body gets the energy it needs from sugar. This sugar comes from 2 sources:

- The food you eat
- Your liver, which makes sugar when you haven't eaten

Why does blood sugar rise?

Sugar can build up in the blood because

- Your body doesn't make enough insulin and/or it can't use insulin properly
- Your liver makes more sugar than your body needs

Why should you lower your blood sugar?

It's important to keep your blood sugar level controlled because you are likely to have more energy and feel better overall. Also, it may help you prevent diabetes-related problems in the future.

Take action now

Controlling diabetes includes achieving your health goals.

This resource will explain what you can do TODAY to achieve your goals, including

- A1C goal
- Blood pressure goal
- Cholesterol goal



A1C: A number that matters!

Take action now to help **ACHIEVE** your A1C goal

What is A1C?

A1C is a blood test done in a health care provider's office or in a laboratory. It shows your average blood sugar level over the past 2 to 3 months. Most health care providers recommend that you get an A1C test up to 4 times a year.

Why is A1C important?

It's important to know your A1C because it tells how balanced your blood sugar level remains over time. Balanced blood sugar means that your blood sugar level is neither too high nor too low. It stays within a healthy range.

What is your A1C goal?*

The American Diabetes Association recommends an A1C goal of less than 7% for many people with diabetes. Ask your health care provider about the A1C target that is right for you.

*American Diabetes Association Guidelines (2011).

What you can do to help **ACHIEVE** a lower A1C

Get more active!

Aim for 30 minutes of exercise most days of the week.

Monitor your blood sugar

Keep track of your A1C over time to see if it has improved. Depending on your A1C level, your health care provider may recommend that you check your blood sugar level regularly—both on an empty stomach and 2 hours after a meal.

Track your improvement

Use the back page of this resource to record your current A1C level and to track your progress.

Take your diabetes medication

Try to make it part of your daily schedule. Take your medicine as prescribed. Even if you feel good, do not stop taking your medicine without first talking to your health care provider.

B

DID YOU KNOW?

Each 10-mmHg decrease in systolic blood pressure reduces your risk of heart disease by **12%**.

Blood pressure: It's time to keep it down!

Take action now to help **ACHIEVE** your blood pressure goal

What is high blood pressure?

Blood pressure is the force of blood flow inside your blood vessels. When your blood moves through your vessels with too much force, you have high blood pressure (hypertension). Your heart has to work harder. Your risk of diabetes-related problems goes up if your blood pressure is not controlled.

Why should you be concerned?

High blood pressure may not cause symptoms, but over time it damages the heart, other organs, and blood vessels. It also increases your risk of heart disease and stroke. Get your blood pressure checked regularly.

Your blood pressure goal*

Less than $\frac{130 \text{ (systolic)}}{80 \text{ (diastolic)}}$

*American Diabetes Association Guidelines (2011). Ask your health care provider about the blood pressure goal that is right for you.

Systolic pressure—Occurs when the heart beats to push blood through blood vessels

Diastolic pressure—Occurs when the vessels relax between heartbeats

What you can do to help **ACHIEVE** blood pressure control

Eat smarter and have fewer salty foods

A healthier diet starts with making smart food choices and by using less salt in cooking and at the table.

Get more active!

Exercise can help you lower your blood pressure, and it doesn't have to be hard. Maintain a healthy weight. Try to lose any extra pounds.

Quit smoking

Smoking is bad for your overall health. Your health care provider can give you advice about quitting.

Take your blood pressure medication

Try to make it part of your daily schedule. Take your medicines as prescribed.

Tips for cooking with less sodium

Take the salt shaker off the table and stove.

Season with lemon or lime juice, flavored vinegars, and herbs and spices.

Use plain garlic and onion powder instead of the salted versions.

C

DID YOU KNOW?

Lowering cholesterol levels reduces the risk of heart disease by **18%**.

Cholesterol: Increase the “good” and decrease the “bad”!

Take action now to help **ACHIEVE** your cholesterol goal

Your body needs cholesterol (a type of fat) to function properly. The 3 types of cholesterol you should know about are:

LDL, or bad, cholesterol: Builds up and can clog your arteries. It also presents an even greater risk when you have type 2 diabetes

HDL, or good, cholesterol: Clears LDL cholesterol from the blood, helping to keep arteries healthy

Triglycerides: When high, can lead to cholesterol deposits and other material (plaque) forming on the walls of your arteries

What you can do to help **ACHIEVE** your cholesterol goal

Eat smarter

A healthier diet starts with making smart food choices—at home and when you’re on the go.

Eat a low-fat diet

For example, add nonstarchy vegetables such as spinach, broccoli, and green beans to meals.

Limit your visits to fast-food restaurants

When you’re there, turn down the supersized, jumbo, or large servings, and limit the side orders.

Get more active!

Exercise can raise good cholesterol and lower bad cholesterol and triglycerides. Activity burns calories, and if you burn enough of them, you can trim a few pounds.

Take your cholesterol medication

Try to make it part of your daily schedule. Take your medicine as prescribed.

DID YOU KNOW?

Losing just 10 to 15 pounds can help improve your **A1C, blood pressure, and cholesterol levels.**

Healthier eating habits can help lead to a healthier life!

Take action now

Eating the right foods at the right times and in the right amounts can help you achieve your health goals. Eating well can help you manage your weight and lower your blood sugar. And you can still have many of the foods you currently enjoy.

Small steps can make a big difference

- Reduce the amount of sugar you consume
- Do not drink soda and fruit juice
- Eat foods that have less fat and salt
- Eat foods with more fiber
- Make small substitutions—use olive oil instead of regular oil, and skim milk instead of higher-fat milk
- Steam or grill more, and fry less

What you can do to help **ACHIEVE** portion control

In addition to choosing a variety of healthy foods, look at the sizes of the portions you eat. Choosing healthy foods and controlling portion sizes may help you reach and stay at a healthy weight.

Know portion sizes.

Grain products

1 cup of cereal flakes = fist

Fruits and vegetables

1 medium fruit = baseball

Dairy and fats

1½ ounce of cheese = 2 cheese slices

Meat and meat alternatives

3 ounces of meat, fish, or poultry = deck of playing cards

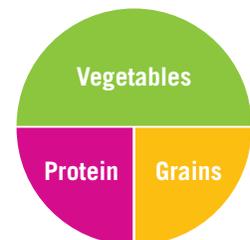
3 ounces of grilled/baked fish = checkbook

Follow these guidelines when dining out

Look for menu items that are

- Steamed
- Broiled
- Roasted
- Lightly sautéed or stir-fried
- Garden fresh
- Baked
- Poached

How to fill your plate



- ½ Nonstarchy vegetables
- ¼ Protein (lean meat, fish, poultry)
- ¼ Grains or starchy vegetables

DID YOU KNOW?

In addition to helping you lose weight, physical activity can reduce stress, give you more energy, and help you **feel better** overall.

Being active is simpler than you think!

Take action now

Physical activity is important for everyone, but it's especially important for keeping your diabetes under control. Research has shown that physical activity can

- Lower blood sugar and blood pressure
- Lower “bad” cholesterol and raise “good” cholesterol
- Help you lose weight

Remember to check with your health care provider before beginning an exercise program.

Make a list of physical activities you like to do—either alone or with others. You're more likely to do them more often! You may be surprised to find how easy it is to fit physical activity into your day.

What you can do to help **ACHIEVE** a more active lifestyle

Many people eat more calories than they need each day. When that happens, they gain weight, which can worsen their health.

Be active!

A good way to burn off extra calories and to prevent weight gain is to be more active each day. To lose weight, it's important to reduce calories and increase physical activity.

Remember: an active lifestyle means a healthier you!

Do simple activities to burn calories

Approximate calories burned in 30 minutes at different weights			
Activity	140–170 lb	180–220 lb	250–280 lb
Putting away groceries	79–96	102–125	142–159
Gardening	127–154	163–200	227–254
Raking lawn	137–166	176–215	244–273
Washing/waxing car	143–173	184–225	255–274
Vacuuming	111–135	143–175	198–222
Washing dishes	73–89	94–115	130–146
Walking briskly	121–147	155–190	215–241
Playing tennis (doubles)	191–231	245–299	340–381
Biking (light effort)	191–231	245–299	340–381

START ACHIEVING TODAY

By setting and keeping track of your goals, you will know what you need to do to achieve them.

Ask your health care provider to fill in this chart with you, and bring it with you to each office visit.

My health goals	Targets	Current levels	Goals
A1C*	less than 7%		
Blood pressure	less than 130/80 mmHg		
LDL-C, or "bad" Cholesterol	less than 100 mg/dL [†]		

* The American Diabetes Association recommends an A1C goal of less than 7% for many people with diabetes. Ask your health care provider about the A1C target that is right for you.

† If you are at risk for a heart attack, this number may be lower.



Blood Sugar Highs and Lows

Understanding blood sugar (glucose) levels



High blood sugar

When your blood sugar is high (hyperglycemia [HY-per-gly-SEEmee-uh]), you may have these common symptoms: dry mouth, thirst, frequent urination, tiredness, blurred vision, and, over time, weight loss without trying. If you have any of these symptoms, test your blood sugar right away.

Reasons for high blood sugar include eating too much, being less active than usual, being sick or under stress, or needing an adjustment in your medicine.

Help prevent high blood sugar levels

- Stay as close as you can to your schedule of eating, activity, and medicine. Use a blood sugar and medicine tracker to help you.
- Check your blood sugar levels as directed, and share your records with your health care provider.
- Set goals with your health care team for weight, physical activity, blood sugar levels, and A1C level.

Low blood sugar

Low blood sugar (hypoglycemia [HY-po-gly-SEEmee-uh]) can happen when you are taking medicine to keep your blood sugar levels near normal. However, fear of low blood sugar is not a reason to stop trying to control your diabetes—just watch for low blood sugar levels.

Low blood sugar is most often caused by eating less or later than usual, being more active than usual, or taking diabetes medicine that is not matched to your needs.

Learn to recognize the symptoms of low blood sugar, which may include feeling nervous, shaky, sweaty, or tired. Symptoms may be mild at first but may worsen quickly if not treated. If you have signs of low blood sugar, test your blood right away. **If your blood sugar level is less than 60 mg/dL, eat or drink a carbohydrate immediately, such as 1/2 cup of juice (4 oz), 3 teaspoons of honey, or 3 to 5 pieces of hard candy.** You may need to have a meal or another snack within 30 minutes. **Waiting to treat low blood sugar is not safe.**



Help prevent low blood sugar levels

- Stay as close as you can to your schedule of eating, activity, and medicine. Use a blood sugar and medicine tracker to help you.
- Check your blood sugar levels as directed, and share your records with your health care provider.
- Set goals with your health care team for weight, physical activity, blood sugar levels, and A1C level.
- Wear something that lets others know that you have diabetes, such as a necklace or bracelet, in case of an emergency.

Talk to your health care provider if you often have high or low blood sugar levels. You may need to discuss changes in diet, activity, or diabetes medicine.

Always carry carbohydrates that contain sugar (such as hard candy) with you so that you can treat low blood sugar levels at any time.

Always remember to follow the treatment plan prescribed by your health care provider to manage your diabetes. Discuss any concerns or questions you may have about your blood sugar levels and the medicines prescribed.

Before eating

For people with type 2 diabetes, the target range for blood sugar before a meal is 70 to 130 mg/dL.

After meals

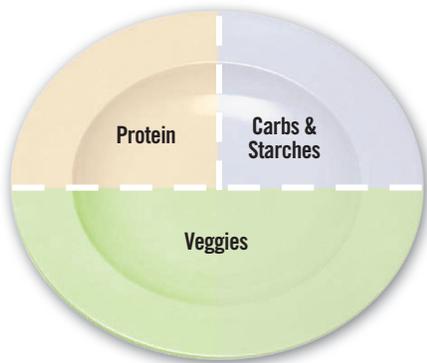
For people with type 2 diabetes, the target for blood sugar 1 to 2 hours after a meal is less than 180 mg/dL.

Talk with your health care team about the blood sugar level that is right for you.

Blood sugar tracker

		Breakfast		Lunch		Dinner		
		Before	After	Before	After	Before	After	
Date:		Time:	Time:	Time:	Time:	Time:	Time:	Bedtime:
10 / 1		6:30 <small>AM</small>	8:30 <small>AM</small>	11:30 <small>AM</small>	2:00 <small>PM</small>	5:30 <small>PM</small>	8:00 <small>PM</small>	10:30 <small>PM</small>
Blood Sugar Level		133	185	110	130	115	155	130
Medication	Med 1	X						
	Med 2	X						
	Med 3							X
Date:		Time:	Time:	Time:	Time:	Time:	Time:	Bedtime:
/ /		<small>AM</small>	<small>AM</small>	<small>AM</small>	<small>AM</small>	<small>AM</small>	<small>AM</small>	<small>AM</small>
Blood Sugar Level								
Medication								





Protein—meat, chicken, fish, eggs...

Carbohydrate—potatoes, pasta, rice...

Vegetables—broccoli, cabbage, cauliflower, lettuce, tomato, carrots, peas...

Create Your Plate

Choosing the right proportions of various foods.

Create your plate—control your portions

When you're diagnosed with diabetes and your health care provider recommends that you make healthier food choices, you may not know where to begin. One way to start is to change the amount of food you are already eating. Focus on filling your plate with nonstarchy vegetables and having smaller portions of starchy foods and meats. Creating your plate is an easy way to get started with managing blood sugar (glucose) levels.

You don't need any special tools or have to do any counting. It's simple and effective. Draw imaginary lines on your plate, select your foods, and enjoy your meal! You may have heard of this as the plate method. Once you've changed your portion sizes, you can work on making healthier food choices from each food group.

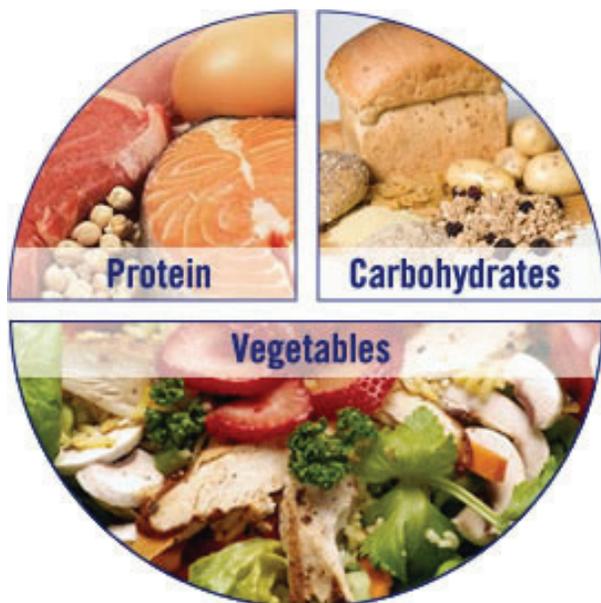
Get started!

1. Using your dinner plate, put a line across the middle of the plate.
2. Then on 1 side, cut it again so you will have 3 sections on your plate, similar to the diagram at left.

To finish planning your meal:

- Add an 8-oz (250-mL) glass of nonfat or low-fat milk. If you don't drink milk, you can drink water, seltzer, or diet soda and add another small serving of carbs such as a 6-oz container of light yogurt or a small roll.
- Add a piece of fruit or a half cup of fruit salad, and you have your meal planned. Examples are fresh, frozen, or canned in juice or frozen in light syrup or fresh fruit.
QUICK HAND TRICK: Choose an amount equivalent to 1 fist (about 1 half cup).
- Limit the amount of fats you eat.
QUICK HAND TRICK: Choose an amount no bigger than the tip of your thumb (about 1 tablespoon).

Be sure to discuss any specific questions you have with your health care team. This information is not intended to take the place of professional medical care.



The image at left helps you learn more about how to fill each section of your plate.

Protein

Fill 1 of the small sections with your meat or meat substitutes, such as

- Chicken or turkey without the skin
- Fish such as tuna, salmon, cod, or catfish
- Other seafood such as shrimp, clams, oysters, crab, or mussels
- Lean cuts of beef and pork such as sirloin or pork loin
- Tofu, eggs, or low-fat cheese

QUICK HAND TRICK: For protein (meats or alternatives), choose an amount the size of your palm and the thickness of your little finger (about 3 oz).

Carbohydrates

Fill the other small section with starchy foods, such as

- Whole-grain, breads such as whole wheat or rye
- Whole-grain, high-fiber cereal
- Cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- Rice, pasta, or tortillas
- Cooked beans and peas such as pinto beans or black-eyed peas
- Potatoes, green peas, corn, lima beans, sweet potatoes, or winter squash
- Low-fat crackers and snack chips, pretzels, or fat-free popcorn

QUICK HAND TRICK: For carbohydrates (starches), choose an amount equivalent to the size of 2 fists (about 1 cup).

Vegetables

Fill the largest section with nonstarchy vegetables, such as

- Spinach, carrots, lettuce, greens, cabbage, or bok choy
- Green beans, broccoli, cauliflower, or tomatoes
- Vegetable juice, salsa, onion, cucumber, beets, or okra
- Mushrooms, peppers, or turnips

QUICK HAND TRICK: For vegetables, choose as much as you can hold in both of your hands (about 2 cups).



How Diabetes Affects Your Health: From Head to Toe



When your blood sugar (glucose) stays too high for a long time, it can damage blood vessels and nerves. This damage can affect many of the organ systems in your body, and it can raise your risk of complications, such as

- Stroke
- Eye problems
- Dental disease
- Heart disease
- Kidney disease
- Sexual dysfunction
- Nerve damage, especially to feet and legs

You may not want to think about these possibilities—no one really wants to. But the good news is that you can help avoid such problems by controlling your blood sugar and taking good care of yourself.

Other risk factors

High blood pressure

High blood pressure (hypertension) may not cause symptoms, but over time it damages the heart, other organs, and blood vessels.

A blood pressure reading measures the force of blood as it presses against the inside walls of the blood vessels (arteries). The measurement is written as 2 numbers: systolic blood pressure (top number) is the force when the heart pumps; diastolic blood pressure (bottom number) is the force between heart pumps.

Cholesterol

Your body needs cholesterol to function properly; it helps your body digest food, produce hormones, and build new cells. However, as with many things in life, too much of a good thing can become bad for you over time.

LDL (bad) cholesterol can damage arteries. When you have type 2 diabetes, LDL cholesterol is often smaller and denser than normal and may be especially dangerous to artery walls.

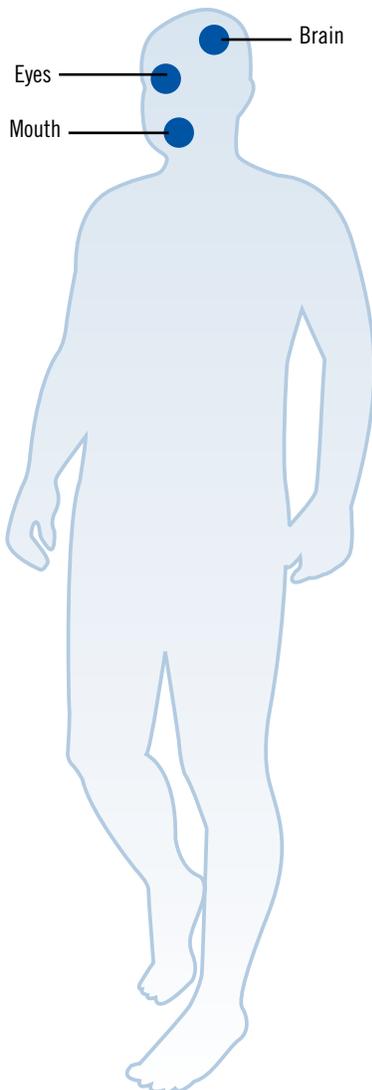
HDL (good) cholesterol works to clear cholesterol from the blood, helping to keep arteries healthy. When you have type 2 diabetes, HDL cholesterol levels are often lower than normal. This means that less cholesterol can be cleared from the blood.

Triglycerides are another type of fat in the blood. Having type 2 diabetes can lead to triglyceride levels that are higher than they should be.





When you take an active role in managing your diabetes with your health care team, you are taking steps to lower your risk of diabetes-related problems.



Ways you can help reduce your risk

- Work with your health care provider to determine the right blood sugar, blood pressure, and cholesterol levels for you, and track your numbers. According to the American Heart Association (AHA) guidelines, targets for appropriate patients with diabetes are:
 - Blood pressure: less than 130/80 mmHg
 - LDL cholesterol: less than 100 mg/dL
 - HDL cholesterol: greater than 40 mg/dL for men
greater than 50 mg/dL for women
 - Triglycerides: less than 150 mg/dL
- Stay at a healthy weight by being active and eating healthy foods
 - Get at least 30 minutes of physical activity most days
 - Follow the healthy eating plan you work out with your health care provider or dietitian
- If you smoke, quit
- Take medicines the way your health care provider tells you
- Also, regular checkups can help prevent problems or find them early, when they can be treated and managed, so see your health care provider regularly and take your medication as prescribed. If you are taking an active role with your health care team, you are already taking steps to lower your risk of diabetes-related problems

The image at left shows you how each part of the body can be affected by diabetes—and additional ways you can help reduce your risk.

Your brain

Stroke

A stroke occurs when a blood vessel in the brain becomes damaged or blocked. People with diabetes often have high blood pressure, which is the biggest risk factor for stroke.

- It's important that you know the signs and symptoms of stroke

Your eyes

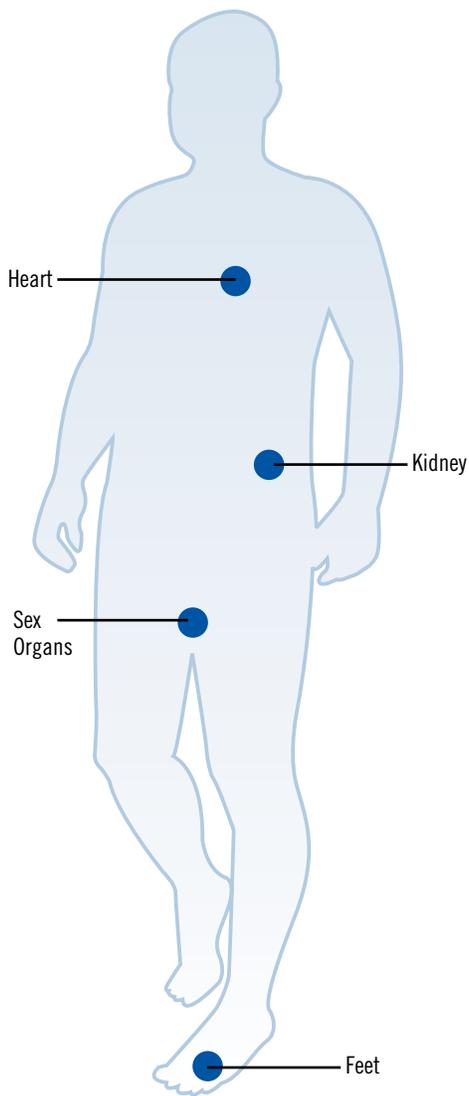
Diabetes is the leading cause of blindness among Americans. High blood sugar levels can damage blood vessels in the eyes and can lead to the growth of new blood vessels there. These new blood vessels are not as strong and can leak or burst. This condition is called diabetic retinopathy. Caught early, retinopathy is generally treatable with laser surgery, so be sure to have your eyes checked at least once a year.

- See your medical eye doctor for an exam every year, and call him or her immediately if you notice a sudden change in your vision

Your mouth

For people with diabetes, the risk of developing gum disease is twice that of someone without diabetes. Gum disease can lead to tooth loss, and the inflammation that results has been linked to heart disease.

- See your dentist twice a year, and when you do, remind your dentist that you have diabetes
- Brush and floss your teeth at least twice a day. Ask your dental hygienist to show you how to do both. The goal is to remove plaque and bacteria from your teeth so that infection can't start
- Have your teeth cleaned at least twice a year. When plaque stays put, it hardens into tartar. Only your dentist or dental hygienist can remove tartar with cleaning tools



Your heart

Heart disease

Cardiovascular disease is the leading cause of death in people with diabetes. People with type 2 diabetes are 2 to 4 times more likely to have heart disease and stroke than people without the disease. Be smart about your heart, and pay attention to your blood pressure, cholesterol levels, and blood sugar levels.

Kidney damage

High blood sugar and high blood pressure can lead to a kidney disease called nephropathy. In fact, 35% of all people undergoing dialysis for kidney disease have diabetes. As with other diabetes-related complications, a contributing factor is damage to tiny blood vessels in your kidney from high blood sugar levels. A warning sign is protein in your urine, which your health care provider should check for during visits. It's also important for kidney health to be sure that your blood pressure is well controlled.

- Have your kidneys tested annually or as recommended by your health care provider.

Sexual problems

In people with type 2 diabetes, sexual problems can occur when the nerves that regulate sexual response are damaged. This nerve damage is called neuropathy. For men, this can mean problems getting an erection or ejaculating. For women, this can mean problems getting aroused or lubricated enough to have comfortable sex.

- Talk with your health care team about any sexual symptoms you may notice

Nerve damage and foot problems

Many patients with diabetes have damage to the nerves of the feet and legs. Nerve damage, circulation problems, and infections can cause serious foot problems. By taking care of your feet daily, you can avoid complications (which, in severe cases, may include amputation).

- Look at your feet every day to see whether you have scratches, cracks, cuts, or blisters—and ask your health care provider how to take care of them if you do
- Keep your feet clean and protected from heat and cold
- Ask your health care provider or nurse to look at your feet at least 4 times a year

Be sure to discuss any specific questions you have with your health care team. This information is not intended to take the place of professional medical care.





Daily Activity Checklist



Daily Activity Checklist

If you burn the same amount of calories as you take in, your weight will stay the same. For men, on average, that's about 2,500 calories a day, and for women it's a little over 1,800 calories each day. Burn more calories than you eat, and you can lose weight and gain health benefits.

You can reduce the risks for some types of chronic disease and improve your overall quality of mental and physical health simply by burning an additional **150 calories** per day over and above your normal daily routine, according to the President's Council on Physical Fitness and Sports. Here are some suggestions that can help you become more active and achieve that goal.

Check which activities you perform during an average day. Your doctor may want you to start slower, or do a little more. Always be sure to speak with your doctor before beginning or changing an exercise program.

Check your activities	Activities (all in 30-minute intervals)	Calories Burned <i>Weight Range 1 140 lbs to 170 lbs</i>	Calories Burned <i>Weight Range 2 180 lbs to 220 lbs</i>	Calories Burned <i>Weight Range 3 250 lbs to 280 lbs</i>	Calories Burned <i>Weight Range 4 290 lbs to 320 lbs</i>
	Housework				
	Cooking/preparing food (sitting or standing)	64 – 77	82 – 100	113 – 127	132 – 145
	Cooking/preparing food (walking)	79 – 96	102 – 125	142 – 159	164 – 181
	Cleaning, light (dusting, straightening up)	79 – 96	102 – 125	142 – 159	164 – 181
	Cleaning, heavy or major (vigorous effort)	95 – 116	122 – 150	170 – 191	197 – 218
	Feeding pets	79 – 96	102 – 125	142 – 159	164 – 181
	Mopping	111 – 135	143 – 175	198 – 222	230 – 254
	Putting away groceries	79 – 96	102 – 125	142 – 159	164 – 181
	Serving food/Setting table (walking or standing)	79 – 96	102 – 125	142 – 159	164 – 181
	Sweeping floors (inside)	105 – 127	135 – 165	187 – 210	217 – 239
	Sweeping garage or sidewalk	127 – 154	163 – 200	227 – 254	263 – 290
	Vacuuming	111 – 135	143 – 175	198 – 222	230 – 254
	Washing dishes	73 – 89	94 – 115	130 – 146	151 – 167
	Leisure Activities				
	Arts & crafts (sitting, light effort)	48 – 58	61 – 75	85 – 95	99 – 109
	Arts & crafts (sitting, moderate effort)	64 – 77	82 – 100	113 – 127	132 – 145
	Arts & crafts (standing, light effort)	57 – 69	73 – 90	102 – 114	118 – 131
	Arts & crafts (standing, moderate effort)	95 – 116	122 – 150	170 – 191	197 – 218
	Billiards	79 – 96	102 – 125	142 – 159	164 – 181
	Bowling	95 – 116	122 – 150	170 – 191	197 – 218
	Canoeing/Rowing (for pleasure)	111 – 135	143 – 175	198 – 222	230 – 254
	Fishing	95 – 116	122 – 150	170 – 191	197 – 218
	Hiking cross-country	191 – 231	245 – 299	340 – 381	395 – 435
	Kayaking	159 – 193	204 – 249	283 – 318	329 – 363
	Playing catch (baseball or football)	79 – 96	102 – 125	142 – 159	164 – 181
	Playing Frisbee (general)	95 – 116	122 – 150	170 – 191	197 – 218
	Playing with pets (walk/run, light effort)	89 – 108	114 – 140	142 – 159	164 – 181
	Playing with pets (walk/run, moderate effort)	127 – 154	163 – 200	227 – 254	263 – 290
	Softball (fast or slow pitch)	159 – 193	204 – 249	283 – 318	329 – 363
	Walking dog	95 – 116	122 – 150	170 – 191	197 – 218



Check your activities	Activities (all in 30-minute intervals)	Calories Burned <i>Weight Range 1 140 lbs to 170 lbs</i>	Calories Burned <i>Weight Range 2 180 lbs to 220 lbs</i>	Calories Burned <i>Weight Range 3 250 lbs to 280 lbs</i>	Calories Burned <i>Weight Range 4 290 lbs to 320 lbs</i>
Social Activities					
	Ballroom dancing (fast, e.g., disco, folk, line, square dancing)	143 – 173	184 – 225	255 – 274	296 – 327
	Ballroom dancing (slow, e.g., waltz, foxtrot, tango)	95 – 116	122 – 150	170 – 191	197 – 218
	Camping (including standing, walking, sitting)	79 – 96	102 – 125	142 – 159	164 – 181
	Child care (sitting, during active periods only)	79 – 96	102 – 125	142 – 159	164 – 181
	Child care (standing, during active periods only)	95 – 116	122 – 150	170 – 191	197 – 218
	Family get-together/reunion (including sitting, relaxing, talking)	48 – 58	61 – 75	85 – 95	99 – 109
	Playing with children (walking/running, moderate, active periods only)	127 – 154	163 – 200	227 – 254	263 – 290
	Playing with children (walking/running, vigorous, active periods only)	159 – 193	204 – 249	283 – 318	329 – 363
	Playing guitar (classical or folk, sitting)	64 – 77	82 – 100	113 – 127	132 – 145
	Playing guitar (rock band, standing)	95 – 116	122 – 150	170 – 191	197 – 218
	Traveling/Touring (including walking, riding)	64 – 77	82 – 100	113 – 127	132 – 145
Do-It-Yourself/Home Maintenance					
	Automobile repairs	95 – 116	122 – 150	170 – 191	197 – 218
	Carpentry (general, workshop)	95 – 116	122 – 150	170 – 191	197 – 218
	Carpentry (outside, e.g., installing rain gutters, building fence)	191 – 231	245 – 299	340 – 381	395 – 435
	Caulking	143 – 173	184 – 225	255 – 274	296 – 327
	Cleaning gutters	159 – 193	204 – 249	283 – 318	329 – 363
	Cleaning out garage	159 – 193	204 – 249	283 – 318	329 – 363
	Finishing or refinishing cabinets or furniture	143 – 173	184 – 225	255 – 274	296 – 327
	Hanging storm windows	159 – 193	204 – 249	283 – 318	329 – 363
	Painting (inside home)	95 – 116	122 – 150	170 – 191	197 – 218
	Painting (outside home)	159 – 193	204 – 249	204 – 249	329 – 363
	Washing/waxing car	143 – 173	184 – 225	255 – 274	296 – 327
Yard Work/Working Outside					
	Digging/Filling garden	159 – 193	204 – 249	283 – 318	329 – 363
	Gardening (general)	127 – 154	163 – 200	227 – 254	263 – 290
	Raking lawn	137 – 166	176 – 215	244 – 273	283 – 312
	Mowing lawn (walking, power mower)	175 – 212	225 – 274	312 – 349	362 – 399
	Mowing lawn (riding mower)	79 – 96	102 – 125	142 – 159	164 – 181
	Shoveling snow, by hand	191 – 231	245 – 299	340 – 381	395 – 435
	Snow blower (walking)	143 – 173	184 – 225	255 – 274	296 – 327
	Watering lawn or garden (standing or walking)	48 – 58	61 – 75	85 – 95	99 – 109
	Weeding	143 – 173	184 – 225	255 – 274	296 – 327



Check your activities	Activities (all in 30-minute intervals)	Calories Burned <i>Weight Range 1 140 lbs to 170 lbs</i>	Calories Burned <i>Weight Range 2 180 lbs to 220 lbs</i>	Calories Burned <i>Weight Range 3 250 lbs to 280 lbs</i>	Calories Burned <i>Weight Range 4 290 lbs to 320 lbs</i>
	General Exercise/Fitness Activities				
	Aerobics (low-impact)	159 – 193	204 – 249	283 – 318	329 – 363
	Aerobics (high-impact)	222 – 270	286 – 349	397 – 445	460 – 508
	Bicycling (leisure, slow, light effort)	191 – 231	245 – 299	340 – 381	395 – 435
	Bicycling (leisure, moderate effort)	254 – 308	327 – 399	454 – 508	526 – 581
	Golf (using power cart)	111 – 135	143 – 175	198 – 222	230 – 254
	Golf (walking and pulling clubs)	137 – 166	176 – 215	244 – 273	283 – 312
	Golf (walking and carrying clubs)	143 – 173	184 – 225	255 – 274	296 – 327
	Jogging (general)	222 – 270	286 – 349	397 – 445	460 – 508
	Skiing (general)	222 – 270	286 – 349	397 – 445	460 – 508
	Running (6 mph, 10 min/mile)	318 – 386	408 – 499	567 – 635	658 – 726
	Running (8 mph, 7.5 min/mile)	397 – 482	510 – 624	765 – 857	888 – 980
	Tai chi	127 – 154	163 – 200	227 – 254	263 – 290
	Tennis (doubles)	191 – 231	245 – 299	340 – 381	395 – 435
	Tennis (singles)	254 – 308	327 – 399	454 – 508	526 – 581
	Walking for exercise (brisk pace)	121 – 147	155 – 190	215 – 241	250 – 276
	Water aerobics (aqua aerobics)	127 – 154	163 – 200	227 – 254	263 – 290
	Yoga/Mild stretching	79 – 96	102 – 125	142 – 159	164 – 181

The amount of calories burned doing any of the activities listed can vary greatly from person to person even when their body weight is similar. One reason an increased activity level is so valuable is that it can increase an individual's amount of muscle mass and decrease their amount of fat. This increased muscle mass means you burn more calories doing any of the activities listed.

In order to maintain the benefits of this increased muscle mass, activities need to be worked in on a regular basis and become part of your daily or weekly routine. Therefore, you should choose activities that you enjoy and can stick with. You can also make your day-to-day activities more beneficial by parking farther away at places like the supermarket or mall, choosing the stairs instead of the elevator, and taking walks when you can to break up your day.

Check your activities	Activities (all in 30-minute intervals)	Calories Burned <i>Weight Range 1 140 lbs to 170 lbs</i>	Calories Burned <i>Weight Range 2 180 lbs to 220 lbs</i>	Calories Burned <i>Weight Range 3 250 lbs to 280 lbs</i>	Calories Burned <i>Weight Range 4 290 lbs to 320 lbs</i>
	Housework				
✓	Cooking/preparing food (sitting or standing)	64 – 77	82 – 100	113 – 127	132 – 145
	Cooking/preparing food (walking)	79 – 96	102 – 125	142 – 159	164 – 181
	Cleaning, light (dusting, straightening up)	79 – 96	102 – 125	142 – 159	164 – 181
	Cleaning, heavy or major (vigorous effort)	95 – 116	122 – 150	170 – 191	197 – 218
	Feeding pets	79 – 96	102 – 125	142 – 159	164 – 181
	Mopping	111 – 135	143 – 175	198 – 222	230 – 254
✓	Putting away groceries	79 – 96	102 – 125	142 – 159	164 – 181
	Serving food/Setting table (walking or standing)	79 – 96	102 – 125	142 – 159	164 – 181
	Sweeping floors (inside)	105 – 127	135 – 165	187 – 210	217 – 239
	Sweeping garage or sidewalk	127 – 154	163 – 200	227 – 254	263 – 290
	Vacuuming	111 – 135	143 – 175	198 – 222	230 – 254
	Washing dishes	73 – 89	94 – 115	130 – 146	151 – 167

How to Use Your Daily Activity Checklist

It's easy to keep track of whether you've burned an extra 150 calories a day. The example below illustrates a person who falls in Weight Range 2. For simplicity, it uses only the housework activities, but you have many more to choose from in your Daily Activity Checklist!

- 1. Find your weight range.** The number of calories you burn partly depends on how much you weigh. If you weigh **180 to 220 pounds, Weight Range 2**, you might want to circle that range, as shown above, to make it easier to keep track.
- 2. Put a check mark next to the activities that you performed today.** If you did the cooking (while sitting or standing) put a check next to that box, as above. By looking across to the Weight Range 2 column, you will see that you've burned between 82 and 100 calories for the day already! That puts you close to your goal of 150 calories for the day. If you also put away groceries, you'll burn between 102 and 125 calories. With just these two activities, you will burn between **184 and 225 calories**—resulting in your goal of 150 calories for the day! Remember the number of calories listed is for 30 minutes of each activity, so divide the number by half if you only did the activity for 15 minutes a day, or double it if you spent an hour doing the activity during the day.
- 3. Add it up for the day.** Just by glancing at the activities that you've checked off it's easy to see whether you were able to burn that extra 150 calories a day. Just by looking at the example above, you can see that it can be easy and fun to get a little more activity into your everyday routine—and you can see just how quickly those calories add up!
- 4. Keep it up!** And always talk with your doctor about beginning or changing an exercise program.



Exercise Journal



Exercise Journal

Exercise: Choosing your activity

Regular exercise is important for everyone, but it is especially so if you have diabetes. Regular exercise helps control the amount of sugar in the blood and increases levels of HDL (good) cholesterol. It also burns excess calories and fat to help you achieve optimal weight.

However, exercise doesn't necessarily mean spending hours at the gym or running for miles. It can mean many kinds of physical activity. Choose an activity that you enjoy, or try a new activity!

Activities may include:

- Walking around the block
- Dancing
- Taking the stairs instead of the elevator
- Bowling
- Mowing the lawn
- Biking to work
- Gardening and pulling weeds
- Vacuuming
- Parking the car farther away from your destination and walking
- Swimming a few laps
- Washing your car

Do some physical activity each day. If you haven't been very active lately, talk to your health care provider before beginning, and begin slowly. Start with 5 to 10 minutes and then add more time, or exercise for 10 minutes, 3 times a day.

It is important to work with your health care provider to create an exercise program that is right for you.



Exercise Journal

Date	Exercise	Duration	Heart Rate or Intensity

Notes (goals, mood, etc):



DIABETES

Hypoglycemia (low blood sugar): What You Should Know, What You Should Do.

- Low blood sugar can happen even when you're doing all you can to manage your diabetes
- Common causes of low blood sugar include certain diabetes medications, missed meals, or more activity than usual. If you have any of these symptoms, check your blood sugar right away.
- You should tell your health care provider (HCP) about any symptoms you experience

 **Check any symptoms that you experience and bring this sheet with you to your next visit with your HCP**



Dizzy



Shaky



Anxiety



Nervous



Tired



Grouchy



Light-headed



Sweaty



Hunger



Confusion



Weak

Symptoms may be mild at first but may worsen quickly if not treated



Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL)



Take action quickly if you have low blood sugar.

- Symptoms may be mild at first but worsen quickly if not treated

1. If your blood sugar is below 70 mg/dL or if you have any symptoms, take ONE of the following quick-fix foods:*

- 3 or 4 glucose tablets
- 1 serving of glucose gel (equal to 15 grams of carbohydrate)
- 1 cup of milk
- 1/2 cup of fruit juice
- 1/2 can of regular soda pop (not diet)
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey

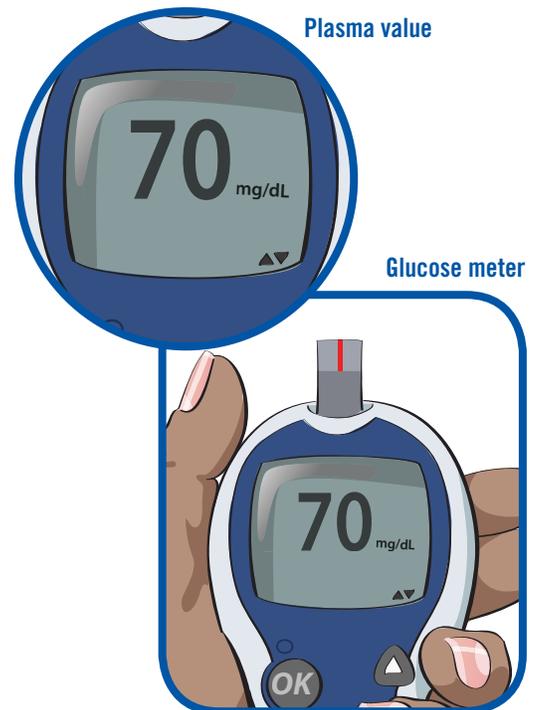
2. Wait 15 minutes. Check your blood sugar again.*

3. If your blood sugar is still below 70 mg/dL or if you do not feel better, repeat step 1 every 15 minutes until your blood sugar is 70 mg/dL or above.*

4. If your next meal is 1 hour or more away, eat a snack once your quick-fix foods have raised your blood sugar to 70 mg/dL or above.*

5. Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL).

6. Ask your HCP about medications that may be less likely to cause low blood sugar.



Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL)

* <http://www.diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/index.aspx>





Understanding Carbohydrates

Food contains 3 main nutrients: carbohydrates (carbs), protein, and fat. Although protein and fat have little effect on sugar (glucose), carbohydrates may raise your sugar level. In fact, carbohydrate is the nutrient that affects sugar the most.

There are 2 kinds of carbohydrates:

- **Simple carbohydrates** can be found in foods containing added sugar like regular soda or cookies
- **Complex carbohydrates** can be found in foods like whole grains, beans, or potatoes

Blood sugar levels rise gradually after you eat complex carbs, which are digested slowly and then used for energy. Simple carbs raise blood sugar quickly.

The amount of carbohydrate you eat at a meal or for a snack affects sugar more than the type of carbohydrate does. Too much carbohydrate means higher blood sugar levels.

Other factors also affect sugar levels, including insulin, diabetes, certain medications, stress, and physical activity. Medication and activity help lower sugar levels in people with diabetes.

How your body uses carbohydrates

Carbohydrate foods are good for everyone. Carbs give your body—and especially your brain—the energy it needs.

Your body breaks down carbohydrate and turns it into sugar. As a result, when you eat carbs, the sugar level in your bloodstream increases.

Sugar is moved from your blood into your cells where it is used for energy. A hormone called insulin is required for transfer of sugar into most cells. Insulin is made by your pancreas (an organ near your stomach).

Foods that contain carbohydrates

Carbs are in foods such as

- Bread, tortillas, and other flat breads
- Rice, pasta, and cereal
- Corn, potatoes, peas, and red and black beans
- Fruits and juices
- Milk and yogurt
- Candy, cookies, ice cream, and other desserts
- Soft drinks, sports drinks, lemonade, and sweetened tea

Combination and convenience foods usually contain carbohydrates. They include carbs along with protein and fat.





If you have diabetes, you want to pay attention to the amount of carbs in the food you eat. Ask your health care provider about a healthy diet plan for you.

Food labels

You already know that you can find carbohydrate information on food labels. Let's take a closer look at what a label tells you.

Serving size

All the information on the label is based on this portion. If you eat double the serving size, you will eat double the carb, double the other nutrients, and double the calories. Note that the grams listed here refer to the weight of the serving, not the total grams of carbohydrate.

Servings

This is the total number of servings in the container.

Total carbohydrates

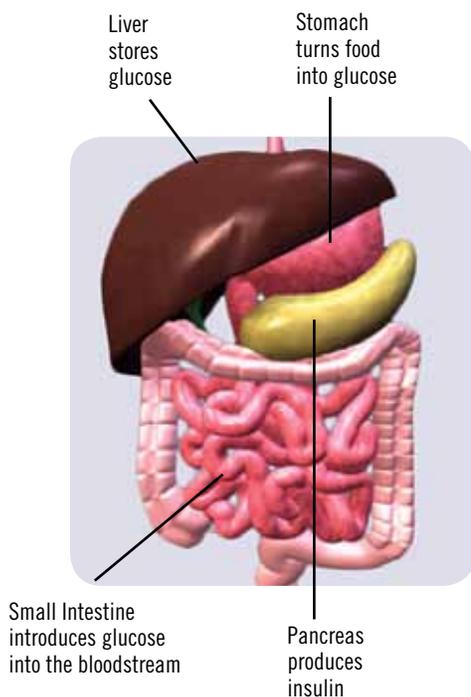
This lists the total grams of carb in one serving. The total includes dietary fiber and sugars, which are broken out below. Grams of sugar alcohol will also be listed if contained in the food.

Be sure to discuss any specific questions you have with your health care team. This information is not intended to take the place of professional medical care.



Understanding Type 2 Diabetes

Here, you can start learning how to live with your type 2 diabetes. You'll also find out how it differs from type 1 diabetes and what you can expect as you start taking the small, sensible steps that can help you and your health care team manage your condition.



Diabetes defined

Diabetes means that your blood sugar (glucose) is too high. Most of the food we eat is turned into sugar for our bodies to use for energy. A hormone called insulin, which is produced by the pancreas, helps sugar get into most cells of the body. If your body doesn't make enough insulin and/or if the insulin doesn't work the way it should, sugar can't get into your cells and instead stays in your blood, raising your blood sugar level.

The differences between type 1 and type 2 diabetes

Type 1 diabetes

People can get diabetes at any age. Type 1 diabetes, formerly called juvenile diabetes or insulin-dependent diabetes, is usually first diagnosed in children, teenagers, or young adults. In type 1 diabetes, the insulin-producing cells in the pancreas no longer make insulin, because the body's immune system has attacked and destroyed them.

Treatment for type 1 diabetes includes taking insulin, making smart food choices, taking aspirin daily (for some people), and controlling blood pressure and cholesterol. Type 1 diabetes accounts for 5% to 10% of all diagnosed cases of diabetes in the United States.

Type 2 diabetes

Type 2 diabetes, formerly called adult-onset diabetes or noninsulin-dependent diabetes, is much more common. It accounts for up to 95% of all diagnosed cases of diabetes. Anyone can develop type 2 diabetes at any age.

When a person has type 2 diabetes, the insulin-producing cells of the pancreas don't function properly and can't make enough insulin. This often occurs in combination with insulin resistance, a condition in which fat, muscle, and liver cells do not use insulin properly.

Being overweight and inactive increases the chances of developing type 2 diabetes. Treatment includes making smart food choices and being physically active, and may also include taking diabetes medications, taking aspirin daily, and controlling blood pressure and cholesterol.

Sometimes these changes aren't enough to return blood sugar levels back down near normal. In that case, it is important to work with your health care provider to review treatment options. Your health care provider may recommend keeping regular health care appointments so that your health care team can help manage your diabetes.

Why high blood sugar is a problem

Prolonged high blood sugar damages the blood vessels and affects organs and nerves. As a result, the risk of damage to the heart, kidneys, eyes, and limbs increases. In addition to high blood sugar, people with diabetes frequently have high blood pressure and high cholesterol. Over time, people with diabetes have a higher risk of disability or death because of heart attack or stroke than those without diabetes.

Frequently Asked Questions About Type 2 Diabetes



1. How do I treat my diabetes?

A well-balanced diet, exercise, and a healthy weight can help you manage your blood sugar level. To take care of your diabetes, your health care provider may tell you that you need to make some lifestyle changes. You might need to

- Change the way you eat
- Become more active
- Lose some weight
- Take medicine every day

2. How frequently should I test my blood sugar?

Some people need to test once a day; others need to test several times a day. Your health care provider will tell you how many times a day you should test your blood sugar and what level is the right target for you.

3. What is A1C?

A1C is a blood test done in a health care provider's office or in a laboratory. It shows your average blood sugar level over the past 2 to 3 months. Most health care providers recommend that you get an A1C test up to 4 times a year. It's important to know your A1C because it tells how well your blood sugar is controlled over time.

4. What should my target A1C be?

The American Diabetes Association recommends an A1C goal of less than 7% for many people with diabetes. Ask your health care provider about the A1C target that is right for you.

5. Why do I have to change the way I eat?

Smart food choices, proper portions, and eating at about the same times every day are good ways to help control your blood sugar. By managing your blood sugar levels, you can help avoid potential complications of the disease. To learn which foods are best for you, talk with your health care provider. Also, a diabetes educator or registered dietitian can help you create a meal plan that offers variety and nutrition. Here are some healthy eating tips:

- Limit sweets
- Eat often
- Be careful about how many carbohydrates you eat and when
- Eat a lot of whole-grain foods, fruits, and vegetables
- Eat less fat
- Limit alcohol

6. How can exercise affect my diabetes?

Scientific research proves that increased physical activity has many benefits, including helping you

- Lower your blood sugar
- Improve your body's ability to use insulin
- Lower your blood pressure
- Reduce "bad" cholesterol
- Increase "good" cholesterol
- Lower your risk of heart disease and stroke





Understanding Nutritional Claims on Food Package Labels



Understanding Nutritional Claims on Food Package Labels

Under regulations from the Food and Drug Administration of the Department of Health and Human Services and the Food Safety and Inspection Service of the U.S. Department of Agriculture, food labels offer complete, useful and accurate nutrition information—but only if you can understand the label language.

This quick guide offers definitions for some common terms you might see on packages in your grocery store aisles:

High/Excellent

- **High/Excellent**

Greater than or equal to 20% of the daily value per serving for a specific nutrient

- **Good Sources**

10%-19% of the daily value per serving for a specific nutrient

- **More or Added**

Greater than or equal to 10% more of the daily value per serving than the food to which it is being compared

Low or Very Low

- **Low Fat**

3 grams or less per serving as defined on the label

- **Low Saturated Fat**

1 gram or less of saturated fat and 15% or less of calories from saturated fat per serving as defined on the label. Must also be low in total fat or the fat content must be listed

- **Low Cholesterol**

20 milligrams or less of cholesterol and less than 2 grams of saturated fat per serving as defined on the label

- **Low Sodium**

140 milligrams or less per serving as defined on the label

- **Very Low Sodium**

35 milligrams or less per serving as defined on the label

- **Low Calorie**

40 calories or less per serving as defined on the label

Free

- **Fat Free**

Less than 0.5 grams of total fat per serving as defined on the label

- **Saturated Fat Free**

Less than 0.5 grams of saturated fat per serving as defined on the label and less than 0.5 gram of trans fatty acids

- **Cholesterol Free**

Less than 2 milligrams of cholesterol and less than 2 grams of saturated fat per serving as defined on the label

- **Sodium Free**

Less than 5 milligrams per serving as defined on the label

- **Calorie Free**

Less than 5 calories per serving as defined on the label

- **Sugar Free**

Less than 0.5 grams of sugar per serving as defined on the label

- **No Sugar Added**

No sugar or ingredient that contains sugar is added during processing or packing

Reduced or Less

- **Reduced or Less Fat**

At least 25% less fat per serving as defined on the label than the food to which it is being compared

- **Reduced or Less Saturated Fat**

At least 25% less saturated fat per serving as defined on the label than the food to which it is being compared

- **Reduced or Less Cholesterol**

At least 25% less cholesterol per serving as defined on the label than the food to which it is being compared

- **Reduced or Less Sodium**

At least 25% less sodium per serving as defined on the label than the food to which it is being compared

- **Reduced Sugar**

At least 25% less sugar per serving as defined on the label than the food to which it is being compared



Weekly Activity Tracker



WEEKLY ACTIVITY TRACKER

Burn as little as **1,000 calories** each week over and above your normal daily routine, and you can reduce the risks for some types of chronic disease and improve your overall quality of physical and mental health, according to the President's Council on Physical Fitness and Sports. You don't have to do these activities all at once—you can split it into 10- or 15-minute intervals throughout the day.

If you burn the same amount of calories as you take in, your weight will stay the same. For men, on average, that's about 2,500 calories a day, and for women it's a little over 1,800 calories each day. Do just a little more, and you can lose weight and gain health benefits.

Check off the activities below that you have added to your usual routine for each day of the week—and see just how quickly you can burn an additional 1,000 calories a week. Your doctor may want you to start slower, or do a little more. Always be sure to speak with your doctor before beginning or changing an exercise program.

Activity	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lb	170 lb	190 lb	210 lb	230 lb	250 lb	270 lb	300 lb							
Housework																
Cleaning, light (dusting, straightening up)	15 min	43	48	54	60	65	71	77	86							
Cleaning, heavy (vigorous effort)	15 min	51	58	65	71	78	85	92	102							
Cooking/Preparing food (sitting or standing)	30 min	68	77	86	95	104	113	122	136							
Cooking/Preparing food (walking)	30 min	85	96	108	119	130	141	152	169							
Feeding pets	15 min	43	48	54	60	65	71	77	86							
Mopping	15 min	60	67	75	83	91	99	107	119							
Putting away groceries	15 min	43	48	54	60	65	71	77	86							
Serving food/Setting table (walking or standing)	15 min	43	48	54	60	65	71	77	86							
Sweeping floors (inside)	15 min	56	64	71	79	86	93	100	111							
Sweeping garage or sidewalk	15 min	68	77	86	95	104	113	122	136							
Vacuuming	15 min	60	67	75	83	91	99	107	119							
Washing dishes	15 min	39	44	50	55	60	65	70	78							



Activities	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs							
Leisure Activities																
Arts & crafts (sitting, light effort)	30 min	51	58	65	71	78	85	92	102							
Arts & crafts (sitting, moderate effort)	30 min	68	77	86	95	104	113	122	136							
Arts & crafts (standing, light effort)	30 min	61	69	78	86	94	102	110	122							
Arts & crafts (standing, moderate effort)	30 min	102	116	129	143	156	170	184	204							
Billiards	30 min	85	96	108	119	130	141	152	169							
Bowling	30 min	102	116	129	143	156	170	184	204							
Canoeing/Rowing (for pleasure)	30 min	119	135	151	167	183	199	215	239							
Fishing	30 min	102	116	129	143	156	170	184	204							
Hiking cross-country	30 min	204	231	258	286	313	340	367	408							
Kayaking	30 min	170	193	215	238	261	283	306	340							
Playing catch (baseball or football)	15 min	43	48	54	60	65	71	77	86							
Playing Frisbee (general)	15 min	51	58	65	71	78	85	92	102							
Playing with pets (walk/run, light effort)	15 min	48	54	60	67	73	79	85	94							
Playing with pets (walk/run, moderate effort)	15 min	68	77	86	95	104	113	122	136							
Softball (fast or slow pitch)	30 min	170	193	215	238	261	283	306	340							
Walking dog	15 min	51	58	65	71	78	85	92	102							
Social Activities																
Ballroom dancing (fast, e.g., disco, folk, line, or square dancing)	30 min	153	173	194	214	235	255	275	306							
Ballroom dancing (slow, e.g., waltz, foxtrot, tango)	30 min	102	116	129	143	156	170	184	204							
Camping (including standing, walking, sitting)	30 min	85	96	108	119	130	141	152	169							
Child care (sitting, during active periods only)	30 min	85	96	108	119	130	141	152	169							
Child care (standing, during active periods only)	30 min	102	116	129	143	156	170	184	204							
Family get-together/reunion (including sitting, relaxing, talking)	30 min	51	58	65	71	78	85	92	102							
Playing with children (walking/running, moderate, active periods only)	30 min	136	154	172	191	209	227	245	272							
Playing with children (walking/running, vigorous, active periods only)	30 min	170	193	215	238	261	283	306	340							
Playing guitar (classical or folk, sitting)	30 min	68	77	86	95	104	113	122	136							
Playing guitar (rock band, standing)	30 min	102	116	129	143	156	170	184	204							
Traveling/Touring (including walking, riding)	30 min	68	77	86	95	104	113	122	136							



Activities	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs							
Do-It-Yourself/Home Maintenance																
Automobile repairs	30 min	102	116	129	143	156	170	184	204							
Carpentry, in a workshop (general)	30 min	102	116	129	143	156	170	184	204							
Carpentry, outside (for example, installing rain gutters, building fence)	30 min	204	231	259	286	313	340	367	408							
Caulking	15 min	77	87	97	107	117	127	137	152							
Cleaning gutters	30 min	170	193	215	238	261	283	306	340							
Cleaning out garage	30 min	170	193	215	238	261	283	306	340							
Finishing or refinishing cabinets or furniture	30 min	153	173	194	214	235	255	275	306							
Hanging storm windows	30 min	170	193	215	238	261	283	306	340							
Painting (inside home)	30 min	102	116	129	143	156	170	184	204							
Painting (outside home)	30 min	170	193	215	238	261	283	306	340							
Washing/waxing car	30 min	153	173	194	214	235	255	275	306							
Yard Work/Working Outside																
Digging/Filling garden	15 min	85	96	108	119	130	141	152	169							
Gardening (general)	30 min	136	154	172	191	209	227	245	272							
Mowing lawn (riding mower)	30 min	85	96	108	119	130	141	152	169							
Mowing lawn (walking, power mower)	30 min	187	212	237	262	287	312	337	375							
Raking lawn	30 min	146	166	185	205	224	243	262	291							
Shoveling snow, by hand	30 min	204	231	258	286	313	340	367	408							
Snow blower (walking)	30 min	153	173	194	214	235	255	275	306							
Watering lawn or garden (standing or walking)	30 min	51	58	65	71	78	85	92	102							
Weeding	15 min	77	87	97	107	117	127	137	152							



Activities	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs							
General Exercise/Fitness Activities																
Aerobics (low-impact)	30 min	170	193	215	238	261	283	306	340							
Aerobics (high-impact)	30 min	238	270	301	333	365	397	429	477							
Bicycling (leisure, slow, light effort)	30 min	204	231	259	286	313	340	367	408							
Bicycling (leisure, moderate effort)	30 min	272	308	345	381	417	453	489	543							
Golf (using power cart)	30 min	119	135	151	167	183	199	215	239							
Golf (walking and pulling clubs)	30 min	146	166	185	205	224	243	262	291							
Golf (walking and carrying clubs)	30 min	153	173	194	214	235	255	275	306							
Jogging (general)	30 min	238	270	301	333	365	387	429	477							
Running (6 mph, 10 min/mile)	30 min	340	386	430	476	522	567	612	680							
Running (8 mph, 7.5 min/mile)	30 min	425	482	538	595	652	709	766	851							
Skiing (general)	30 min	238	270	301	333	365	397	429	477							
Tai chi	30 min	136	154	172	191	209	227	245	272							
Tennis (doubles)	30 min	204	231	259	286	313	340	367	408							
Tennis (singles)	30 min	272	308	345	381	417	453	489	543							
Walking for exercise (brisk pace)	30 min	129	147	163	181	198	215	232	258							
Water aerobics (aqua aerobics)	30 min	136	154	178	191	209	227	245	272							
Yoga/Mild stretching	15 min	43	48	56	60	65	71	77	86							
TOTAL ADDITIONAL CALORIES/DAY:																
TOTAL FOR THE WEEK:										Calories						

The amount of calories burned doing any of the activities listed can vary greatly from person to person even when their body weight is similar. One reason an increased activity level is so valuable is that it can increase an individual's amount of muscle mass and decrease their amount of fat. This increased muscle mass means you burn more calories doing any of the activities listed.

In order to maintain the benefits of this increased muscle mass, activities need to be worked in on a regular basis and make them part of your daily or weekly routine. So choose activities that you enjoy and can stick with. You can also make your day-to-day activities more beneficial by parking farther away at places like the supermarket or mall, choosing the stairs instead of the elevator, and taking walks when you can to break up your day.



How to Use the Weekly Activity Tracker

Here's how to get to that extra 1,000 calories a week—it can be easy and even fun! For this example, we're using only the general fitness activities, but you have many more you can choose.

- 1. Find your weight.** How many calories you burn depends partly on how much you weigh. If you weigh **190 pounds**, you might circle it, as shown below, to help you keep track.
- 2. Put a check mark next to the activities you do each day.** If you go for a brisk walk for 30 minutes on Sunday, put a check in the box across from "Walking for Exercise," as below. By looking across at the 190-pound column, you can see that you've burned 163 calories! The number of calories listed is for 30 minutes of activity, so divide the number by half if you did the activity for 15 minutes, or double the number if you did the activity for an hour. If you go bicycling on Tuesday, put a check there. Maybe you only have time to do it for 15 minutes—so make a note of it. You can see that you've burned about 130 calories (1/2 of 259). On Saturday, you go golfing (using a cart) for an hour—so make a note of that too. You've burned 302 calories—two times 151.
- 3. Add up your totals for each day at the bottom.** If you do more than one activity in a day, make sure to add the calorie totals together. We've checked additional activities below.
- 4. Add up your total for the week.** See how easy it is to burn an extra 1,000 calories in the course of a week!
- 5. Keep it up!** And always talk with your doctor about beginning or changing an exercise program.

Activities	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs							
General Exercise/Fitness Activities																
Aerobics (low-impact)	30 min	170	193	215	238	261	283	306	340							
Aerobics (high-impact)	30 min	238	270	301	333	365	397	429	477							
Bicycling (leisure, slow, light effort)	30 min	204	231	259	286	313	340	367	408		✓ 1/2			✓		
Bicycling (leisure, moderate effort)	30 min	272	308	345	381	417	453	489	543							
Golf (using power cart)	30 min	119	135	151	167	183	199	215	239							✓ 2
Golf (walking and pulling clubs)	30 min	146	166	185	205	224	243	262	291							
Golf (walking and carrying clubs)	30 min	153	173	194	214	235	255	275	306							
Jogging (general)	30 min	238	270	301	333	365	387	429	477							
Running (6 mph, 10 min/mile)	30 min	340	386	430	476	522	567	612	680							
Running (8 mph, 7.5 min/mile)	30 min	425	482	538	595	652	709	766	851							
Skiing (general)	30 min	238	270	301	333	365	397	429	477							
Tai chi	30 min	136	154	172	191	209	227	245	272							
Tennis (doubles)	30 min	204	231	259	286	313	340	367	408							
Tennis (singles)	30 min	272	308	345	381	417	453	489	543							
Walking for exercise (brisk pace)	30 min	129	147	163	181	198	215	232	258	✓		✓				✓
Water aerobics (aqua aerobics)	30 min	136	154	178	191	209	227	245	272							
Yoga/Mild stretching	15 min	43	48	56	60	65	71	77	86							
TOTAL ADDITIONAL CALORIES/DAY:										163		293		259	163	302
TOTAL FOR THE WEEK:										1,180 Calories						

