

---

# Welcome To Your Diabetes Wellness Kit

At AFM, we are dedicated to delivering exceptional, compassionate care. To us, that means partnering with you to help you achieve your highest level of well-being.

Because *you* are the most important partner on your health care team, we want to equip you with a set of tools to help you manage your diabetes in a way that works for you and allows you to live a happy, healthy life.

In the following pages, you will learn how to plan, monitor, evaluate, and most importantly, thrive with diabetes.



ASSOCIATES IN FAMILY MEDICINE

*Be heard. Be well.*





## Self Care

Eye Care.....	2
Tips For Healthy Feet .....	4
Sick Days.....	6
Dental Hygiene.....	8

## Testing And Management

Hypo And Hyperglycemia .....	12
Safety--Hypoglycemia.....	16
A1cs .....	18

## Thriving With Diabetes

Hidden Calories And Carbs In Sweetened Beverages.....	22
Party Survival Tips.....	26
Tips For Eating Out With Diabetes .....	28
Traveling With Diabetes.....	30
Diabetes And Alcohol Use.....	32
Physical Activity And Diabetes.....	34

## Meal Planning

The Plate Method.....	40
Reading A Nutrition Label .....	44
Healthy And Simple Snacks .....	48
Carb Counting In A Nutshell .....	50

## Mental Health

Living With A Chronic Illness.....	54
Managing Depression.....	56
Stress Reduction .....	58

## Additional Resources

Online Resources .....	62
Printed Resources .....	64



A light blue circular graphic containing three white stylized human figures. Two larger figures stand at the top, with their arms extended to support a smaller figure in the center below them. The figures are simple, with circular heads and rectangular bodies.

Self Care



# Eye Care

- Aim to keep both your blood sugar levels and your blood pressure under control.
- Complete a comprehensive eye exam with dilation by ophthalmologist or optometrist every 1-2 years or as advised by your eye professional. Blood sugar levels may need to be elevated for about 5 years to cause diabetic retinal disease.
  - Type 1 Diabetes: initial eye exam within 5 years after diagnosis.
  - Type 2 Diabetes: initial eye exam shortly after diagnosis.
- Eat to stay healthy.
- Avoid smoking tobacco.
- Exercise (discuss with your doctor first).





# Tips For Healthy Feet

Foot care is important because diabetes can impair circulation and/or cause nerve damage and loss of sensation, which can lead to problems such as infection.

**Check your feet every day.** Use a mirror or the assistance of a friend or family member to check the bottoms of your feet. Look for calluses, cuts, sores, red spots, blisters or swelling. Touch or feel with your fingers.

**Wear shoes and socks at all times.** Do not go barefoot. Wear well-fitting and protective shoes. Before wearing the shoes check inside for objects and rough surfaces.

**Wash your feet every day.** Wash in warm water and do not soak your feet. Check water temperature with your hand before inserting your feet. Dry your feet well including between toes. Apply lotion to the tops and bottoms of your feet. To avoid lasting wetness do not apply lotion between your toes.

**Do not self-treat corns,** calluses, ingrown toenails or attempt to remove a splinter with a sharp object. Trim nails straight across and not close to the skin.

**Have regular foot exams** with your doctor or podiatrist.





# Sick Days



**Train 1-2 friends, colleagues and/or family members** how to use your glucometer.

**Keep a sick day box** filled with medications, supplies and easy-to-fix foods.

- **Medications:** Tylenol, Immodium (for diarrhea,) antacids. Consider a prescription from your doctor for anti-vomiting medication.
- **Supplies:** thermometer, urine ketone test strips or blood ketone test strips (if your blood glucose meter can test for ketones.)
- **Foods:** Sports drinks or rehydration solutions, such as Pedialyte,) small juice containers. Instant cereal, canned soup, instant pudding, applesauce, Jello.

**When ill you require adequate calories and need to drink more fluids**, up to 4-6 oz. per ½ hour if you have significant diarrhea. You may even need to drink fluids containing sugar.

**Your blood sugars may actually go higher**, so take your medications. Record and monitor your blood sugars more frequently.

**Diabetic ketoacidosis (DKA):** DKA is a serious condition. Cells in your body use glucose for energy. When the cells do not have enough glucose, your body begins to burn fat for energy, which produces ketones. Ketones make the blood more acidic. Increased ketones most often result from not enough insulin or not enough food. When the ketone levels get too high you can develop DKA. DKA is rare in Type 2 diabetes, but can happen. Treatment of DKA requires administration of insulin and increased fluids, which is usually done in a hospital. **Warning signs of DKA:** Very dry mouth or thirst, frequent urination, high blood sugar levels, high ketone levels in the urine or blood, persistent vomiting, fruity odor or breath, difficulty breathing, confusion.

**Check for ketones every 4-6 hours** when you are ill or blood sugar is over 240.

**When to call your doctor:** High ketones; not eating normally for longer than 24 hours; fever over 100 degrees for 24 hours; cannot keep liquids down for longer than 4 hours; vomiting and diarrhea for longer than 4 hours; 5 pound weight loss; blood sugar less than 60 or greater than 300; trouble breathing; cannot stay awake; not thinking clearly.

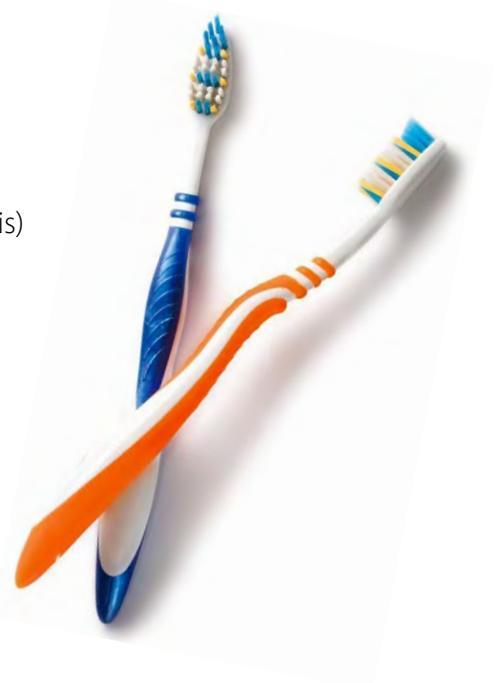


# Dental Hygiene

Diabetes increases risk of tooth decay, early gum disease (gingivitis) and late gum disease (periodontitis.) Gum disease can also cause higher blood sugar levels.

See your dentist regularly and have professional dental cleanings.

**Make sure your dentist knows you have diabetes!**



## Proper self-dental care

- Control blood sugar level.
- Brush teeth at least twice daily: morning, bedtime and after eating snacks or meals.
- Use soft bristled toothbrush and tooth paste with fluoride.
- Consider using an electric toothbrush.
- Diabetes and some medications can lead to dry mouth and increased risk of cavities. To help with dry mouth drink more fluids and change to sugar free gum or candy.

If you notice the following warning signs, contact your dentist.

- Mouth pain that doesn't go away
- White or red patches in mouth
- Tooth pain when chewing; pain or sensitivity to cold, hot food or drinks or to sweets
- Dark spots or holes in teeth
- Gum redness, swelling, bleeding or loose teeth



A light blue circular graphic containing three white stylized human figures holding hands in a circle. The figures are simple, with round heads and rectangular bodies. The text "Testing & Management" is overlaid in red on the central part of the graphic.

# Testing & Management



# Hypoglycemia & Hyperglycemia

## Hypoglycemia (low blood sugar)

What is hypoglycemia?

- Hypoglycemia or low blood sugar occurs whenever someone's blood sugar approaches or is below 70 mg/dL.
- Your body needs sugar (or Carbohydrates) in order to run, so it's very important to listen to the body's cues for high or low blood sugar.
- This can feel very different for each individual. Below you will see a chart of recommended blood sugars ranges. If you check your blood sugars, these are the desired blood sugar ranges to aim for. Also included in this handout is a list of signs and symptoms for you and any close family or friends to watch for.
- Glucose Goals:



<b>Time at which blood sugar is checked</b>	<b>American Diabetes Association Goals for people with Diabetes</b>	<b>My Individual goals set with my Care Team</b>
Before meals or fasting	70 to 130 mg/dL	
1-2 hours after the start of a meal	Less than 180 mg/dL	

Symptoms of low blood sugar:

- Shaky
- Sweaty
- Dizzy
- Pounding heart, Racing Heart
- Sudden change in mood or behaviors
- Hungry
- Weak, tired
- Headache
- Nervous or Upset, Angry

## Common causes of hypoglycemia

- Taking too much medication, or too many medications in general, depending on the type you take. Ask your care team if you are at risk for Hypoglycemia.
- Not eating enough, or going too long between meals
- Drinking Alcohol
- Eating or drinking later or earlier than your usual times
- Skipping meals

## How do you treat hypoglycemia?

**Important! Make sure anyone living with you knows how to treat low blood sugar.** Sometimes people are not aware that they are acting differently or showing signs of low blood sugar. Wear a medical Alert Bracelet or necklace and make sure close friends and family know how to treat hypoglycemia.

## When you have low blood sugar:

- Step 1:
  - Take 3-4 glucose tablets (available at the pharmacy)
  - Have a tube of glucose gel or a small tube of cake frosting
  - Chew and swallow 4-6 pieces of hard candy
  - Have 4oz (1/2 cup) of fruit juice or regular soda (not sugar free)
  - A tablespoon of Honey
- Step 2:
  - Recheck your blood sugars to see if you are still below 70 mg/dL. If so, eat another serving of the items listed above
  - Repeat this step
- Step 3
  - As soon as you can, but definitely within an hour eat a substantial meal or snack that also contains protein and fat such as a sandwich, crackers and cheese, cottage cheese and fruit, etc.
- **When to call your doctor or seek emergency treatment**
  - First of all, do not drive when you have low blood sugar!
  - Seek Medical attention if your blood sugar has not responded to the process listed above after 3 attempts.
  - If you pass out and have a glucagon injection available, your family should know how to give it to you. If you are not waking up, someone should call 911. Remember, never try to feed someone who is unconscious.

## Hyperglycemia (high blood sugar)

What is hyperglycemia?

- After eating a meal, the body signals the release of insulin. Insulin is like a key that unlocks the cells in order to store glucose for later use. This process reduces the amount of glucose in your blood stream. In people with Diabetes, this process does not work as well because either there isn't enough insulin being produced, or because the body is resistant to the effects of the insulin. As a result, levels of glucose in the blood stream can reach high levels, causing hyperglycemia or high blood sugar.

Scale of normal blood sugar range

- Hyperglycemia occurs when the blood sugar is above 130 mg/dL while fasting, or greater than 180 mg/dL after eating a meal.

<b>Time at which blood sugar is checked</b>	<b>American Diabetes Association Goals for people with Diabetes</b>	<b>My Individual goals set with my Care Team</b>
Before meals or fasting	70 to 130 mg/dL	
1-2 hours after the start of a meal	Less than 180 mg/dL	

Scale of Hb A1C

- If blood glucose is regularly higher than the "normal" ranges, then this will reflect in the Hemoglobin A1C test that your doctor will run. The Hemoglobin A1C gives your care team an idea of what your blood sugar typically is at.

Symptoms of hyperglycemia

- High blood sugar
- Frequent urination
- Increased Thirst
- Increased Hunger
- Blurred Vision
- Fatigue
- Weight loss
- Poor Wound Healing
- Dry Mouth
- Poor Wound Healing
- Drowsiness

## Common Causes of hyperglycemia

- Too much Food
- Illness, colds, infections, injuries, surgeries
- Emotional stress
- Not enough Diabetes Medication, or skipped doses of medication
- Too little exercise

## How to treat hyperglycemia

- Check your blood sugar, if it's at the level where your doctor would suggest you call or get treatment, then do so. You may also want to check for ketones if your doctor suggests this
- Exercise. However do not exercise if you are feeling ill or dizzy or if your blood sugar is very high
- **When to call your doctor or seek emergency treatment:**
  - If you notice a pattern in your blood sugar readings being high, for example 3 or more days with blood sugars higher than 150, notify your doctor.
  - **Seek medical attention right away if you suspect high blood sugars and you are:**
    - Drinking or urinating a lot more than usual
    - Having nausea or vomiting
    - Deep rapid breathing
    - Ketones in your urine or blood

**REMEMBER: DO NOT DRIVE yourself** if you think you may have very high blood Sugars or Diabetic Ketoacidosis

# SAFETY— HYPOGLYCEMIA

Letting your blood sugar get too low (hypoglycemia)

is dangerous, and it feels bad, too.

While this condition is often called an “insulin reaction,” hypoglycemia isn’t always just a reaction to your insulin shot.

Several things can cause hypoglycemia. Missing a meal, eating less or later than usual, drinking a lot of alcohol, exercising longer or harder than normal, stress, and taking too much of your diabetes medicines can all cause your blood sugar to drop. People taking insulin need to understand the symptoms of hypoglycemia and how to treat it.



When you become hypoglycemic, you need to raise your blood sugar right away. Your healthcare team will tell you how to do that (half a cup of orange juice is one quick treatment to remember).

The goal is to get your blood sugar back up to 70–80 mg/dL. After you've treated the hypoglycemia, wait 15 minutes, then test and treat again if you need to.

### Low blood sugar symptoms

- Shakiness, dizziness
- Sweating, pale skin color
- Hunger
- Headache
- Sudden mood change
- Clumsy or jerky movements
- Confusion, hard time paying attention
- Tingling around the mouth

Sometimes low blood sugar occurs without symptoms, so be sure to check your blood sugar regularly.

### What to do

- Eat 10–15 grams of **fast-acting sugar** such as:
  - 2–4 pieces of hard candy
  - $\frac{1}{2}$ – $\frac{3}{4}$  cup of orange or grape juice (a juice box will work)
  - 5 gumdrops
  - 1 tablespoon of honey
  - 6 oz. of regular (not diet) soda (about half a can)
  - 2 tablespoons of cake icing (the kind that comes in a tube is handy)
- Eat **3–4** glucose tablets or 2 doses of glucose gel plus a few crackers or a slice of bread

## A1C/eAG

### WHAT IS AN A1C?

The A1C is a blood glucose test that may also be reported as estimated average blood glucose (eAG). It tells you what your average blood glucose levels have been for the past 2 to 3 months. It does this by measuring how much glucose gets attached to red blood cells. Because new red blood cells are always being made to replace old ones, your A1C can change over time as blood glucose levels change.

### HOW OFTEN SHOULD I HAVE AN A1C/eAG?

Remind your health care team to measure your A1C at least twice a year. If you're currently changing your medication or making other changes in how you take care of yourself, you may have the test more often.

### WHAT IS THE SUGGESTED TARGET FOR THE A1C/eAG?

The Association's general target for A1C is 7% (eAG of 154 mg/dl). Your doctor may recommend a higher or lower level depending on how old you are and other factors. No matter what your number is, the closer you get to a result of less than 7%, the better your chances of preventing or delaying long-term problems such as blindness. Studies have shown that for every one point decrease in A1C levels, you reduce your risk of long-term diabetes complications by up to 40 percent.

### WHAT DOES MY A1C/eAG RESULT MEAN?

Usually your A1C will reflect the general trends you see with your day-to-day blood glucose checks. Sometimes, however, your A1C result may seem higher or lower than you expected. That may be because you aren't checking your blood glucose at times when it's very high or very low.

To interpret your result, first find your A1C number on the left. Then read across to learn your average blood glucose for the past 2 to 3 months.

6%	126 mg/dl	8.5%	197 mg/dl
6.5%	140 mg/dl	9%	212 mg/dl
7%	154 mg/dl	9.5%	226 mg/dl
7.5%	169 mg/dl	10%	240 mg/dl
8%	183 mg/dl	10.5%	255 mg/dl

If your A1C/eAG is different from what you expect, talk to your health care provider.

### DO I STILL NEED TO CHECK MY BLOOD GLUCOSE WITH A METER IF I GET THE A1C/eAG TEST REGULARLY?

Both kinds of checking are important. You'll use your meter results to make day-to-day decisions. The A1C provides an overall picture of what's going on.





**Thriving  
with  
Diabetes**



# Hidden Carbs and Calories In Sweetened Beverages

Having sweetened beverages throughout the day can quickly add extra sugar and calories to your daily recommended amounts. As a result, people who drink sweetened beverages can end up consuming many more calories and sugar than they need each day. Drinking sugary drinks has been shown to lead to Type 2 diabetes and/or weight gain. Cutting out as much added sugar as possible can greatly help with maintaining more stable blood sugars, decreasing medication used, weight loss, and more.

If you are ready to cut out sugary, sweet drinks or have already been working on this goal, you may have already found that it can be difficult to understand which beverages are filled with sugar. Here are some tips:

## Read the nutrition label.

- Always look at the Total Carbohydrate amount on the label. Ideally, it's best to drink beverages without any carbohydrates.
- Take a look at some beverages you have at home or that you used to drink and compare to others that you think are healthier choices

**Nutrition Facts**  
Serving Size 1 cup (4 oz)  
Serving Per Container 3  
Amount Per Serving  
Calories 75 Calories from Fat 27

	% Daily Value*
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	4%
<b>Total Carbohydrate 10 g</b>	3%
Dietary Fiber 5 g	20%
Sugars 3 g	
Protein 2 g	

Vitamin A 80% - Vitamin C 60% - Calcium 4% - Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

	Less than	65g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Callout boxes:  
- The serving size for the food is 1 cup.  
- There are 3 servings or 3 cups in this container.  
- The total carbohydrate tells how many grams of carbohydrate are in 1 serving.  
- Sugar is already included in the total carbohydrate amount. This value shows the amount of natural or added sugar.

## Familiarize yourself with Ingredients.

- Many different sweeteners are added to beverages, here is a list of some you may see, these all contain sugar:
  - Agave
  - Honey
  - High Fructose Corn Syrup
  - Maltose
  - Dextrose
  - Sucrose
  - Malt Syrup
  - Evaporated Cane Juice
  - Fruit juice concentrate
- Non-nutritive sweeteners are OKAY for diabetics, they make foods sweet but do not raise blood sugar or add calories because they are used in such small quantities. If you tolerate them, go ahead and use them.
  - aspartame
  - saccharin
  - sucralose
  - neotame
  - acesulfame-K
  - stevia
- **Know what's in your coffee and tea**



## Ideas to help you drink more water or other beverages:

- Add lemon, lime, berries, apples, oranges, cucumber or mint for flavor
- Try sparkling water
- Have a pitcher or glasses of water at the table every time you eat a meal
- Take water in a reusable water bottle to work with you
- When you feel like snacking, try to drink water instead
- Add a splash of 100% fruit juice to chilled water
- While these are not a replacement for water, make coffee or tea yourself or buy them unsweetened and add a little of your own sweetener or milk

## Drinks to avoid:

- Soda
- Juice Drinks

*(Continued on next page...)*

(...Drinks to avoid continued)

- Sweetened Coffee Drinks such as mochas, lattes, or blended coffee beverages
- Vitamin Water
- Energy Drinks
- Sweetened Iced Tea
- Fruit Punch
- Alcoholic beverages (see the handout regarding diabetes and alcohol, alcoholic beverages can add extra calories and affect blood sugars)

One last thought: **be aware of trying to reward yourself for eating or drinking fewer sugary beverages or snack foods throughout the day.** Studies have shown that often times we think we saved calories by not drinking sweetened beverages then think we can “afford” to spend the calories on eating something else later in the day. For example: I didn’t have a mocha with whipped cream for breakfast, so now I will have a slice of cake after lunch. It’s important to eat real, wholesome and hearty meals rather than artificially sweetened junk foods and beverages.

## Resources:

<http://med.stanford.edu/news/all-news/2012/07/5-questions-christopher-gardner-on-non-nutritive-sweeteners.html>

<http://www.kickthecan.info/educational-material>

<http://osnap.org/wp-content/themes/osnap.1.0/tip-sheets/sugarbev.pdf>

[www.diabetes.org](http://www.diabetes.org)

[http://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

[www.joslin.org](http://www.joslin.org)



# Party Survival Tips

We all love parties – the friends, the fun, the FOOD. But how can you survive the holiday party season without packing on the extra pounds? By following these tips, you can handle the party without neglecting to care for yourself.

## Plan ahead

Plan for your party calories and carbohydrates by eating sensible, well balanced meals and snacks before you go to the party (think about balancing your plate. See [choosemyplate.gov](http://choosemyplate.gov) or page 40 about meal planning using the plate method). Eating a small snack like a piece of fruit and low-fat yogurt or peanut butter and whole grain crackers is a smart idea! That way you arrive able to focus on the hosts and other guests rather than the food.



## Include exercise before you go

Not only will the extra calories you burned before the party help offset any party indulgences, but you will also arrive at the party relaxed and ready to have a great time!

## Mingle *away* from the food

If you find yourself standing by the buffet for most of the evening, you may find yourself consuming more food. Use a small plate or napkin and take a small bites of a few favorite foods. Enjoy the food you choose and have a conversation or two before going back to the buffet. Make a conscious decision by asking yourself: Do I really want more or am I continuing to eat because it is there and everyone else is eating?

## If you have to have it, HALVE it!

When faced with an assortment of yummy dips, gooey sweets, or irresistible fried treats, think, “Halve it and you can have it.” Just take half a piece. This strategy works anytime, anywhere, and will keep you from feeling deprived while halving the calories and carbohydrates you would normally eat.

*Continued on next page...*

## Avoid drinking calories

Think before you drink. Decide if you want to include liquid calories in your party plan. Have what you planned for and then opt for club soda or sparkling water mixed with fruit juice. Better yet, add a slice of lemon or lime to a refreshing glass of pure water!

- Egg Nog (1 cup): 343 calories, 34.4 grams carbohydrate
- Wine (6 oz glass): 150 calories, 4.6 grams carbohydrate
- Beer, regular (12 oz.): 150 calories, 12 grams carbohydrate
- Cider (12 oz.): 190 calories, 21 grams carbohydrate
- Fruit punch (12 oz.): 204 calories, 48 grams carbohydrate
- Piña colada (8 oz.): 618 calories, 72 grams carbohydrate
- Margarita (6 oz.): 425 calories, 37 grams carbohydrate

## No matter what, stay positive!

Even if you did overdo it at the party, keep things in perspective. You do not need to be “perfect” all the time, and one event does not make you an unhealthy person or “undo” your healthy lifestyle plan. Just remember the 80/20 rule – 80% of the time healthy choices and other choices 20% of the time - chalk the party up to a big “20”, and then get back to your healthy lifestyle!

# Tips For Eating Out With Diabetes

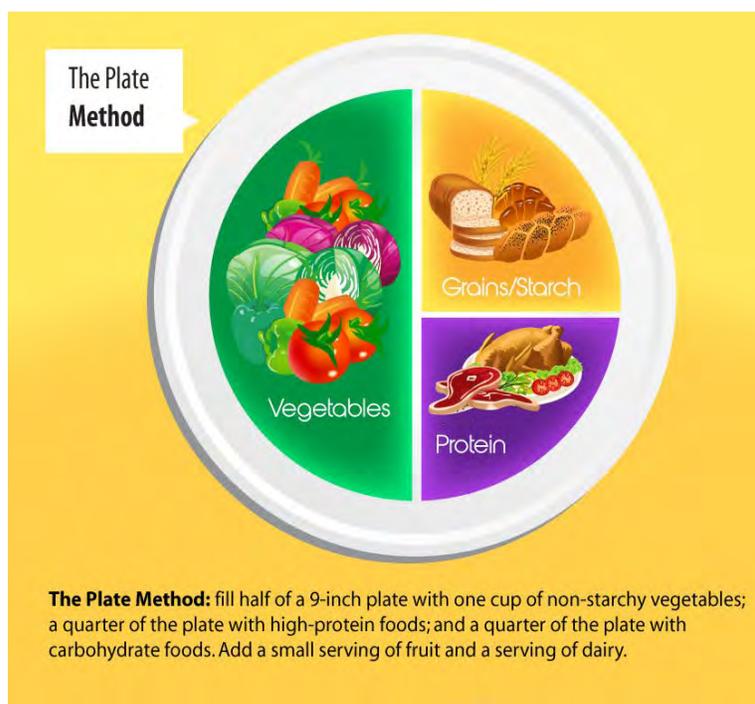
While most people with diabetes understand the importance of eating food prepared at home where you can control the portions and amount of sugar used. It's not practical or enjoyable to only eat at home for most people. By following a little bit of advice, one can eat out and still be diabetes friendly.

Look up the menu before you go.

- Go prepared and decide what meal will best suit your needs before getting to the restaurant, many restaurants have their menus available online.
- Large chain restaurants are required to include calorie content, and will also have information available about specific nutrition facts either in the restaurant or online.

If researching your meal before you arrive at the restaurant doesn't sound like your style, here are some tips:

- Aim for a meal that will be mostly non-starchy vegetables with no sauce or with a clear sauce (like a vinaigrette) and is  $\frac{1}{4}$  protein,  $\frac{1}{4}$  grains
- If you can't find a meal that will suite the above requirements, ask if you can make meal substitutions (Instead of fries try a salad, apple slices or carrots, or sub steamed veggies for rice or potatoes). If that still doesn't work, when your meal arrives try to aim for not eating more than your recommended amount of carbohydrates.
- Ask for a box with your meal in case it's very large and put some food in it before you eat so that you won't be tempted to eat too much.



- If you know you will be eating out for a specific meal, try to plan ahead and eat a well-balanced diet throughout the rest of the day.
- Only eat half of your bun if you are getting a burger or sandwich, you could save 100 calories or more, try a lettuce wrap or lettuce on one side.
- See page 40 about balancing your plate with healthy options.
- Save calories and carbs by not getting mayonnaise, sauces or cheese on your sandwiches
- Watch out for salads
  - Green salads with lots of toppings can have more calories and carbs than other meal choices. Limit the amount of toppings or dressings. Ask for dressing on the side or use oil and vinegar.
  - Avoid potato salad or macaroni salads as they are often loaded with mayonnaise and carbs.
- Order thin crust pizza
- Several websites or fitness apps contain information on meals at common chain restaurants. See the AFM handout on apps, or try [calorieking.com](http://calorieking.com) or [myfitnesspal.com](http://myfitnesspal.com)

**If you take insulin, try to eat or make a reservation at a time that's reasonable, be wary of long wait times.**

# Traveling With Diabetes

Having Diabetes shouldn't stop you from doing the things you want to do. Keeping your diabetes in stable control will help with being able to remain active and to travel. Depending on where you are going and the amount of time you will be away, here are some things to think about before going on a trip:

## General Travel Advice

- Schedule a follow up appointment with your doctor well in advance of leaving
  - Get lab-work done and make sure your medications are working well.
  - Get written prescriptions for any medications you may need filled while you are away and a letter explaining any specific instructions for your medications and syringes if you need them. Also include any allergies or sensitivities you have to foods and medications and contact phone number for your primary care physician.
  - Have your vaccinations updated, especially if traveling to foreign countries
- Bring extra medication, syringes and blood sugar testing supplies with you (generally twice as much as you think you'll need)
- Keep a stash of emergency snacks with you such as crackers, candies, peanut butter, fruit, fruit juice.
- Wear a medical ID tag or bracelet.
- Avoid going barefoot even at the beach or a pool. Check your feet and legs for wounds often, especially if you are doing a lot of walking or hiking.



## Advice for air travel

- Plan extra time to get through security at the airport.
- You can request special meals low in carbohydrates, fat, sodium, etc. Just be sure that you do so several days in advance.
- **Always keep your medications in a carry-on bag and with you at all time**, including any prescriptions that you may have. Keep in mind that prescription laws vary based on state and country.
- For more information on flying and medications: <https://www.tsa.gov/travel/special-procedures>
- You may need to check your blood sugar more frequently if traveling through multiple time zones, jet lag may make it hard to tell if you are having symptoms of hypo or hyperglycemia.

- If you have to inject insulin during the flight, be careful not to inject any air into the insulin bottle as the changes in pressure may make drawing up insulin very difficult.

## Advice for traveling abroad

- Learn to say I have diabetes in the language spoken there, or “I need sugar, or juice please”.
- If you’d like a list of English speaking doctors abroad, you can contact the International Association for Medical Assistance to Travelers (IAMAT) [www.iamat.org](http://www.iamat.org) or 716-754-4883

## Traveling with insulin

- Insulin keeps longest when stored in a refrigerator, but when traveling it’s okay for it to go without being stored in a refrigerator.
- Make sure you are not keeping it somewhere that it’ll get too hot or too cold such as a car trunk or in a backpack in the heat. If insulin gets very hot or frozen it’ll lose its potency. Always check to see that the medication is not changing consistency, color or getting cloudy if it was clear to begin with.
- Look for travel packs at a pharmacy or online that can be brought with you outdoors if you will be in heat for a long time.
- If you have to get more insulin when you are away, try to stick with the brand you already use. Also keep in mind that in the US, U-100 insulin is used not U-40 or U-80. If you have to get U-40 or U-80 insulin you will need a different syringe.

## Resources

<http://www.diabetes.org/living-with-diabetes/treatment-and-care/when-you-travel.html>

<https://www.sjhc.london.on.ca/diabetes-education-centre/patient-handouts>

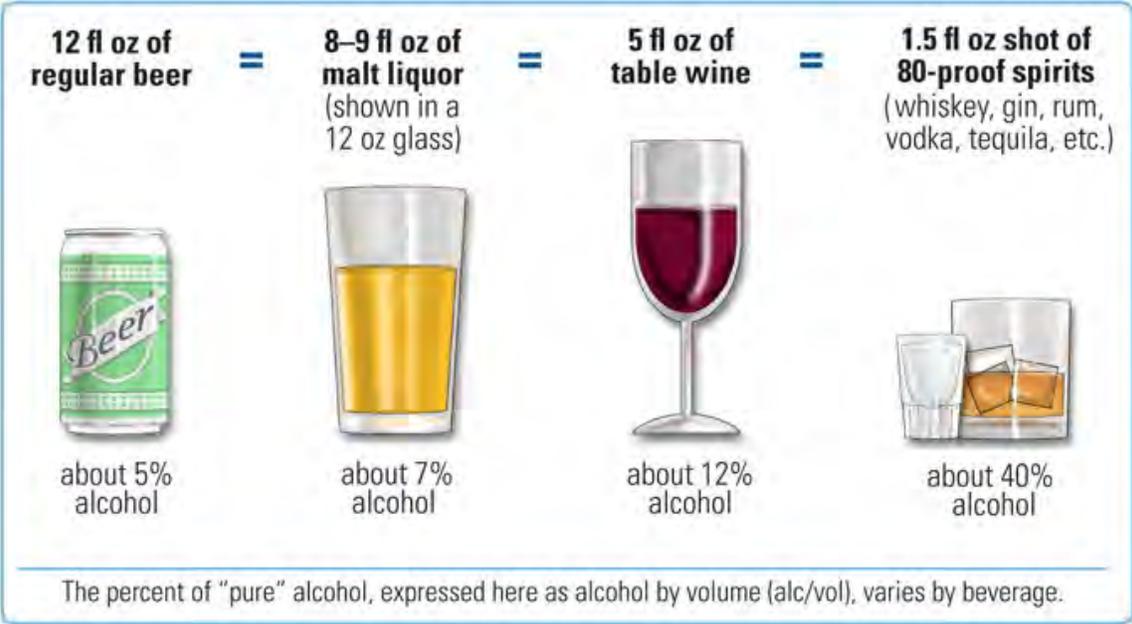
# Diabetes and Alcohol Use

Have you wondered how alcohol can affect diabetes? Many people with diabetes can tolerate small to moderate amounts of alcohol, but it's best to consult your Diabetes Care Team before you assume it's okay for you.

## The effect alcohol has on blood sugars

- Normally the liver converts stored carbohydrates into glucose to be used for energy if your blood glucose is getting low. When alcohol is consumed, the liver gets rid of all the alcohol in the blood stream before releasing more stored glucose, possibly resulting in low sugars.
- Alcohol itself can actually put diabetics at risk for low blood sugars, be sure to consume alcohol with a meal or a snack and avoid drinking on an empty stomach.
- If you drink alcohol with added sweeteners or mixers such as a margarita, or with cola or other sodas, this can cause a big spike in blood sugars once the alcohol is out of your system.
- For women, limit yourself to 1 alcoholic drink per day and for men, limit yourself to up to 2 drinks daily.

**See the chart for information on what is considered "1 alcoholic beverage."**



## Tips to follow if you choose to drink

- Do not replace meals with drinking alcohol to cut out the calories
- If you are counting carbs, do not count alcohol as a carb choice since it may actually cause hypoglycemia.
- Choose a calorie free mixer if you are having a mixed drink
- Stay hydrated while drinking by having a non-alcoholic or non-caffeinated beverage in addition to your alcohol
- Don't forget that alcoholic beverages contain lots of calories, especially those with added sugars or those that you may mix with other sweetened beverages. If you are watching your weight or trying to lose weight, it may be best to cut out alcoholic beverages or only consume them for special occasions.
- Practice caution and drink slowly. Do not plan to drive for several hours.

## Resources

[www.diabetes.org](http://www.diabetes.org)

[http://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

[www.joslin.org](http://www.joslin.org)

<http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink>

# Physical Activity and Exercise

Being physically active and getting enough exercise is important for everyone, but *especially* if you have diabetes. Exercise has so many health benefits. Not only does it decrease your risk for things like heart disease and cancer (among other things), but it can also help you manage diabetes, and improve your blood sugar control - muscles are one of the body's biggest users of glucose, so engaging them is a great way to lower blood sugar.

## Getting started

- If you haven't been very active for a while, or are just getting back into an exercise routine, check with your care team and/or AFM provider before you jump in.
- Start by setting small goals that you *know* you can achieve. If you haven't been active at all recently, start slow, and build upon your successes. Make your goals S.M.A.R.T. (Specific, measurable, attainable, relevant, time-bound). Example: *"I will walk for 10 minutes 3 times next week to start my fitness program that will improve my health."*

### **What is your own S.M.A.R.T. goal to get started?**

---

- Once you have a goal, schedule the activities you planned into your calendar. Make appointments with yourself that you keep, just like all your others.
- Why is getting more active important to you? To be healthier? To have fewer medications to worry about? To be able to play with your children? Be around for grandchildren? Whatever your reasons are, find ways to remind yourself of them on your calendar so that you'll keep these important appointments with yourself.

## Work your way up

- For the best health benefits, the recommendation is to get at least 150 minutes per week of moderately intense exercise (brisk walking, swimming, bicycling, etc.).
- As you start exercising more regularly, gradually increase the time or the intensity of your workouts to continue improving your fitness.
- If you're just starting out and exercising for 30 minutes at a time isn't realistic, break up your workout into 10 minute chunks and spread them out through the day.



## Find an activity (and a buddy) you enjoy

- Do you hate jogging but love swimming? Great! Swimming it is. There are so many fun activities out there – probably some you’ve never even heard of (pickle-ball, anyone?). Chances are, if you try enough activities, you’ll find *something* you really enjoy! Check out places like the local recreation facilities, senior centers (not just for seniors), or various clubs and organizations in town.
- Recruit a buddy! If you’re struggling to get motivated, enlist a friend or loved one who can exercise with you.
- Even if you can’t exercise together, having an Accountabil-i-Buddy can be just as encouraging. Share your goals with someone, and ask them to check in with you regularly to help you stay on track.

## Build Muscle

- Adding resistance exercises to your routine will help keep your muscles and bones healthy, increase the size of your glucose-burners (muscles), and also help you burn more calories even when you’re not exercising. Just as with cardio exercise, start with a routine that is appropriate for your current fitness level, and work up from there. A good goal to aim for is to work all the major muscles in your body 2-3 times per week with resistance exercises.
- You don’t necessarily have to hit the gym to get a good resistance workout in. You can target most of the muscles in your body with some basic equipment at home – or even just using your own body weight!



## Keep a record

- Take your blood sugar before, during, and after exercise. This will help you keep track of how your body responds to exercise so you can prevent large fluctuations in your glucose levels.
- Keeping a fitness log is also a great way to track your progress and motivate yourself to continue your activity program.
- Use a fitness tracking app (see the AFM list of apps, or try [myfitnesspal.com](http://myfitnesspal.com) or [mapmyfitness.com](http://mapmyfitness.com)). This helps you see how you’re doing, and you can connect with others who are working toward goals if you like.

## Watch for symptoms of hypoglycemia (low blood sugar)

- When you exercise, sometimes blood sugar can get low. Make sure you check your blood sugar while you’re exercising, especially if you are planning a new activity or making a change in the duration or the intensity of your workout.
- Stop exercising if:
  - Your blood sugar is 70mg/dL or lower
  - You feel shaky, weak, or confused
- Eat or drink something to raise your blood sugar level

## After exercise

- Check your blood sugar right after exercise and then again if you feel “low” or shaky and/or weak. Exercise uses sugar that’s stored in your muscles and liver. When your body replenishes these stores, it uses sugar from your blood. This is one of the ways exercise can help you better manage diabetes, but you need to know how your body reacts.
- The more strenuous your workout, the longer your blood sugar will be affected.
- If you do have low blood sugar after exercise, have a small snack with at least 15 grams of carbohydrates and some protein. A good example would be cheese and crackers or an apple with peanut butter. 3 to 4 ounces of fruit juice is also a good choice if you have low blood sugar following a workout.

## Resources

[www.fcgov.com/recreator/](http://www.fcgov.com/recreator/)

[www.meetup.com](http://www.meetup.com)

[www.niddk.nih.gov](http://www.niddk.nih.gov)





# Meal Planning



# Meal Planning: The Plate Method

A diabetes meal plan can help guide you through how much and what kinds of food you can choose to eat for meals and snacks. Creating a meal plan that fits in with your schedule and eating habits can put you on track to improving your blood pressure, cholesterol, and blood glucose.

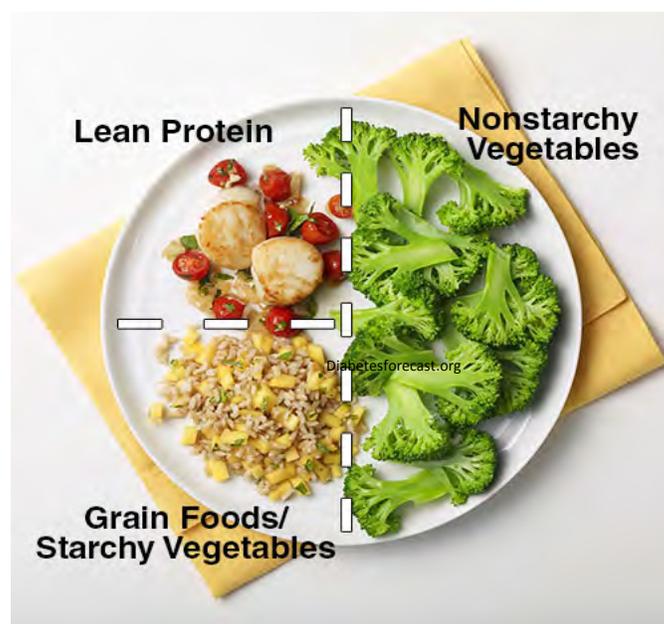
There are several important meal planning tools

- The Plate Method
- Reading a Food Label
- Carb counting

## The Plate Method

This method allows you to create a balanced meal with special attention to your carbohydrate and calorie intake.

1. To get started, imagine there is a line straight down the center of a standard nine inch dinner plate. Then picture a second line cutting horizontally through one of the halves so that you now have three sections.



2. Fill the largest section with non-starchy vegetables. The following are good choices for non-starchy vegetables.

- Cucumber
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Mushrooms
- Onions
- Peppers
- Radishes
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Sprouts
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)
- Tomato
- Artichoke
- Asparagus
- Baby corn
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Coleslaw (packaged, no dressing)

3. In one of the smaller sections, place grains and starchy foods. The following are good choices for grains and starchy foods:

- Bulgur (cracked wheat)
- Whole wheat flour
- Whole oats/oatmeal
- Whole grain corn/corn meal
- Popcorn
- Brown rice
- Whole rye
- Whole grain barley
- Whole farro
- Wild rice
- Buckwheat
- Buckwheat flour
- Millet
- Quinoa
- Parsnip
- Plantain
- Potato
- Pumpkin
- Acorn squash
- Butternut squash
- Green Peas
- Corn
- Dried beans such as black, lima, and pinto
- Lentils
- Dried peas such as black-eyed and split
- Fat-free refried beans
- Vegetarian baked

*(Continued on next page...)*

4. In the other small section, put your protein. The following are good choices for proteins:

Plant-Based Proteins

- Beans such as black, kidney, and pinto
- Bean products like baked beans and refried beans
- Hummus and falafel
- Lentils such as brown, green, or yellow
- Peas such as black-eyed or split peas
- Edamame
- Soy nuts
- Nuts and spreads like almond butter, cashew butter, or peanut butter
- Tempeh
- Tofu Products

Poultry

- Chicken
- Turkey
- Cornish hen

Cheese and Eggs

- Reduced-fat cheese
- Cottage cheese
- Egg whites and egg substitutes

Fish and Seafood

- Fish high in omega-3 fatty acids like Albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon
- Other fish including catfish, cod, flounder, haddock, halibut, orange roughy, and tilapia
- Shellfish including clams, crab, imitation shellfish, lobster, scallops, shrimp, oysters.

Beef, Pork, Veal, Lamb

- Select or Choice grades of beef trimmed of fat including: chuck, rib, rump roast, round, sirloin, cubed, flank, porterhouse, T-bone steak, tenderloin
- Beef jerky
- Lamb: chop, leg, or roast
- Organ meats: heart, kidney, liver
- Veal: loin chop or roast
- Pork: Canadian bacon, center loin chop, ham, tenderloin

Game

- Buffalo, ostrich, rabbit, venison
- Dove, duck, goose, or pheasant (no skin)

5. Also, add a serving of fruit, a serving of dairy or both as your meal plan allows.

6. Choose healthy fats in small amounts. For cooking, use oils. For salads, some healthy additions are nuts, seeds, avocado and vinaigrettes.

7. To complete your meal, add a low-drink like water, unsweetened tea or coffee.

## Resources

"Create Your Plate - American Diabetes Association." American Diabetes Association. American Diabetes Association, 1995. Web. 05 Nov. 2015.

"Diabetes Meal Plans and a Healthy Diet." American Diabetes Association. American Diabetes Association, 1 July 2015. Web. 30 Oct. 2015.



# Reading a Nutrition Label

Learning how to read a food label can help you manage your calorie, sodium, carb, and fat intake. On a whole, it is a great tool to help you make healthier and more informed eating choices.

1. Start with the serving information at the top of the label.
  - This will tell you the size of a single serving and how many total servings there are in the package or container.
  - The nutritional information on the rest of the label applies to one serving.

2. Next, check the total number of calories per serving.
  - Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package.
  - Calories on a nutrition label are frequently the first stop on the label. But keep in mind that a higher-calorie food might be worth eating if it also contains a lot of nutrients.



3. Then move onto the listing for fats.
  - Based on a 2,000 calorie diet per day, no more than 11-13 grams of saturated fat should be consumed.
  - Try to choose foods with relatively more polyunsaturated and monounsaturated fat, and less saturated and trans fat.
4. Shift down to sodium next. Like trans and saturated fats this is a nutrient that you'll want to consume in limited amounts.
  - In some people, sodium can increase blood pressure because it holds excess fluid in the body, creating an added burden on your heart.
  - Sodium also isn't just found in basic table salt. It can be found in large quantities in processed foods. Good ways to avoid excess salt intake include eating pizza with more vegetables than meat or cheese, fresh skinless poultry, and lower-sodium soups.
  - It's recommended that adults consume no more than 2,000mg of sodium daily.

5. Now let's focus on dietary fiber.

- Eating a diet high in dietary fiber promotes healthy bowel function.
- Additionally, a fiber rich diet may reduce the risk of heart disease.
- The American Heart Association recommends at least 25mg of fiber a day.



6. No daily reference value has been established for sugars because no recommendations have been made for the total amount to eat in a day. Keep in mind, the sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink.

- Consuming too much added sugar in your diet can increase your risk for cardiovascular disease, and contribute to obesity, high blood pressure and high cholesterol.
- Added sugars are those that are not naturally occurring in foods and add calories without contributing nutrients. Common added sugars include corn sweetener, corn syrup, fruit juice concentrates and high-fructose corn syrup.

7. A % Daily Value (DV) is required to be listed if a claim is made for protein, such as "high in protein". Otherwise you're not likely to find a % DV for protein on a label.

- The Centers for Disease Control and Prevention recommends that 10 percent to 35 percent of your daily calories come from protein. For adult women that's about 46 grams of protein a day, and 56 grams for adult men.

8. Many Americans don't get enough Vitamin A, Vitamin C, Iron or Calcium in their diets. Getting enough of these nutrients can improve your health and help reduce the risk of certain diseases and conditions.

- Vitamin A is important for normal vision, the immune system, and reproduction. It can also help the heart, lungs, kidneys, and other organs work properly. Vitamin A can be found in animal products like eggs, milk and fish, as well as in fruits and vegetables including oranges and apricots and spinach and carrots. Vitamin C is a powerful antioxidant that can help boost the immune system, and help prevent

damage to our bodies from pollutants and other toxic substances. Good sources of vitamin C include oranges and grapefruits, and peppers, tomatoes and spinach.

- Calcium is a mineral that is needed by the body for strong bones, normal pulse rate, blood clotting, and the transmission of nerve impulses. Fortified foods like milk, orange juice and margarine are good sources of calcium. It can also be found in collard greens, spinach and many beans.
- Iron is crucial in distributing oxygen around to different tissues in the body. Red meat, chicken, soybeans, spinach and strawberries are just a few great sources of iron.

9. Dietary Values (DV) are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet. % of Dietary Values (%DV) are based on the Daily Value recommendations for key nutrients for a 2,000 calorie daily diet.

## Resources

"How to Read a Food Label." Health.com. Health Media Ventures, Inc., 2015. Web. 05 Nov. 2015.

"Nutrient Facts - MyFoodDiary." Nutrient Facts - MyFoodDiary. MyFoodDiary, 2003. Web. 09 Nov. 2015.

Pinkowish, Mary Desmond. "How to Read Nutrition Facts Labels." Real Simple. Real Simple, 2015. Web. 05 Nov. 2015.

"Understanding Food Nutrition Labels." Understanding Food Nutrition Labels. American Heart Association, 15 May 2015. eb. 05 Nov. 2015.

"U.S. Food and Drug Administration." How to Understand and Use the Nutrition Facts Label. U.S. Food and Drug Administration, 09 Apr. 2015. Web. 09 Nov. 2015.



# Healthy & Simple 15 gram Carb Snacks

- Spread 1 tablespoon cream cheese on 1 full graham cracker and top with 5 halved grapes
- Sprinkle 1 tablespoon dried cranberries and 1 tablespoon toasted slivered almonds atop a 6-ounce carton of plain fat-free Greek yogurt.
- Enjoy a small pear and a light cheese stick.
- Dip 1/2 a red bell pepper and a 1/2 cup of carrot sticks in 1/4 cup guacamole.
- Cut 1 ounce of thinly sliced deli ham into long strips and fold the slices accordion style. Alternately skewer the folded ham slices with 3/4 cup of pineapple chunks.
- Go for 1/4 cup salsa with 6 tortilla chips.
- Mix 1/2 cup blueberries with 3/4 cup cottage cheese
- Mix 3/4 cup whole strawberries with 15 almonds and 1/3 cup plain nonfat yogurt
- Spread 1 tablespoon of peanut butter on 1 regular slice of whole wheat bread
- Spread 1/4 cup whole milk ricotta cheese between two stoneground crackers and drizzle with 1/2 tsp of honey
- Fill a bowl with 3 cups of unbuttered, unsalted popcorn
- 3/4 cups lightly salted edamame
- Spread 1 tablespoon of peanut butter between 3 celery sticks. Generously sprinkle 2 teaspoons of raisins over top.
- 1/3 cup of granola
- Enjoy a lunch box size apple (small fist size) with 1 tablespoon of peanut butter or 2 tablespoons of almond butter
- 17 grapes, red or green
- Go for 6 saltine crackers with 1 tablespoon peanut butter or 6 slices of cheese
- Enjoy a cup of your choice of veggies and 1 tablespoon of Ranch dressing
- 1 hard boiled egg and half of an English muffin
- 1 Fun-Size Snickers or other Fun-Size bar of your choice
- 1/2 cup of your choice of ice cream
- 2 Oreo cookies
- 1 Snack Size pack of your choice of potato chips
- 1/4 cup of trail mix or mixed nuts



## Alcohol

- 12 ounce regular beer
- 10 ounce stout beer
- 10 oz. of dry champagne
- 10 oz of dry white wine or red table wine
- 15 oz light beer

## Party Mixer Drink Recipe (15g)

- 1 oz sweetened cranberry juice
- 1 wedge lime
- 3 oz Champagne or sparkling wine
- 3 frozen cranberries

In a chilled champagne flute add juice and squeeze lime. Top off with champagne or sparkling wine. Garnish with cranberries.



# Carbohydrate Counting In a Nutshell

## What is it?

Carbohydrate counting is a method of calculating the grams of carbohydrates you consume in your meals and snacks. It can help you manage your blood glucose and help you choose what and how much to eat.

Unlike the plate method or use of a nutrition label, carb counting is deeply rooted in specific individual needs. Finding the best balance in your diet depends on many variables, like weight, activity level, lifestyle and eating habits. Depending on how you manage your diabetes you may need more or less carbohydrates at different meals.



## How does it work?

1. 1 carb serving = 15 grams.
2. In general you want to aim for 3 carb servings at each meal, or about 45 grams.
3. For optional snacks, aim for 3 a day with 1 carb serving each, or 15 grams.
4. If you're considering a diet plan, like Atkins, South Beach, Ketogenic or Paleo, please make sure to consult your physician before starting any of these regimens.



A light blue circular graphic on the right side of the page contains white stylized human figures. One figure is larger and stands behind a smaller figure, with their arms around the smaller figure's shoulders, symbolizing support or care. The text 'Mental Health' is overlaid on this graphic.

# Mental Health



# Living with a Chronic Illness

Living with a chronic condition can have a substantial impact on your day-to-day emotions and overall mental health. It's important to obtain the resources and support necessary to continue to live well even while having a chronic disease. You may find that you have limited energy, but taking care of your physical and emotional self is essential. See below for helpful tips and resources in our community:

## Helpful Tips

Become your own self-advocate by:

- Knowing your disease
- Gaining knowledge by continuing to ask questions at every appointment to better understand your condition



Your attitude can impact your health. Try to:

- Have a positive approach and attitude toward your situation
- Practice acceptance of your condition

Use preventative measures to take care of your body

- Eating nutritious food and getting enough exercise can help boost mood, improve mobility and ease symptoms.
- Exercise and/or stretching
- Try Tai chi or yoga

Maintain your support system

- Manage your emotions and relationships
- Create and build your support system

## Resources

*University of Colorado Health*

Living Well with Chronic Conditions classes • 970-495-7335

*Answers on Aging – resource book*

Ask your primary care provider or care coordinator for a copy

*Fort Collins – Senior Center*

1200 Raintree Drive • 970-221-6644



# Managing Depression

Depression can happen to anyone - and does happen to one in four of us over our lifetimes. Different factors that make depression more likely include biological make-up, upbringing, or life events. Depression is often accompanied by other feelings such as guilt, shame, anger and anxiety. The length and severity of depression can be affected by the way we think, what we do and how we deal with life events.



## What You Can Do to Help Yourself

1. **Participate in your treatment.** You are the expert about yourself. Be actively involved in setting your individual goals and your treatment plan. Your treatment should be based on your needs and goals.
2. **Treat suicidal thoughts seriously.** Talk openly about any suicidal thoughts you are having with your therapist, provider, care coordinator or a nurse. If needed, get immediate help by calling 911 or going to the nearest hospital emergency room. Develop a safety plan with your therapist. If you don't have a therapist, talk with your provider about finding one.
3. **Ask questions.** Ask your therapist or medication prescriber to explain your diagnosis, treatment alternatives and his/her recommendations. If you don't understand something ask again. Or ask a friend or family member to attend a session with you. Write down questions ahead of time and bring them to the session. Be sure to talk to your primary care physician about your symptoms and medications.
4. **Be alert to early symptoms.** Symptoms of depression can return. Sometimes your depression can feel like anger or irritability as opposed to sadness. Seek treatment as soon as possible. Ask your therapist about your developing a Recovery Plan or Crisis Plan and share these with family and friends.
5. **Cultivate supportive relationships** with family, friends and peer support groups. Ask The Office of Member and Family Affairs or your clinician for information about peer support groups in the community. Limit your time alone. Keep up with social activities, even if you don't feel like it at the time.

6. **Care about yourself.** Establish a healthy lifestyle. Try to get some natural sunlight for a few minutes every day, especially in the fall and winter. Physical activity can help your mood. Establish an exercise routine and eat a healthy, well-balanced diet. Try to do some things you enjoy with other people. Remember that alcohol and illegal drugs can worsen depressive symptoms. If you use alcohol, use in moderation. Try to get 8 hours of sleep per night.
7. **Keep your appointments.** This is your time so use it effectively. If you take an antidepressant medication, take it regularly, even if you are feeling better. Talk with your provider before changing or stopping any anti-depressant medication. Call your medication prescriber if you have any questions, or if you have uncomfortable side effects. Ask about medications which may have fewer side effects. Be open with your therapist and remain willing to consider new perspectives.
8. **Practice skills you learn.** Often therapy for depression involves learning new ways to think about events and experiences in your life. Complete homework you are given. Practice helps when learning these new skills. Avoid being too critical of yourself and challenge negative thinking.
9. **Try to be hopeful.** Remember that you are not alone. People who feel depressed can and do get better and live full and productive lives. Develop a skill or hobby. Try to do some things that you enjoy with other people.
10. **Learn how people recover from depression.** Ask your provider and read written materials.

## Resources

### Websites

Three internet sites to start with:

- National Institute of Mental Health (1.800.421.4211 or [www.nimh.nih.gov](http://www.nimh.nih.gov))
- NBHP [www.nbhpartnership.com](http://www.nbhpartnership.com)
- [www.achievesolutions.net](http://www.achievesolutions.net)

### Books

- *Real Happiness* by J. Paquette
- *Feeling good: the new mood therapy (revised edition)* by D. Burns
- *Control Your Depression* by P. Lewinsohn, R. Munoz, M. Youngren and A. Zeiss

### Resources and Apps

- Connections: offers coordinated information, referrals and assistance for mental health and substance abuse in Larimer County. (970) 221-5551
- Apps: Happify (Apple app), Moodtune and Intellicare (Android app)

# Stress Reduction

Stress is a different experience for each of us and can have both mental and physical affects. Here are some tips to consider when trying to manage your stress:



## Relaxation

Relaxation means allowing physical and/or mental tension to be released. Tension is the body's natural response to a real or imagined threat, and is part of the body's survival mechanism. This response can be a very useful, but a lot of the time we don't need this tension, in those situations it's okay to let go of tension. You can do this by learning some of the relaxation skills listed here. Healthy living is a matter of balance, and relaxation is part of the balancing process. Learning to relax takes practice, as with learning any new skill.

## Tips on ways to relax and manage stress:

- Breathing exercises
- Mindfulness/Meditation/Visualization
- Prayer/Faith
- Hobbies
- Exercise
- Communication with family/friends
- Journaling
- Laugh
- Healthy eating
- Regular medical check-ups
- Professional counseling

## How Relaxation Helps your Mind and Body:

- Reduces tiredness
- Improves performance
- Reduces pain
- Helps cope with stress
- Improves sleep
- Increases self-confidence
- Builds personal relationships

# *Stress Reduction Continued*

## Resources

- Connections – (970) 221-5551
- Biofeedback Therapy – Jen Strating – Fort Collins Biofeedback - (970) 221-1106

## Apps to try:

- Simply Being – meditation app
- Anti-Stress Quotes



# Additional Resources





# Diabetes Online Resources

Below are some apps for Android and/or iPhone as well as some online resources that you may find helpful for weight loss, tracking blood sugars, meal planning and more. These are just a few of the wide selection available, please share if you know any other great ones and we'll add them to our list!

## Apps for Weight Management

Lose it!

- Free weight loss app for iPhone or Android
- Enter or scan in the foods you eat to keep track of them

MyFitnessPal

- Free weight loss app for iPhone or Android
- Also available online through a laptop or tablet

iNutrition

- Guide to nutrition information and recipes for iPhones only

Fooducate

- For iPhone or Android
- App for learning about foods, and what is in your foods
- Looks "beyond the calories" and gives foods an "A to F" grading based off of many factors such as food additives as well as nutritional profiles

Calorie King

- Computer or Tablet
- Restaurant guide with estimated calories and nutrition information for popular items, can also be used to look up nutrition fact on many foods

Choosemyplate.gov

- Government's website with dietary recommendations and guides to follow.

# Apps for Recording blood Sugars

## Glooko

- iPhone or Android, \$59.95 per year
- Can sync some glucometers to the app, or just use to record glucose, visit <https://www.glooko.com/compatibility/> to see if your glucometer is compatible
- Also can record lifestyle context such as diet and exercise

## Glucose Buddy

- Android or iPhone
- Notifications and reminders for taking and recording blood sugars
- Track blood sugar, blood pressure, weight, carbs and more

## Diabetes App

- iPhone only
- Track blood sugar, blood pressure, water intake and more

## OnTrack Diabetes

- Android only
- Medication reminders as well as recording blood glucose



# Apps for Meal Planning

## Diabetes Recipes Free

- Android market only
- List of recipe ideas

## University of Illinois Recipes for Diabetes

- Recipes with Carb counts and nutrition facts

## Emeals

- Android and iPhone as well as desktop friendly
- Meal planning service, low monthly fee \$5-7/month
- Various options including diabetic, low carb, portion control, Mediterranean, and gluten free.
- Weekly shopping lists and menus

# Diabetes Printed Resources

## Carb & Calorie Counting

Calorie, Fat & Carbohydrate Counter: Plus 200 Fast-food Chains & Restaurants

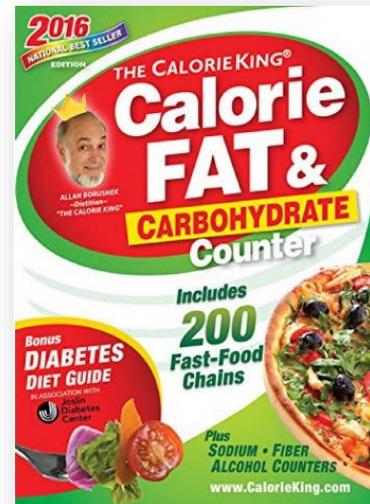
*Allan Borushek*

The Complete Guide to Carb Counting, 3rd Edition

*Hope S. Warshaw, MMSc, RD, CDE, BC-ADM, and Karmeen Kulkarni, MS, RD, CDE, BC-ADM*

The Healthy Carb Diabetes Cookbook

*Chef Jennifer Bucko, MCFE, & Lara Rondinelli, RD, LDN, CDE*



## Cookbooks & Recipes

Diabetes and Heart Healthy Meals for Two

*American Diabetes Association, American Heart Association*

The Healthy Home Cookbook

*Barbara Seelig-Brown*

The American Diabetes Association® Month of Meals Diabetes Meal Planner

*American Diabetes Association*

The Six O'Clock Scramble Meal Planner

*Aviva Goldfarb*

Power Foods for Diabetes: The Top 20 Foods and 150 Recipes for Total Health

*Editors of Cooking Light Magazine and the American Diabetes Association*

The Family Classics Diabetes Cookbook

*American Diabetes Association*

Healthy Calendar Diabetic Cooking, 2nd Edition

*Lara Rondinelli-Hamilton, RD, LDN, CDE, and Chef Jennifer Bucko Lamplough*

# Newly Diagnosed

## Real-Life Guide to Diabetes

*Hope S. Warshaw, MMSC, RD, CDE, BC-ADM, and Joy Pape, RN, BSN, CDE, WOCN, CFCN*

## A Woman's Guide to Diabetes: A Path to Wellness

*Brandy Barnes, MSW, and Natalie Strand, MD*

## What Do I Eat Now? 2nd Edition

*Tami A. Ross, RDN, LD, MLDE, and Patti B. Geil, MS, RDN, CDE, MLDE, FAND, FAADE*

## Your Type 2 Diabetes Action Plan

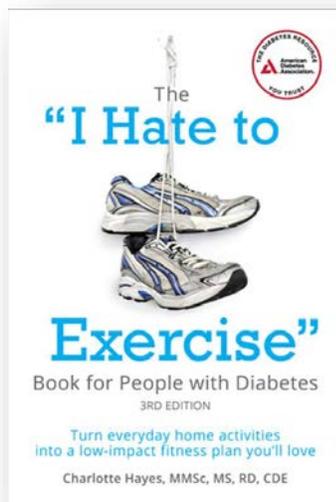
*American Diabetes Association*

## Type 2 Diabetes for Beginners, 2nd Edition

*Phyllis Barrier, MS*

## 21 Things You Need to Know About Diabetes and Nutrition

*Stephanie A. Dunbar, MPH, RD, and Cassandra L. Verdi, MPH, RD*



# Exercise and Weight Control

## Diabetes Weight Loss - Week by Week

*Jill Weisenberger, MS, RD, CDE*

## The "I Hate to Exercise" Book for People with Diabetes, 3rd Edition

*Charlotte Hayes, MMSc, MS, RD, CDE*

## 101 Weight Loss Tips for Preventing and Controlling Diabetes

*Anne Daly, MS, RD, BC-ADM, CDE, Linda M. Delahanty, MS, RD, LD, Judith Wylie-Rosett, EdD, RD*

# Meal Planning & Nutrition

The Ultimate Diabetes Meal Planner

*Jaynie F. Higgins, A.C., C.P.T., and David Groetzinger*

Diabetes Meal Planning Made Easy, 4th Edition

*Hope S. Warshaw, MMSc, RD, CDE, BC-ADM*

Diabetes Carbohydrate & Fat Gram Guide, 4th Edition

*Lee Ann Holzmeister, RD, CDE*

Diabetes Meals on \$7 a Day or Less!, 2nd Edition

*Patti B. Geil, RD, CDE, MS, FADA, and Tami A. Ross, RD, LD, CDE*

101 Nutrition Tips for People with Diabetes, 2nd Edition

*Patti B. Geil, MS, RD, FADA, CDE, and Lea Ann Holzmeister, RD, CDE*

16 Myths of a Diabetic Diet, 2nd Edition

*Karen Hanson Chalmers, MS, RD, DN, CDE, and Amy Peterson Campbell, MS, RD, LDN, CDE*

The Overworked Person's Guide to Better Nutrition

*Jill Weisenberger, MS, RDN, CDE, FAND*

