









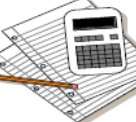


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Name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_  
 Chart Number: \_\_\_\_\_

## Diabetes Self-Management Contract

You are the most important person in the management of diabetes. As part of your medical care team, we will guide you and offer support as you manage you own diabetes. The following goals will help you gain and maintain control of diabetes to reduce damage to your organs, blood vessels and nerves.

	<b>Choose one or more of the following goals and your initials in the last column.</b>	<b>I am committed to this goal.</b>
	I will work hard to keep my Hemoglobin A1c (strength of diabetes) below 7.0, and I will keep my medical appointments.	
	I will walk 30 minutes ____ day(s) a week. If I notice chest pain, shortness of breath, or chest tightness, I will seek medical attention.	
	I will check my feet daily. If I notice a sore or an irritation, I will seek medical attention. I will visit the podiatrist (foot specialist) yearly, or as instructed.	
	I will follow a healthy meal plan. I will limit fat and salt intake. A healthy diet will help reduce my blood sugar and cholesterol.	
	I will try to control my weight. I know that controlling my weight will help me control my blood sugar.	
	I will take a baby aspirin or an enteric coated aspirin every day.	
	I will stop smoking.	
	I will have an eye exam at least yearly.	
	I will test my blood sugar at least daily. I will call my health care provider if my numbers are not usually within my target range.	

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Eating For Health

The dLife Healthy Eating Plate promotes a back-to-basics, natural foods diet to help prevent and manage diabetes

By [Lynn Prowitt](#)

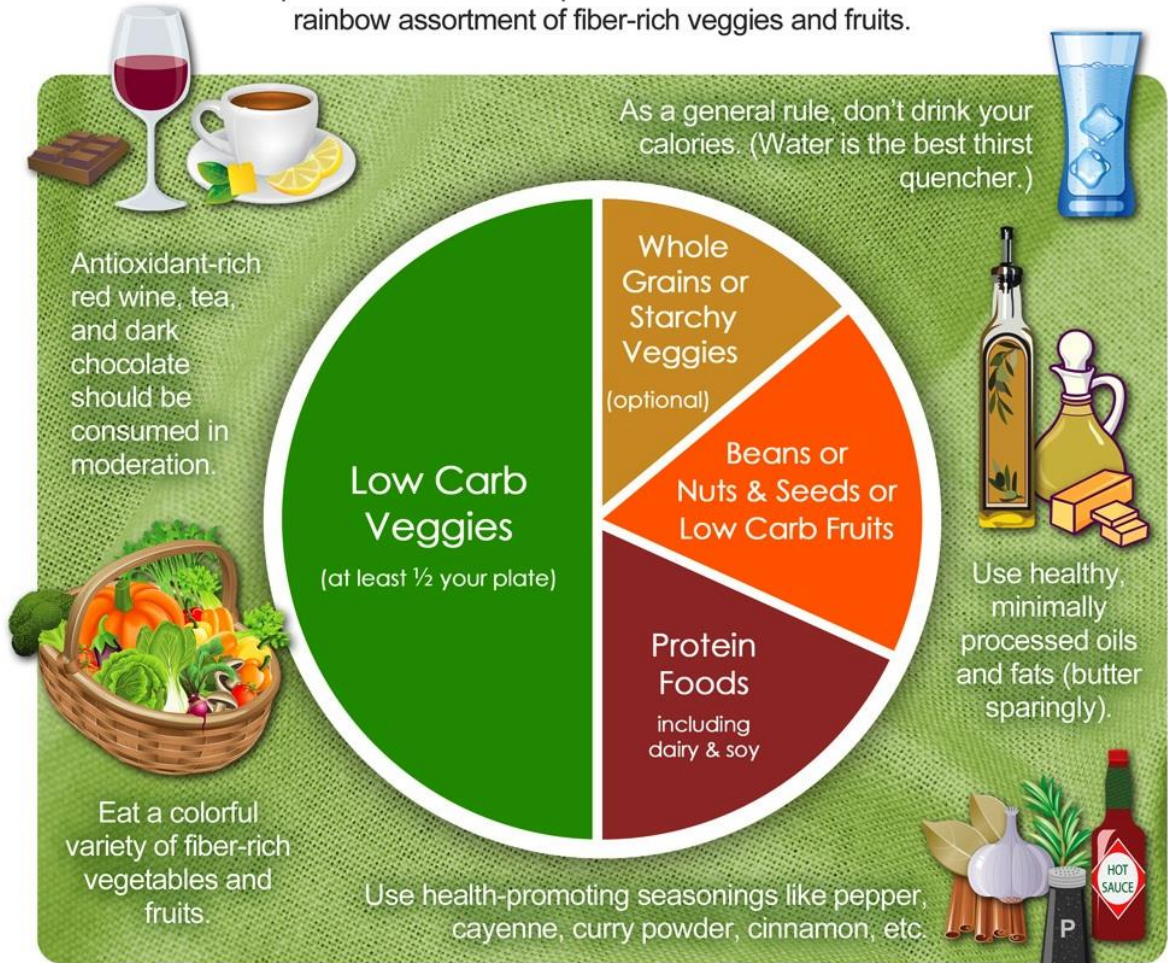
With the array of colorful plates, food pyramids, and conflicting dietary prescriptions out there, figuring out the best way to eat for your diabetes health is confusing at best. Since dLife is an independent voice whose mission includes delivering the best diabetes information and advice, we decided to create our own [Healthy Eating Plate](#), designed to help people manage (and prevent) diabetes.

We considered the dietary recommendations of the ADA, the AHA, and the USDA, along with the current body of scientific findings on diet and health. Then we put it all together and looked at it through a diabetes lens. This plate may, in fact, depict the healthiest approach to eating for everyone — as it promotes a back-to-basics, natural foods dietary pattern. Let's look at a few of its specific recommendations:

- **Eat a colorful variety of low carb, low glycemic veggies.** Roughly half of what you eat should fall into this category of food. Studies show that green and other [deeply colored vegetables](#) help prevent disease, including many of the complications of diabetes. Research has also

# dLife® Healthy Eating Plate

Keep this plate in mind for meal planning and your overall approach to daily eating. Also remember to spread your carbs throughout the day, choose high-fiber carb foods, and always pair them with protein. Keep healthy by eating a good variety of unprocessed animal and plant foods. And think color – eat a rainbow assortment of fiber-rich veggies and fruits.



Note: If you have special dietary needs or restrictions, talk to your doctor before changing your eating habits.

shown that low carb and **low glycemic** eating promotes good blood glucose control.

- **Try to have a single portion of natural, unprocessed protein food at every meal and snack.** Protein foods won't raise blood sugar and often lessen or slow the impact of any carbs you consume with them. Processed meats (deli meats, sausage, bacon, "spam," etc.) have been shown to increase the risk of heart disease, cancer, and diabetes. Unprocessed animal proteins, especially **full-fat dairy** products, may convey important health benefits (e.g., weight control and "good" HDL cholesterol) and should be consumed in moderation. To learn about the amount of protein you need, read diabetes dietitian Lara Rondinelli's column [here](#).

- **Eat a variety of beans, nuts, seeds, and low glycemic, low carb fruits in small to medium portions, depending on carb count.** These categories of plant foods are particularly high in disease-fighting compounds and are also good to excellent [sources of fiber](#) and aid in blood glucose control. Though most of these foods are low glycemic, some are higher in carbs, so balance portions based on the net carb count of the food (total carbs – grams of fiber over 5 = net carbs).
- **Eat small portions of whole grains and starchy veggies (optional).** Although whole grains and starchy veggies convey some health benefits, they are typically high glycemic, high carb, and often pretty low in fiber. Choose the most nutrient-packed varieties and keep portions small.
- **Use healthy, minimally processed oils and fats.** Chemical processing and high temperatures can destroy the healthy compounds of some oils – and may even create some unhealthy ones. Use oils with a [high smoke point](#) for cooking and cold- or expeller-pressed and extra virgin oils for drizzling. Butter contains some beneficial fatty acids, but is calorie-dense so use sparingly.
- **Season your food with health promoting herbs and spices.** These traditional culinary enhancers come packed with an enormous array of [disease-fighting compounds](#). Expand your repertoire, and use fresh and dried herbs and spices daily.
- **If you enjoy red wine, black or green tea, and dark chocolate, consume these in moderation.** Because of various phytonutrients found in [grapes](#), tea leaves, and [cacao beans](#), these "luxury" food and drink items may contribute to diabetes control and heart health, among other benefits. The key is moderation, as red wine contains [alcohol](#), tea contains [caffeine](#), and chocolate contains sugar.

***Note:** Individual health issues and medications may dictate dietary restrictions. Talk to your doctor before making a significant change to your diet. The information is not intended to be a replacement or substitute for consultation with a qualified medical professional or for professional medical advice related to diabetes or another medical condition. Please contact your physician or medical professional with any questions and concerns about your medical condition.*

Last Modified Date: April 25, 2013

## Safe Exercise with Diabetes

Always consult with your doctor before starting a new exercise or fitness routine. Certain types of sports and activities may not be compatible with your health profile. For example, people with retinopathy (a form of diabetic eye disease) should avoid weight lifting and those with peripheral neuropathy should not place undue strain on their feet or other affected limbs. In addition, conditions such as cardiovascular disease, autonomic neuropathy, or nephropathy (kidney disease) may influence the intensity at which a person can safely work out. Your healthcare provider may recommend diagnostic tests such as a cardiovascular stress test or an electrocardiogram (ECG) to evaluate your heart function or reflex and monofilament tests to assess peripheral neuropathy.

Once you've gotten the go-ahead to embark on a fitness program, you'll need the appropriate gear and guidance to ensure a safe exercise session. Rules to follow:

- **Check your levels.** Self-test blood glucose levels before and after a workout. The ADA recommends avoiding exercise if fasting glucose levels are  $>250$  mg/dl (13.89 mmol/l) and ketosis is present, and using caution if glucose levels are  $>300$  mg/dl (16.67 mmol/l) and no ketosis is present. If levels are below 100 mg/dl (5.56 mmol/l) before exercise, have a snack and retest in 15 minutes.
- **Keep a log.** Tracking your blood sugar response to different activities and environments (e.g., a hot walking track versus a cold ice skating rink) and food intake is important for recognizing trends and making treatment adjustments.
- **Sweets for safety.** Keep a source of fast acting carbohydrates (e.g., glucose gel or tablets; Sweet Tarts; juice box) on your person for hypoglycemic emergencies.
- **No insulin before exercise.** Muscles in action will metabolize insulin injections faster and enhance the glucose lowering effect of exercise even further, posing a very real risk for hypoglycemia.
- **Stay hydrated.** Staying well-hydrated before, during, and after exercise is important for preventing erratic blood sugars and heat stroke.
- **Identify yourself.** Always wear a medical identification tag or bracelet in a prominent place on your body when you work out, so if you lose consciousness others will know how to help you.
- **Warm up and cool down.** The ADA recommends a warm-up of 5–10 min of aerobic activity (walking, cycling, etc.) at a low-intensity level and gentle stretching for an additional 5–10 minutes. The cool-down should also last 5–10 minutes until heart rate has returned to pre-exercise levels.
- **Dress appropriately.** Well-fitting shoes and socks and breathable and weather-appropriate clothing are essential for preventing foot problems and heat stroke

## Tips for Living Well With Diabetes

Patients with diabetes can live a full, healthy, and active life. Here are some tips to help you take care of your Type 2 diabetes.

Patients with diabetes are at higher risk for developing heart disease. But you can greatly lower your risk by doing the following:

- Stop smoking
- Keep your blood pressure controlled
- Increase your physical activity
- Achieve heart-healthy cholesterol levels
- Maintain a healthy weight
- Eat a heart-healthy diet that is low in sugar and fat

There are some medications that your medical provider may ask you to take to help slow the progression of diabetes and reduce the risk of complications. Some of these may include:

- Metformin – this medicine helps slow the progression of diabetes and helps your body make better use of insulin
- ACE Inhibitor (e.g. lisinopril) – this medicine helps control your blood pressure and protects your kidneys
- Statin (e.g. simvastatin) – this medicine helps lower your cholesterol
- Aspirin – this medicine helps prevent heart attacks

You and your providers are a team, and it is important to do your part to keep your diabetes controlled, too! So don't forget to:

- Check your blood sugar regularly as directed by your medical provider.
- Get a dilated diabetic eye exam every year.
- Have your feet checked regularly by your doctor.
- Check your feet daily at home. Never go barefoot!
- Stay up-to-date on your vaccinations, including tetanus and pneumonia. Get your flu shot EVERY year.

Ask your provider about diabetic education or seeing a nutritionist for more detailed ways to take control of your diabetes. Remember, diabetes is manageable, and life with diabetes should be enjoyable!

# CONQUERING THE GROCERY STORE

## PLANNING AHEAD CAN HELP WITH DIABETES MANAGEMENT

Grocery shopping usually isn't at the top of anyone's list of fun activities. For people with diabetes it can seem especially overwhelming – The carbohydrates! The sugar! Making healthy choices! But with a little planning, grocery shopping can be a very effective tool in meeting goals, from managing blood sugar levels to losing weight.

“Planning ahead and shopping carefully are two great ways to take control, because you

can get more out of your time and efforts,” said Melissa Joy Dobbins, MS, RDN, CDE, a Chicago-area diabetes educator and spokesperson for the American Association of Diabetes Educators (AADE). “It keeps you focused so you'll buy more foods that are healthy and fewer that have little or no nutritional value. That way you don't have to rely on your willpower when you're back home to eat less of certain foods and more of others.”

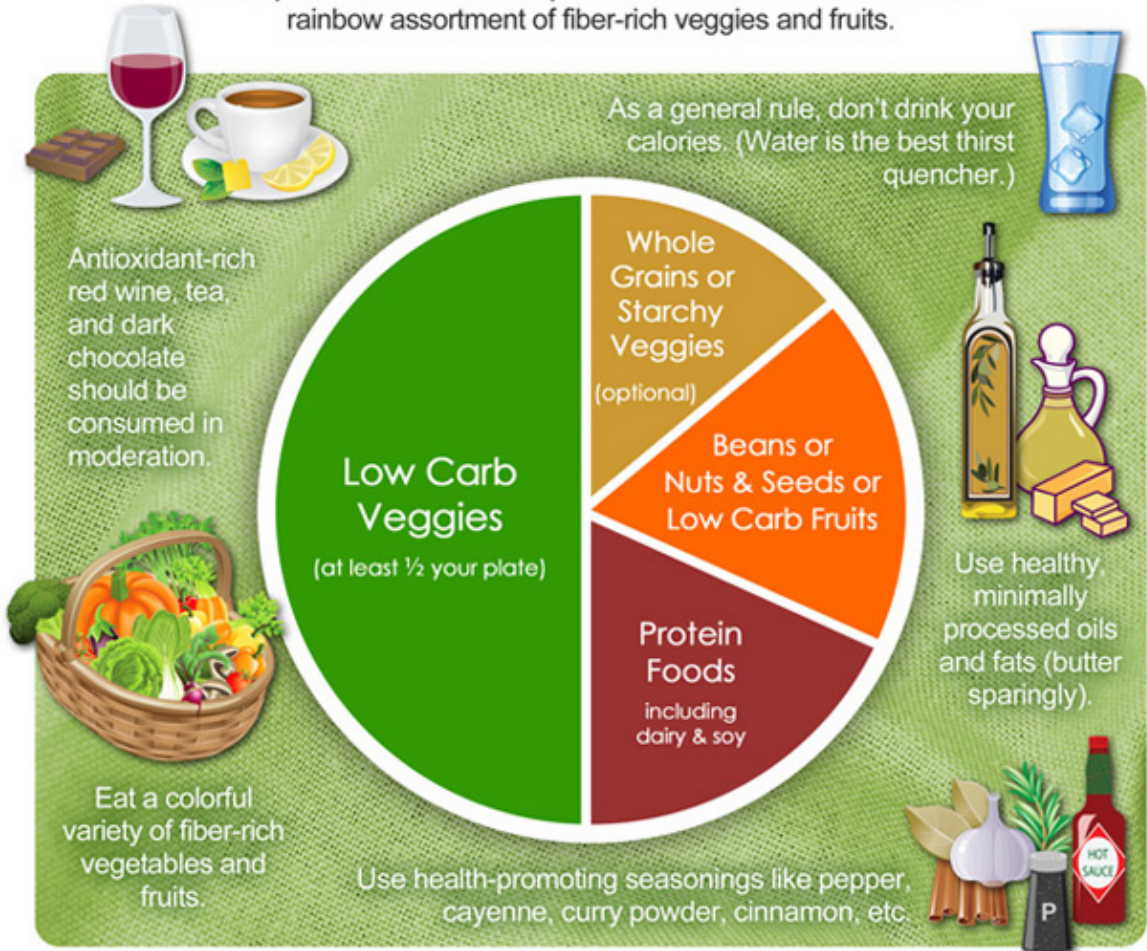
Successful grocery shopping is about focusing on what's healthy, nutritious and tasty, so you'll actually enjoy eating it. [Diabetes educators](#) can help people with diabetes make informed choices by explaining how different types of foods affect your diabetes, and sharing strategies about how to approach grocery shopping so it can help you meet your goals. They recommend starting with these tips:

- **First, make a list** – Create a list of items you need at the grocery store before you go. Think of the meals you'll make, the staples you're running low on and perhaps a new, healthy recipe or food item you'd like to try. Organize the list by food group to speed up the process and keep you on track. If nothing is written under the vegetable category, that's a red flag; think about what vegetables you want to eat, and consider searching for a new recipe that you can get excited about. Make copies of a standard list you can update every time you go, or try a smart phone shopping app.
- **Eat before you go** – It's never a good idea to go shopping when you're hungry; that's when you're more likely to make poor choices. Eat a healthy meal or snack.
- **Think inside the box, or bag or can** – Fresh fruits and vegetables are great, but they aren't your only option. Dried, canned and frozen fruits and vegetables offer nutrients, too, and can be healthy, easy and affordable additions to your diet. Look for fruits that are packed in juice rather than heavy syrup. Look for “low-sodium” or “no salt added” canned vegetables. Be aware that starchy vegetables such as peas, corn and potatoes contain more carbohydrates than other vegetables.
- **Read labels** – Look past the “sugar free” or “low fat” claims. Read the nutrition label for specific information (from fat to carbohydrates to vitamins), noting the amounts that one serving of that food provides. Specifically:
  - **Consider the carbohydrates** – Looking at sugar content is fine, but it's more important to consider the amount of “total carbohydrates,” which affect your blood sugar. Work with a diabetes educator to learn how many grams of carbohydrates are appropriate for you to eat per snack, meal and day.
  - **Focus on fiber** – Choose whole grain bread, rice, pasta and cereal. Then look for those that are a good source of fiber (2.5 grams or more per serving) or high in fiber (5 grams or more per serving). A healthy diet includes 25 to 30 grams of fiber from foods a day. Other good sources of fiber are beans, vegetables and fruits.
  - **Hunt for healthy fats** – Fats are an important part of every diet, but it's important to lean towards those that are heart-healthy, such as olive and canola oil, avocado and nuts, limiting them if you are watching your weight.

Grocery shopping can be a useful tool for diabetes management, if you do it wisely. [Find a diabetes educator](#) near you who can help you determine the best way to harness its power.

# dLife Healthy Eating Plate

Keep this plate in mind for meal planning and your overall approach to daily eating. Also remember to spread your carbs throughout the day, choose high-fiber carb foods, and always pair them with protein. Keep healthy by eating a good variety of unprocessed animal and plant foods. And think color – eat a rainbow assortment of fiber-rich veggies and fruits.



Note: If you have special dietary needs or restrictions, talk to your doctor before changing your eating habits.

Low Carb Vegetables	Whole Grains & Starchy Veggies	Beans, Nuts & Seeds, Low Carb Fruits	Protein Foods (including dairy & soy)
<p><b>At least 1 to 3 cups</b></p> <ul style="list-style-type: none"> <li>• Kale</li> <li>• Spinach*</li> <li>• All leafy greens/lettuces*</li> <li>• Mushrooms</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Avocado</li> <li>• Artichoke</li> <li>• Cucumber</li> <li>• Celery*</li> <li>• Asparagus</li> <li>• Okra</li> <li>• Cabbage</li> <li>• Bell pepper*</li> <li>• Beets</li> <li>• Green beans</li> <li>• Carrots</li> <li>• Sugar snap peas</li> <li>• Chili peppers</li> <li>• Radishes</li> </ul>	<p><b>No more than ¼ to ½ cup, cooked</b></p> <ul style="list-style-type: none"> <li>• Barley (pearl, ok; hulled, better)</li> <li>• Steel cut oats</li> <li>• Bulgur</li> <li>• Popcorn (home popped)</li> <li>• Wild rice</li> <li>• Quinoa</li> <li>• Buckwheat groats/kasha</li> <li>• Wheat berries</li> <li>• Sweet potato/yams</li> <li>• Peas</li> <li>• Corn</li> <li>• Parsnips</li> <li>• Turnips</li> <li>• Squashes/pumpkin</li> </ul>	<p><b>About ¼ to ½ cup, depending on carb count</b></p> <ul style="list-style-type: none"> <li>• Lentils</li> <li>• Soybeans (including edamame)</li> <li>• Black beans</li> <li>• All beans &amp; legumes</li> </ul> <p><b>About ¼ cup</b></p> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Macadamias</li> <li>• Brazil nuts</li> <li>• Peanuts</li> <li>• All nuts &amp; seeds (and unsweetened nut butters)</li> </ul> <p><b>About ½ to 1 cup, depending on carb count</b></p> <ul style="list-style-type: none"> <li>• Melons</li> <li>• Raspberries/blackberries</li> <li>• Strawberries*</li> <li>• Plums</li> <li>• Citrus fruits</li> </ul>	<p><b>About 3 to 6 oz. (3 oz. is about the size of a deck of cards)</b></p> <ul style="list-style-type: none"> <li>• Whole, unprocessed meats &amp; poultry (avoid cold cuts, sausage, bacon, etc.)</li> <li>• Eggs (free range, organic, if available)</li> <li>• Fish, especially oily, cold-water species (wild caught, whenever possible) &amp; Shellfish</li> <li>• Tofu</li> <li>• Yogurt (unsweetened, full fat)</li> <li>• Cheese (full fat)</li> <li>• Cottage cheese (4% milk fat)</li> </ul>

\*These fruits and vegetables are on the Environmental Working Group's "Dirty Dozen" list for pesticides. Choose organic whenever you can.



# Approaches for Healthier Eating and Physical Activity

## 1) Get in step

- Begin with short walks and gradually increase your time or distance.
- Focus on your posture with your head lifted, tummy pulled in, and shoulders relaxed.
- Warm up at an easy pace for the first several minutes.
- Stay safe by walking on sidewalks and in well-lit areas.
- Stop walking and check with your health care professional if you experience pain when walking.

## 2) In proportion: sizing up healthy eating

- Set aside small portions of snacks to eat when you have a craving.
- Use a portioned plate: 1/2 for vegetables or fruits, 1/4 for whole grains, and 1/4 for proteins.
- Think of reducing, rather than cutting out, your favorite foods.
- Establish regular mealtimes to avoid overeating later in the day.
- Pre-portion your servings to control the amount by placing a single serving in a container ahead of time rather than eating from the package.

## 3) Eating together with family and friends: dining without counting calories

- Substitute healthy alternatives like foods that are steamed or baked instead of fried.
- Enlist family and friends to support you in making healthy choices.
- Share an entrée with a friend at a sit-down restaurant.
- Research the restaurant to give yourself the best options for ordering.
- Request your meal to be served without gravy, sauces, butter, or margarine.

## 4) On the go: staying healthy away from home

- Pack nonperishable, healthy snacks.
- Order water to drink with meals if you are dining out.
- Take a meal from home to eat on the plane or in the car.
- Order smaller portions in restaurants.
- Find times and places to take walks like in the airport or in the hotel gym.

## 5) Smart shopping: keeping your basket full and fresh

- Make a list based on meal plans.
- Shop after a meal.
- Buy fresh foods when possible.
- Read nutrition labels for portion size, calories per portion, and saturated fat.
- Find healthy replacements.