



# Take Control of Your Diabetes: The First Steps

## Tips:

**Avoid “liquid sugars”** like regular sodas, soft drinks, and fruit juice! These drinks will raise your blood sugar. Watch out for sports drinks because some of them also have lots of sugar. Diet sodas and other diet drinks, water, coffee and tea have little or no effect on your blood sugar and are safe choices.

**Try to drink 8 cups of water a day.** If your blood sugars are high, you could be dehydrated, drinking enough water can help you feel better.

**Eat three meals a day.** It is important that your body gets fuel throughout the day. Eat at a similar time and about the same amount of food each day. Avoid large portions of any kind of food. If you usually do not eat breakfast, try and eat a piece of fruit, or a slice of toast with peanut butter.

**Begin to look at food labels.** It is the carbohydrates (carbs) that have the biggest effect on your blood sugars, but your body does need some carbohydrates to function properly. Most people need about 3 to 4 servings of carbohydrates at each meal.

## Examples of a Carbohydrate Serving:

1 slice bread  
1/2 cup cooked cereal  
1/3 cup cooked rice or pasta  
1/2 potato  
1/2 cup mashed or sweet potatoes

6 crackers  
1/2 cup peas or corn  
1/2 banana  
1 small apple  
1 cup berries or melon  
15 grapes

1/2 cup juice  
1 cup skim or 1% milk  
6 ounces light yogurt  
½ flour tortilla  
2 corn tortillas



# Healthy Eating Information: A Tool for Patients

## Diabetes Medication:

Name: \_\_\_\_\_

Dose: \_\_\_\_\_

Schedule: \_\_\_\_\_

Name: \_\_\_\_\_

Dose: \_\_\_\_\_

Schedule: \_\_\_\_\_

## Blood Sugar Testing Schedule:

It is important to test at different times of the day to see when your blood sugars are higher or lower. Start by following the schedule checked below.

\_\_\_\_\_ Test before meals and at bedtime (choose two a day and rotate)

	Before breakfast (fasting)	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
Day 1	test				test		
Day 2			test				test

\_\_\_\_\_ Test before and 2 hours after a meal, rotate meals

	Before breakfast (fasting)	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Bedtime
Day 1	test	test					
Day 2			test	test			
Day 3					test	test	

