



# Your diabetes care schedule

Managing your diabetes means being diligent with the calendar. Keeping scheduled tests and checkups will help you keep control. Ask your diabetes care team how often you should have each test and write down the date when you attended for your records. Having this information organized and easy to access will help you greatly in diabetes management.



| EVERY THREE MONTHS                           | DATE | DATE | DATE | DATE | DATE |
|--|------|------|------|------|------|
| Regular office visit                         |      |      |      |      |      |
| Blood pressure check                         |      |      |      |      |      |
| Weight check                                 |      |      |      |      |      |
| Foot check                                   |      |      |      |      |      |
| A1C test (if your blood sugar is not stable) |      |      |      |      |      |

| EVERY SIX MONTHS                         | DATE | DATE | DATE | DATE | DATE |
|--|------|------|------|------|------|
| A1C test (if your blood sugar is stable) |      |      |      |      |      |
| Dental Exam (for inflammation)           |      |      |      |      |      |

| EVERY YEAR                                | DATE | DATE | DATE | DATE | DATE |
|---|------|------|------|------|------|
| Physical Exam                             |      |      |      |      |      |
| Comprehensive Foot Exam                   |      |      |      |      |      |
| Blood Draw for cholesterol/glucose levels |      |      |      |      |      |
| Kidney tests                              |      |      |      |      |      |
| Dilated eye exam                          |      |      |      |      |      |
| Flu shot                                  |      |      |      |      |      |





# Tracking your food & exercise

Organization is very important in managing your food intake, which directly affects your diabetes. Be diligent in keeping to your food plan and communicating with your dietitian and Certified Diabetes Educator about food intake. They may ask you to lose weight to control your diabetes. Exercise is a key component in weight loss and blood pressure. Track both of these things here.



| FOOD                  | Amount per day | Questions |
|-----------------------|----------------|-----------|
| Calories              |                |           |
| Carbohydrates (carbs) |                |           |
| Fat                   |                |           |
| Protein               |                |           |
| Sodium                |                |           |

| EXERCISE                | Activity | Activity | Activity |
|-------------------------|----------|----------|----------|
| How long?               |          |          |          |
| How often?              |          |          |          |
| Things to watch out for |          |          |          |
| Things to avoid         |          |          |          |
| Sodium                  |          |          |          |





# Understanding Cholesterol

Cholesterol, also called lipids, is fat in your blood. High levels of LDL and triglycerides is unhealthy, while high levels of HDL cholesterol is very helpful to heart health. Below are the recommended cholesterol goals for most people. Ask your doctor what your personal goal should be and track your levels on the following page so you can protect your heart and blood vessels from heart disease.



## BLOOD CHOLESTEROL & FAT LEVEL GOALS FOR DIABETIC ADULTS

| Recommended goal                                       | Your personal goals |
|--|---------------------|
| <b>LDL ("bad") Cholesterol</b>                         |                     |
| People without heart disease: less than 100 mg/dL      |                     |
| People with heart disease: less than 70 mg/dL          |                     |
| <b>HDL ("good") Cholesterol</b>                        |                     |
| Men: more than 40 mg/dL                                |                     |
| Women: more than 50 mg dL                              |                     |
| <b>Triglycerides: (really bad) less than 150 mg/dL</b> |                     |

## WHAT DOES IT ALL MEAN?

Although it can be confusing because there are three different types, asking your diabetes care team these questions can help you make sense of cholesterol...

- What were the results?
- What do they mean
- If I'm not meeting my blood cholesterol, what would help me meet them?
- How often should I have my cholesterol levels checked?
- How do diet, exercise and medication affect my cholesterol levels?



# About blood sugar & A1C

The single most important thing you can do for your diabetes is manage your blood sugar. Check your blood sugar often because it will tell you if your medicine is working and how exercise and diet are effecting your blood sugar. Have a goal and write it below. A1 testing shows your average blood sugar levels over the past 2-3 months. Lowering your A1C below 7% reduces your risk of complications. This is a good goal to have.



| TIME  | BLOOD SUGAR GOAL    | YOUR GOAL |
|---|---------------------|-----------|
| Before meals                                  | 70 to 130 mg/dL     |           |
| 2 hours after meals                           | Less than 180 mg/dL |           |
| A1C   | Less than 7%        |           |
| I must have my A1C checked every _____ months |                     |           |

| DATE | A1C LEVEL |
|------|-----------|
|      | %         |
|      | %         |
|      | %         |
|      | %         |
|      | %         |
|      | %         |
|      | %         |

| A1C LEVEL | AVG. BLOOD SUGAR |
|-----------|------------------|
| 6%        | 135 mg/dL        |
| 7%        | 170 mg/dL        |
| 8%        | 205 mg/dL        |
| 9%        | 240 mg/dL        |
| 10%       | 275 mg/dL        |
| 11%       | 310 mg/dL        |
| 12%       | 345 mg/dL        |

# Daily Calorie Goal

The chart below shows how many servings from the different food groups you would eat for each daily calorie level. Each column lists the total grams of carbs, the recommended number of food servings from each food group, and how many grams of carbs are in these servings.

To find out how much food is in a serving, check in the **Carb Counting & Meal Planning brochure** included in this notebook.



| CALORIES →                       | 1200    | 1500            | 1800   | 2000    | 2200    |
|----------------------------------|---------|-----------------|--------|---------|---------|
| Total carbs (grams/servings)     | 144     | 174             | 209    | 239     | 269     |
|                                  |         | <b>SERVINGS</b> |        |         |         |
| Starches (15 grams)              | 5       | 6               | 8      | 10      | 11      |
| Fruits (15 grams)                | 2       | 3               | 3      | 3       | 4       |
| Milk & Yogurt (12 grams)         | 2       | 2               | 2      | 2       | 2       |
| Vegetables — nonstarch (5 grams) | 3       | 3               | 4      | 4       | 4       |
| Lean meat & meat substitutes     | 4 oz.   | 6 oz.           | 7 oz.  | 8 oz.   | 8 oz.   |
| Fats                             | 5       | 6               | 7      | 7       | 8       |
| Exercise                         | 30 min. | 30 min.         | 30 min | 40 min. | 40 min. |

## Baked Tilapia with cucumber salad



- 1 Tbs. honey
- 1 Tbs. rice vinegar
- 2 tsp. grated ginger root
- 1/2 tsp. salt
- 1/2 med. cucumber, halved & sliced thin
- 1/4 red bell pepper, diced
- 3 green onions, sliced thin
- 1 tsp. fresh cilantro, chopped
- 1 cup Panko breading or cracker crumbs
- 1 tsp. lemon pepper seasoning
- 1 egg
- 4 Tilapia, Cod or whitefish fillets (6 oz each)

1. Mix cucumber, red pepper, green onions and cilantro in bowl.
2. Mix honey, vinegar, gingerroot and salt for dressing. Pour over cucumber mixture and refrigerate.
3. In medium bowl, mix lemon pepper and Panko breading.
4. In small bowl, beat egg with fork. Dip fish fillet into egg, then coat with Panko and lemon pepper. Place on broiling pan sprayed with fat free cooking spray.
5. Bake at 350 for 15 minutes or until done.
6. Serve fish hot with cool cucumber salad over the top.

**Lower the fat! Substitute fat-free sour cream or fat free yogurt instead of egg for a tangier flavor and moister fillet. This would also be great with chicken!!**

Calories —110  
Protein — 37g  
Carbs — 29g  
Total Fat — 5g  
Cholesterol — 145mg  
Sodium — 120mg