You Can Take Control Of Your Diabetes Today

WHAT IS DIABETES?

Diabetes is a non-contagious disease that affects the way the body uses food. Normally, the body changes food into a form of sugar called glucose. The blood carries this glucose to cells throughout the body. With the help of insulin (a hormone), glucose is changed into quick energy for immediate use by the cells or is stored for future needs. Insulin is made in the pancreas, a small organ that lies behind the stomach. Turning food into energy is important. The body depends on food for every action, from thinking, pumping blood, running and jumping.

In diabetes, food is changed into glucose readily enough, but there is a problem with insulin. In Type I (Insulin-dependent diabetes), the pancreas can not make insulin. In Type II (non-insulin dependent diabetes), the body makes some insulin but either makes too little and /or has trouble using the insulin. When insulin is absent or ineffective, the glucose in the bloodstream cannot be used by the cells to make energy. Instead, glucose collects in the blood, eventually leading to the high sugar levels that may hurt your eyes, kidneys, nerves or heart.

Type I Diabetes	Type II Diabetes
• Frequent urination • Excessive thirst • Extreme hunger • Dramatic weight loss • Irritability • Weakness and tiredness • Nausea and vomiting	• Any Type I symptoms • Recurring or hard to heal infections • Drowsiness • Blurred vision • Tingling or numbness in hands or feet • Itching

SHORT TERM COMPLICATIONS

HYPOGLYCEMIA

Low blood sugar, insulin reaction or insulin shock. It is caused when insulin intake is too great for amount of food eaten. Low blood sugar must be treated quickly with sugar or sugary foods because, untreated, hypoglycemia can lead to unconsciousness. The typical symptoms include headaches, feeling cold, clammy, nervous, shaky, weak or very hungry. If you feel these symptoms, you need to eat a snack.

HYPERGLYCEMIA

High blood sugar. Occurs when there is too little insulin for food eaten. Illness and emotional stress can also cause high blood sugar. The warning signs are frequent urination, excessive thirst and nausea. Treat high blood sugar with the help of a Health Care Professional.

KETOACIDOSIS

Diabetic coma, usually accompanies high blood sugar. It develops when insulin and blood sugar are so out of balance that high levels of ketones (poison) accumulates in the blood. Symptoms of high ketone levels include dry mouth, great thirst, loss of appetite, excessive urination, dry and flushed skin, labored breathing, fruity smelling breath and possibly vomiting, abdominal pain and unconsciousness. Alcohol (pruno) ingestion speeds up and adds to ketoacidosis, even without hyperglycemia.

LONG TERM COMPLICATIONS

Diabetic complications are usually caused by changes in the blood vessels and nerves. Unfortunately they can include eye and kidney disease, heart attack or stroke, numbness or pain in legs and/or foot infection leading to gangrene.

PREVENTION AND TREATMENT

Insulin-dependent diabetes cannot be prevented. Non-insulin-dependent diabetes can often be prevented by maintaining normal body weight and keeping physically fit throughout life. The major aim of treatment is to control blood sugar levels. This is usually accomplished through:

- **Diet: Eat a well balanced diet with limited sugar and fats**
- **Exercise: Daily for a minimum of 30 minutes**
- **Medications: Take as prescribed by physician**

Research suggests control of blood sugar levels can help prevent/delay long-term diabetic complications.

LIVING WITH DIABETES

Diabetes is a huge challenge. At times, it may cause a person to become angry or frustrated. Before these feelings become unmanageable, or if you have further questions, talk to a Health Care Professional.

High-fiber foods

By Mayo Clinic Staff

Source: http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948

Looking to add more fiber to your diet? Fiber — along with adequate fluid intake — moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of obesity, heart disease and diabetes.

Here's a look at the fiber content of some common foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Women should try to eat at least 21 to 25 grams of fiber a day, while men should aim for 30 to 38 grams a day.

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Banana	1 medium	3.1
Orange	1 medium	3.1
Strawberries (halves)	1 cup	3.0
Figs, dried	2 medium	1.6
Raisins	1 ounce (60 raisins)	1.0

Grains, cereal and pasta	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.5
Oat bran muffin	1 medium	5.2
Oatmeal, instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.6
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole-wheat	1 slice	1.9

Legumes, nuts and seeds	Serving size	Total fiber (grams)*
Split peas, boiled	1 cup	16.3
Lentils, boiled	1 cup	15.6
Black beans, boiled	1 cup	15.0
Lima beans, boiled	1 cup	13.2
Baked beans, vegetarian, canned, cooked	1 cup	10.4
Almonds	1 ounce (23 nuts)	3.5
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7

Vegetables	Serving size	Total fiber (grams)*
Artichoke, boiled	1 medium	10.3
Green peas, boiled	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Brussels sprouts, boiled	1 cup	4.1
Sweet corn, boiled	1 cup	3.6
Potato, with skin, baked	1 small	2.9
Tomato paste, canned	1/4 cup	2.7
Carrot, raw	1 medium	1.7

*Fiber content can vary among brands.

Source: USDA National Nutrient Database for Standard Reference, Release 27

STEP 1: Fill Half (1/2) of Your Plate with Non-Starchy Vegetables.

- Non-starchy vegetables are low in calories, ow in carbohydrate, and high in fiber. This means non-starchy vegetables can help you feel full and more satisfied with your meal, but not lead to weight gain and high blood sugar.
- Aim for 1 to 2 cups of any vegetable (EXCEPT starchy vegetables listed in Step 3).
- Vegetables can be raw or cooked.

STEP 2: Limit Protein to a Quarter (1/4) of Your Plate.

- Choose lean meat, poultry, or fish. Your portion should not be bigger than the palm of your hand. Try just the egg whites for lower cholesterol.
- Choose tofu, nuts, or seeds. Aim for about 2 tablespoons of nuts and seeds or 1/2 cup of tofu.

STEP 3: Limit Starch to a Quarter (1/4) of Your Plate.

- Starch is a source of carbohydrate. Carbohydrate turns into an important fuel, called glucose, and limiting the portion size of starch helps control body weight and blood sugar.
- Choose a bun, tortilla, bread, bagel, rice, grains, cereal, pasta, or a starchy vegetable.
  - If you choose bread, limit to 2 slices or 1/2 bagel.
  - If you choose a hamburger/hotdog bun, limit to 1 bun.
  - If you choose a tortilla, limit to 2 small tortillas or 1 large tortilla.
  - If you choose rice, grains, pasta, cereal, or a starchy vegetable, limit the portion to no more than 1 cup – this is about the size of a woman's fist. Starchy vegetables include beans, potatoes, corn, yams, peas, and winter squash.
- Choose most of your starches from whole grains, such as whole wheat bread or tortillas, brown rice, whole wheat pasta, whole grain and bran cereals, or beans.

STEP 4: If Desired, Add 1 Portion of Fruit or Milk to Your Meal.

- Fruit, milk, and yogurt are also sources of carbohydrate. To best control body weight and blood sugar, limit yourself to either fruit or milk at your meal. You may choose to save the fruit or milk as a snack.
- Because high carbohydrate liquids can quickly raise blood sugar, **avoid** drinking fruit juice.
- Examples of fruit portion sizes are:
  - 1 small apple, orange, peach, pear, banana, or nectarine (or half of a larger-size fruit)
  - 3/4 cup fresh pineapple chunks, blueberries, or blackberries
  - 17 grapes
  - 1 and 1/4 cups strawberries or watermelon
  - 1 cup cantaloupe, honeydew, or papaya
- Choose lowfat or nonfat dairy products for heart health and weight control.
- Examples of milk and yogurt portion sizes are:
  - 1 cup (8 ounces) of non-fat, 1%, or soy milk
  - 2/3 to 1 cup plain non-fat or aspartame-sweetened fruit yogurt

STEP 5: Limit Added Fats.

- Avoid adding fats to your foods like butter, margarine, shortening, mayonnaise, gravies, cream sauces, salad dressing, and sour cream. Instead, season foods with herbs and spices.
- Cook using lowfat methods such as baking, steaming, broiling, or grilling. Avoid frying foods.

Lean Protein Foods

Poultry: skinless chicken/turkey breast

Fish: (tuna/salmon)/seafood (shrimp/crab)

Meat: lean beef/pork tenderloin/ham/canadian bacon/veal

Legumes: beans/hummus/lentils

Quinoa

Nuts: almonds/walnuts/pecans

Dairy:
(nonfat/1% milk/cottage cheese/fat free sour cream/plain yogurt/string cheese)

Eggs

Peanut butter

Tofu

Soy beans (edamame)

Online Resources for Recipes, Meal Plans, and Nutrition

Websites

30 Days of Healthy Food
http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1620

DASH Diet Plan
dashdiet.org

Diabetes Meal Plans (interactive website)
www.diabetes.org

Mayo Clinic free e-newsletter: Recipes for Healthy Living
https://newslettersignup.mayoclinic.com/?fn=207

Nutrition, Kitchen Safety, and Meal Planning
http://www.familycaregiversonline.net/online-education/nutrition-kitchen-safety/#EasyMealPreparation

Recipes for Elderly People
http://www.sageminder.com/Caregiving/ElderlyNutrition/SeniorRecipes.aspx

Take Them a Meal.com
www.takethemameal.com
Allows caregivers to create a customized online sign-up sheet for taking meals to those in need. Also provides simple recipes and recipes that travel well.

USDA Choose MyPlate
http://www.choosemyplate.gov/older-adults

What's Cooking? USDA Mixing Bowl (recipes, cookbooks, and menus)
http://www.choosemyplate.gov/recipes-cookbooks-and-menus

Academy of Nutrition + Dietetics
www.eatright.org

APPS

Grocery IQ
www.groceryiq.com
Creates personalized shopping lists that can be managed both online and on smartphones.

MealBoard – Meal and Grocery Planner (app for iPhone, iPad, and iPod Touch)

Review of Seven Online Meal and Menu Planning Tools (Apps)
http://www.thekitchn.com/5-online-meal-and-menu-planning-tools-169221

Meal Suppliers/ Food delivery

Name	Web Site	Coupon/Discount	Phone
Blue Apron	www.blueapron.com		646-891-4349
Home Chef	www.homechef.com	First order is 30.00 discount: SFTREAT	
Earthly Delights	info@earthlydelights.com	10% weekly orders	925-598-9889
Marthas Senior Gourmet	www.Marthas Senior Gourmet.com		510-201-0150

Special diet meals customized

Meals On Wheels-Livermore 925-421-4657

Mom's Meals www.MomsMealsNC.com 888-860-9424

Munchery.com

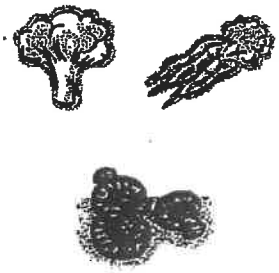
Schwan's 8000-245-8302 promo code THIRTY

Grubhub (internet ordering) www.grubhub.com $10.00 off first order

list of restaurants who deliver

Plate Method
For Healthy Meal Planning

Non Starchy Vegetables



Artichokes
Asparagus
Green beans
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Cucumber
Eggplant
Greens
Kohlrabi
Leeks
Lettuce
Mushrooms
Okra
Onions
Peppers
Spinach
Summer Squash
Tomato

Protein

Lean Meat
Poultry
Fish
Tofu
Eggs
Nuts
Seeds
Lowfat Cheese
Soy Meat Substitutes

Starch

Bread
Tortilla
Bun
Bagel
Rice
Pasta
Cereal
Grains
Potatoes
Corn
Yams
Peas
Winter Squash
Beans

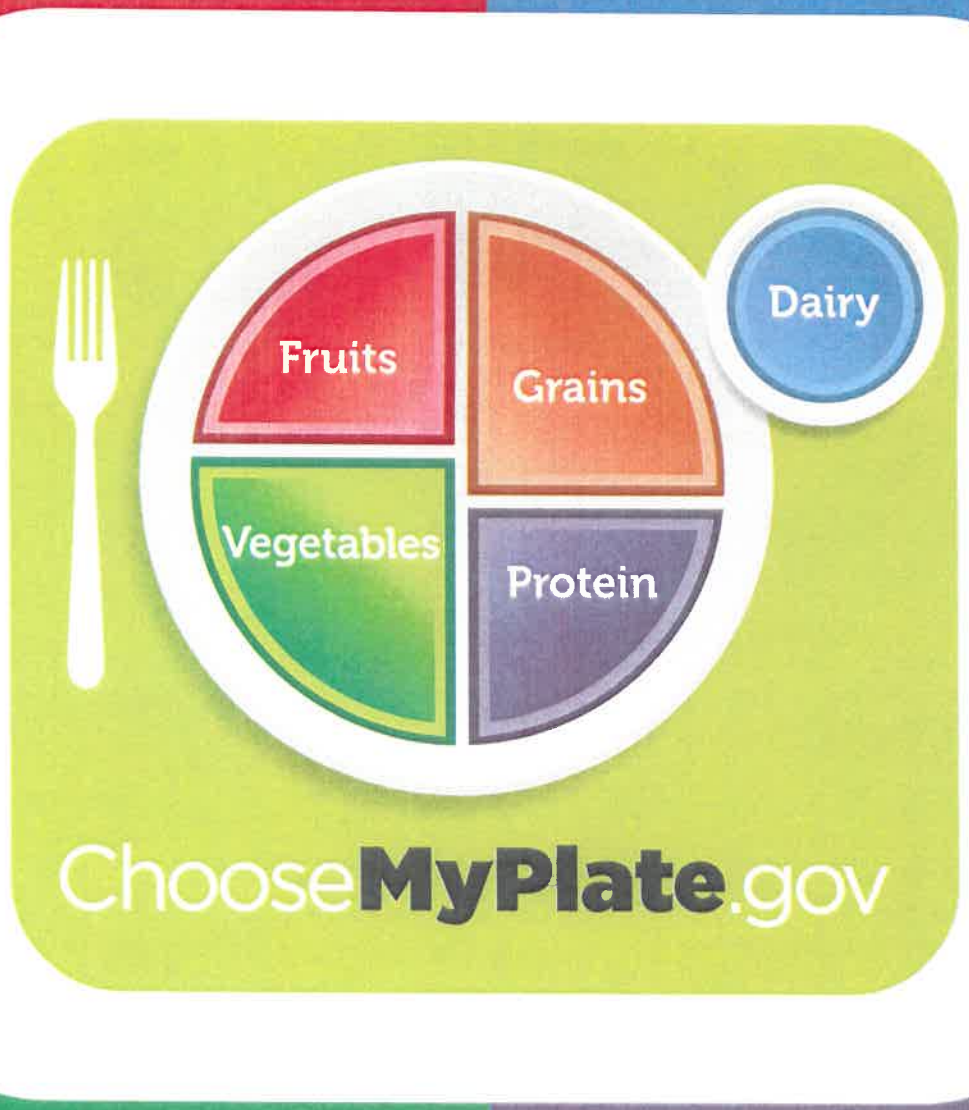
Fruit
1 portion, if desired

OR

Milk
1 portion milk or yogurt, if desired

Make half your plate fruits and vegetables

- » Choose fresh, frozen, canned, or dried fruits and vegetables.
- » Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- » Use fruit as snacks, salads, or desserts.
- » Keep raw, cut-up vegetables handy for quick snacks.
- » Choose whole or cut-up fruits more often than fruit juice.



Switch to skim or 1% milk

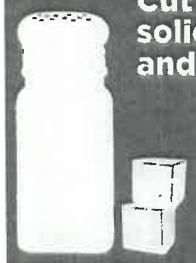
- » They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole

- » Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- » Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices

- » Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs.
- » Keep meat and poultry portions small and lean.
- » Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.



Cut back on foods high in solid fats, added sugars, and salt

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.

Get your personal daily calorie limit at **www.ChooseMyPlate.gov** and keep that number in mind when deciding what to eat.

Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

MyPlate was created by the U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.

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Build a Healthy Plate

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to **www.ChooseMyPlate.gov** to find your calorie level. Being physically active also helps you balance calories.

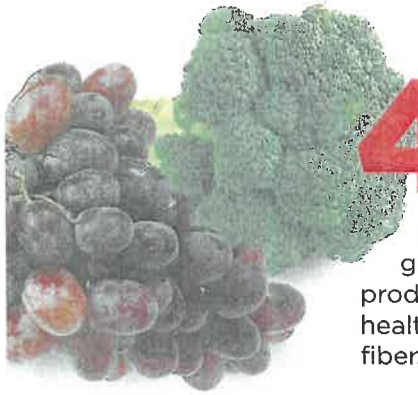
2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

TIPS TO A 10 GREAT PLATE



4 foods to eat more often

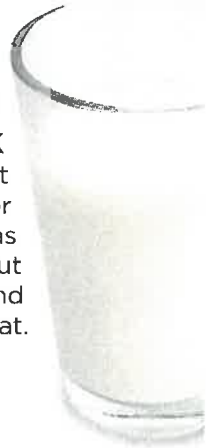
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health — including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product — such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

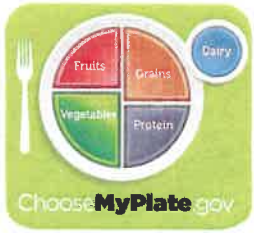
9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

www.ChooseMyPlate.gov



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RE think YOUR Drink

38
teaspoons *of* sugar
Fountain Drink
44 oz

4
teaspoons *of* sugar
Juice Drink
6 oz

13
teaspoons *of* sugar
Energy Drink
16 oz

8
teaspoons *of* sugar
Sports Drink
20 oz

12
teaspoons *of* sugar
Orange Soda
12 oz

California WIC Program, California Department of Public Health. 1-800-852-5778
This institution is an equal opportunity provider. #960081. Rev 3/12

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
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.

New: added sugars

Change in nutrients required

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

FDA