



## Diabetes Education Toolkit

### Self-Management Goal



*Exercise \* Healthy Eating \* Take all medication as directed and use properly  
\* Reduce Stress \* Monitor Blood Glucose*

My goal is to work on: <i>Example: Exercise</i>	
I will do this by (what): <i>Example: walking</i>	
I will do this for (how much): <i>Example: 20 minutes</i>	
I will do this (when): <i>Example: in the evening</i>	
I will do this on (how often): <i>Example: M, W, F (3 days a week)</i>	
Barriers to my goal:	

Listed below are things you can do to help yourself maintain you best health while managing your Diabetes and are good ideas to pick goals from!

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Take your Diabetic medications as prescribed</li> <li>• Follow up with your physician as scheduled</li> <li>• Monitor Blood glucose as recommended by your physician</li> <li>• Maintain a healthy weight</li> <li>• Learn signs and symptoms of Hypoglycemia (Low Blood Sugar)</li> <li>• Learn Signs and symptoms of Hyperglycemia (High Blood Sugar)</li> <li>• Eat a well-balanced diet, Monitor food intake.</li> </ul> | <ul style="list-style-type: none"> <li>• Exercise each day</li> <li>• Get at least 7 hours of sleep each night</li> <li>• Get emotional support as needed.</li> <li>• Maintain good control of your other conditions</li> <li>• Reduce Stress</li> <li>• Stay current with flu/Pneumo vaccines</li> <li>• Monitor Blood pressure</li> <li>• Have A1C checked as recommended by your physician</li> <li>• Have Cholesterol checked as recommended by your physician</li> <li>• Learn more about Diabetes</li> </ul> |
|---|--|

# Manage Your Diabetes

Name \_\_\_\_\_

Date \_\_\_\_\_

Diabetes means that you have too much sugar (glucose) in your blood. High blood sugar levels can lead to serious health problems. Keeping your blood sugar under control is very important. Use this document to help manage your diabetes and understand what to do when your levels rise too high or low, as directed by your doctor.



## Blood Sugar (Glucose) Goals

Your doctor or primary care provider will decide the blood sugar and A1c numbers that are best for you.

### -./ Fasting blood sugar 80-130 mg/di

This is the blood sugar level when I wake up in the morning before I eat or if I have not eaten for at least 8 hours. My fasting blood sugar goal is \_\_\_\_\_ mg/di.

### -./ Post-meal blood sugar less than 180 mg/di (1 to 2 hours after eating)

My goal is \_\_\_\_\_ mg/di 2 hours after I eat a meal.

### -./ A1c test result less than 7

The A1c test is a blood test that measures my average blood sugar level over the past three months. My A1c goal is \_\_\_\_\_

## The ABCs of Diabetes<sup>1</sup>



### -./ A: A1c level less than 7

### -./ B: Blood pressure less than 140/90

### -./ C: Cholesterol

- Total less than 200
- LDL less than 100
- HDL greater than 40 (men)
- HDL greater than 50 (women)
- Triglycerides less than 150

## 5 Things You Can Do Everyday

- ./ Eat healthy meals
- ./ Get regular exercise
- ./ Check your blood sugar
- ./ Take your medications
- ./ Check your feet

Low-density lipoprotein (bad cholesterol) = LDL

High-density lipoprotein (good cholesterol) = HDL

1. American Diabetes Association, Standards of Medical Care in Diabetes. Available at [http://care.diabetesjournals.org/content/40/Supplement\\_1/54](http://care.diabetesjournals.org/content/40/Supplement_1/54). Accessed on September 13, 2017.

# Diabetes Safety Zones

Name \_\_\_\_\_

Date \_\_\_\_\_

## Green Zone: All Clear Zone ... *This is the safety zone if:*

- ✓ Your blood sugar is under control.
- ✓ You have no symptoms of low or high blood sugar.
- ✓ Your fasting blood sugar is between 80–130 mg/dl.
- ✓ Your blood sugar 1 to 2 hours after a meal is less than 180 mg/dl.
- ✓ Your A1c level is less than 7.



## Yellow Zone: Caution ... *This is the watch zone if you have:*

### Low Blood Sugar (Hypoglycemia)

- ✓ Blood sugar less than 70 mg/dl
- ✓ Symptoms: Shaky or dizzy, blurry vision, weak or tired, sweaty, headache, hungry, upset or nervous
- ✓ What to do?
  - Check your blood sugar (if possible).
  - Eat or drink something that contains sugar.  
*(For example: 3 packets or 1 tablespoonful of regular sugar, 4 glucose tablets, 4 pieces of hard candy, 4 ounces of fruit juice or regular [not diet] soda.)*
  - Check your blood sugar again in 15 minutes. If it is still below 70 mg/dl, eat or drink something that contains sugar again.

### High Blood Sugar (Hyperglycemia)

- ✓ Blood sugar more than 240 mg/dl
- ✓ Symptoms: Thirsty all the time, blurry vision, need to urinate often, weak or tired, dry skin, often hungry, fruity smelling breath
- ✓ What to do?
  - Call your doctor or primary care provider and tell him/her that your blood sugar is high.
  - Continue to take your medications.
  - Follow your meal plan.



**Call your doctor or primary care provider if your blood sugar levels do not improve. You may need a medication adjustment or a change in your eating habits and/or activity level.**

Doctor's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Red Zone: Medical Alert Zone ... *This is the danger zone if you have:*

- ✓ A blood sugar level greater than \_\_\_\_\_ mg/dl OR less than \_\_\_\_\_ mg/dl, **call your doctor, 9-1-1, or go to the emergency room.**
- ✓ Doctor's Name: \_\_\_\_\_
- Phone Number: \_\_\_\_\_





## Tips for Making Your Action Plan

Making an action plan can help you prevent or delay type 2 diabetes.

### REMEMBER:

- **Be realistic.** Plan actions that are realistic for you.
- **Make it doable.** Plan small changes. Over time, these changes will add up.
- **Be specific.** Plan your actions in detail. Decide:
  - ✓ What you will do
  - ✓ Where you will do it
  - ✓ When you will do it
  - ✓ How long you will do it
- **Be flexible.** Review your action plan often. Look for ways to cope with challenges. If your action plan isn't working for you, revise it.
- **Focus on behaviors.** For instance, you can control how many pounds you lose by focusing on your actions, such as what you eat and how active you are.
- **Make it enjoyable.** Change doesn't have to be painful. Find activities and healthy foods that you enjoy.



## Tools to Help Monitor and Achieve Goals

<b>The Johns Hopkins Patient Guide to Diabetes - Meal and Glucose Log</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Glucose							
Breakfast							
Snack							
Glucose							
Lunch							
Snack							
Glucose							
Dinner							
Snack							
Glucose							
Bedtime							

Week of:    /    /

Copyright: The Johns Hopkins Patient Guide to Diabetes

**Table 1**

GO, SLOW, and WHOA Foods

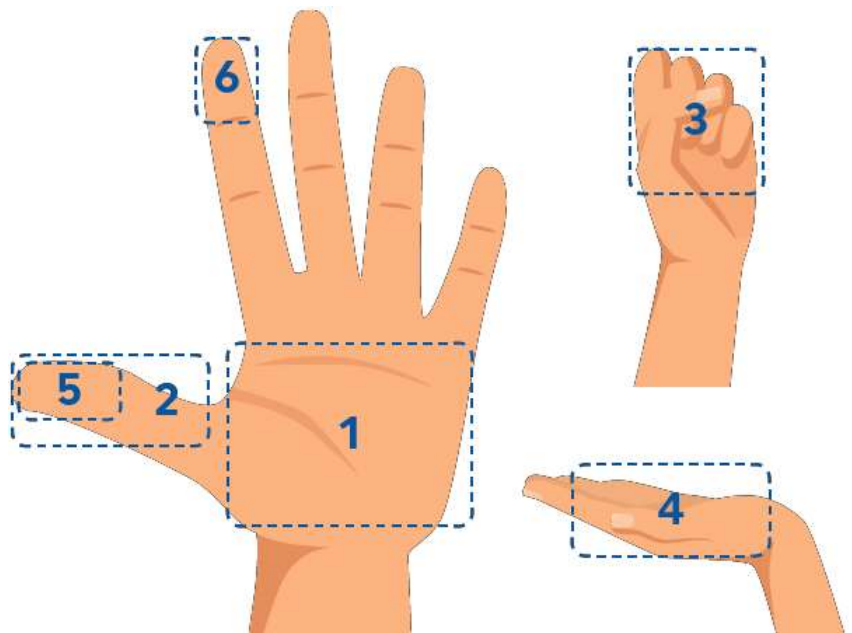
Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
	Nutrient-Dense ←————→		————→ Calorie-Dense
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with <i>trans</i> fats; sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Fats/Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages	Water, fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

\*Not all snacks are poor in nutritional value.

Source: U.S. Department of Health &amp; Human Services (n.d.).

## Portion Size

- 3 ounces of meat, fish, or poultry**  
Palm of hand (no fingers)
- 1 ounce of meat or cheese**  
Thumb (tip to base)
- 1 cup or 1 medium fruit**  
Fist
- 1–2 ounces of nuts or pretzels**  
Cupped hand
- 1 tablespoon**  
Thumb tip (tip to 1<sup>st</sup> joint)
- 1 teaspoon**  
Fingertip (tip to 1<sup>st</sup> joint)



## The Plate Method



It's easy to eat more food than you need without realizing it. The plate method is a simple, visual way to make sure you get enough non-starchy vegetables and lean protein, and limit the amount of higher-carb food that has the greatest potential to spike your blood sugar.

Start with a 9-inch dinner plate:

Fill half with non-starchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage, and carrots.

- Fill one quarter with a lean protein, such as chicken, turkey, beans, tofu, or eggs.
- Fill a quarter with a grain or starchy food, such as potatoes, rice, or pasta (or skip the starch altogether and double up on non-starchy veggies).



# Meal Planner

Week of: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							





# A1c and Estimated Avg Glucose (eAG)

<u>A1c (%)</u>	<u>eAG</u>
5	97 (76-120)
6	126 (100-152)
7	154 (123-185)
8	183 (147-217)
9	212 (170 -249)
10	240 (193-282)
11	269 (217-314)
12	298 (240-347)

**$eAG = 28.7 \times A1c - 46.7 \sim 29 \text{ pts per } 1\%$**   
**Translating the A1c Assay Into eAG – ADAG Study**



6. Glycemic Targets: *Standards of Medical Care in Diabetes—2020*

American Diabetes Association  
Diabetes Care 2020 Jan; 43(Supplement 1): S66-S76.  
<https://doi.org/10.2337/dc20-S006>