

# Diabetes Basics



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# Welcome to *Diabetes Basics!*

Congratulations on taking this step toward good health. Diabetes is serious, but with good care you can live a long and healthy life. Diabetes Basics is an excellent update for people with diabetes and is a must for anyone with a new diagnosis. The 3-part program covers what you need to know to help manage your diabetes, such as making healthy food choices, learning how to use your blood sugar meter and how medications work. We encourage you to bring a family member or friend along to learn with you.

You will learn to use the tools to achieve good diabetes control:

- Test blood sugar and keep a record of the results
- Make healthy food choices
- Be physically active
- Work towards a healthy weight
- Find the medication that works best for you and take it the right way

If you have questions about diabetes or about our program, please contact us:

Endocrinology and Diabetes Education Department: **805-681-7820**

Health Resource Center: **805-681-7672**

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

We look forward to getting to know you and helping you have the best health possible.

Sincerely,

*The Sansum Clinic Diabetes Education Team*



Nicole Almanza, RDN, CDCES



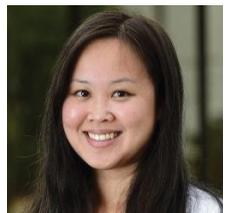
Christina Archer, RDN



Diana Bullock, RN, CDCES



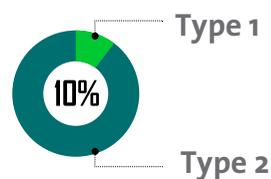
Gerri French, RDN, CDCES



Lily Yip, PharmD, CDCES

# What is Diabetes?

If you or someone you know has diabetes, you are not alone. Millions of people have diabetes. Diabetes cannot be cured yet, but it can be managed. The most common types of diabetes are **Type 1** and **Type 2**.



## Type 1

In Type 1 diabetes, the body makes little or no insulin due to an overactive autoimmune system. Insulin is an essential hormone produced by the pancreas that regulates blood sugar. So people with Type 1 diabetes must take insulin everyday. Type 1 diabetes usually occurs in children and young adults, but it can also appear in older adults. For more information about Type 1 diabetes please talk to your doctor. Your doctor may refer you to a specialist for close monitoring and management.

## Type 2

Type 2 diabetes is the most common form. It is the focus of this booklet. In Type 2 diabetes, your body initially makes insulin but does not use it properly or it may not make enough insulin. Some risk factors for Type 2 diabetes include family history, being overweight or obese, inactive lifestyle, and having certain ethnic backgrounds.

## Diabetes Diagnostic Criteria

DIAGNOSIS	RESULTS: FASTING TEST	RESULTS: NON-FASTING TEST (CASUAL PLASMA GLUCOSE TEST)	A1C
Normal	Less than 100 mg/dl	Less than 140 mg/dl	4.0% - 5.6%
Pre-diabetes	100 – 125 mg/dl	140 – 200 mg/dl	5.7% - 6.4%
Diabetes	126 mg/dl or greater on two occasions	200 mg/dl or greater on two occasions and with symptoms of diabetes present	6.5% and above

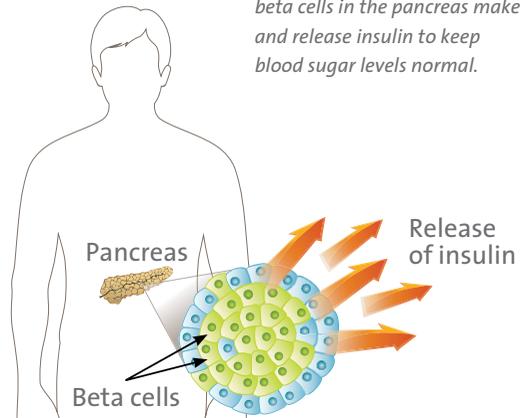
## What Happens in Type 2 Diabetes?

When you eat, some of your food is broken down into sugar (also called glucose). Sugar enters the blood and is needed by cells for energy. Insulin is a hormone produced by the pancreas that allows sugar to enter your cells.

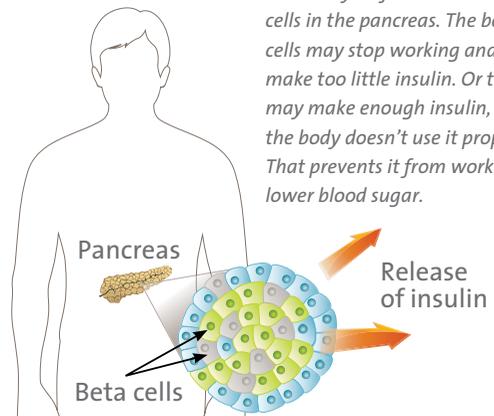
- With Type 2 diabetes your body does not use insulin properly. This is called insulin resistance.
- Initially your pancreas produces extra insulin to make up for insulin resistance.
- Over time the pancreas becomes overworked and damaged and isn't able to make enough insulin to keep your sugar levels at normal levels.
- As a result sugar levels get too high in the blood. Too much sugar in the blood over time causes damage throughout the body.

Lifestyle changes can help keep your sugars at or near normal levels. Changes include reducing carbohydrates and calories, getting regular exercise and managing stress. Medication may also be needed, especially as diabetes progresses. Each medication lowers blood sugars in different ways and sometimes multiple medications are needed to achieve blood sugar goals.

**Without Diabetes** *In people without diabetes, beta cells in the pancreas make and release insulin to keep blood sugar levels normal.*



**With Diabetes** *In people with type 2 diabetes, there may be fewer working beta cells in the pancreas. The beta cells may stop working and may make too little insulin. Or they may make enough insulin, but the body doesn't use it properly. That prevents it from working to lower blood sugar.*



## Know Your A1C

Your physician will order a test called an A1C which measures your estimated average blood sugar level over the past 2 to 3 months. It tells how well you are controlling your blood sugar over time. The higher the A1C the higher the risk for developing diabetes related complications. Your A1C is made up of 2 blood sugar measurements:

- **Fasting Glucose** – This is your blood sugar number when you have been fasting (not eating) for at least 8 hours
- **Postprandial Glucose** – This is your blood sugar number after a meal or snack.

Your A1C and your blood sugar levels go up and down together. The chart here shows how A1C relates to the estimated average blood sugar levels over the past 2 to 3 months.

A1C levels	Average blood sugar
6%	126 mg/dL
7%	154 mg/dL
8%	183 mg/dL
9%	212 mg/dL
10%	240 mg/dL
11%	269 mg/dL
12%	298 mg/dL



Adapted from the American Diabetes Association. Standards of medical care in diabetes—2016. Diabetes Care. 2016;39(suppl 1):S1-S112

Many doctors recommend a target A1C of 7.0. Ask your doctor for your personal A1C target. It is recommended that you get an A1C test at least 2 times a year.

## Check Your Blood Sugar

Checking your blood sugar with a glucose monitoring device or meter can be an important part of your diabetes care plan. When your blood sugar is at normal levels, you feel better, have more energy, reduce your risk of infections, improve sleep, and have less chance of developing problems from diabetes. Checking blood sugar will tell you:

- If your treatment plan is working to help lower your blood sugar levels
- How food, exercise and stress affect your blood sugar levels.

## How to Check Your Blood Sugar

Many different kinds of blood sugar meters are available today. Your diabetes care team can help you choose a meter and show you how to use it. It is important to write down your blood sugar levels so that you can keep track of what makes them go up or down. Some meters also keep a record of your past blood sugar levels. Bring your meter and written records to your medical appointments to review with your provider.

## When to Check Your Blood Sugar

You and your diabetes care team will decide when and how often you should check your blood sugar. Initially you may be asked to check more often to learn the effects of medication and lifestyle. Here are some times when you may want to check:

- At bedtime and when you wake up to see if your blood sugar stays in control while you are asleep
- Before meals or snacks to know what your blood sugar is before you start eating
- 1 to 2 hours after meals to see how the food you eat affects your blood sugar
- Before and after physical activity to learn how being active affects your blood sugar

Talk with your health care provider to learn how often and when you should check your blood sugar.

## Blood Sugar Goals:

- Fasting and before meals: 80 to 130 mg/dL
- 1 to 2 hours after meals: less than 180 mg/dL

These are general guidelines. Your diabetes care team may suggest a lower goal to meet your individual needs.

## When to check your blood sugar

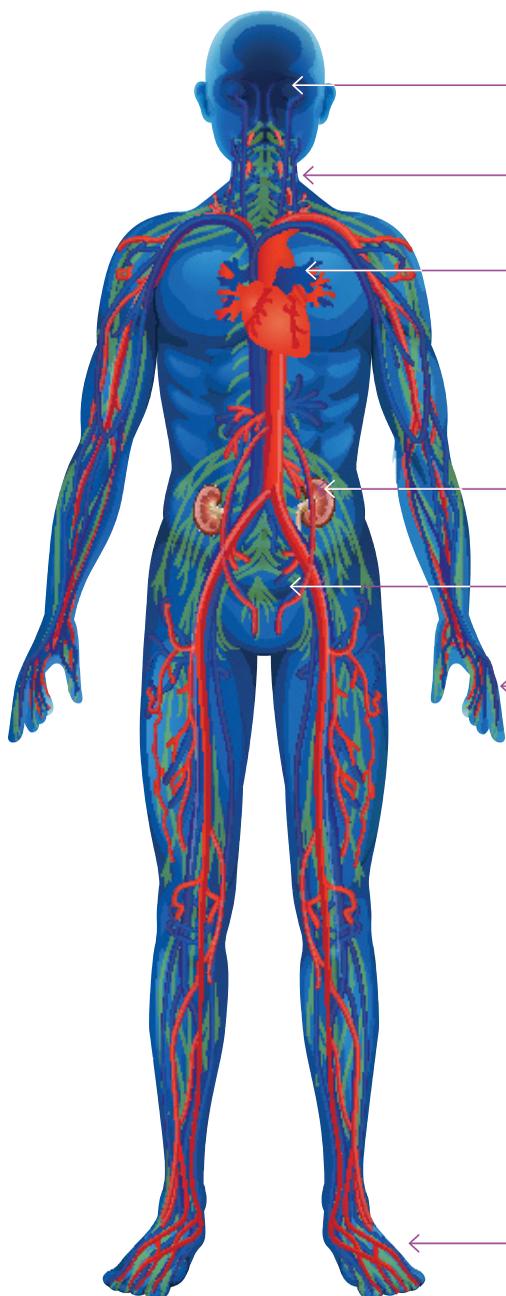
\_\_\_\_\_ Fasting or before meals

\_\_\_\_\_ After meals



# What are Diabetes Complications?

*Diabetes complications* are health problems that can occur when blood glucose remains high over a long period of time.



**Eye disease (diabetic retinopathy)** Decreased vision and in some cases, blindness.

**Mouth problems**, such as gum disease or problems with teeth.

**Heart and blood vessel diseases (cardiovascular diseases)**, such as heart attack, stroke, and peripheral artery disease (poor blood flow in the feet and legs). Two out of three people with diabetes die from heart disease or stroke.

**Kidney disease (diabetic nephropathy)** The kidneys may not work as well or may stop working.

**Erectile dysfunction**, when a man has trouble getting or keeping an erection.

**Nerve damage (diabetic neuropathy)** Numbness, tingling, or pain in the arms, hands, legs, and feet.

**Foot problems**, such as infections and sores, and in some cases, amputation.

*Following your diabetes management plan and taking an active role in your treatment are two important ways that you can help to prevent or delay diabetes complications.*

*Talk with your healthcare provider for more information.*

# Preventing Complications

## Know Your ABC's for Diabetes

ABC'S	TARGET	CHECK IT
<b>A = A1c</b> <i>Represents average blood glucose over past 90 days</i>	6.5 - 7.0 or less <i>Individualized for you</i>	Every 3 to 6 months
<b>B = Blood Pressure</b>	140/90 <i>Individualized for you</i>	Every doctor visit
<b>C = Cholesterol</b>		
● Total Cholesterol	Less than 200	Every 6 to 12 months
● LDL ( <i>Lousy Cholesterol</i> )	70 - 100 <i>Individualized for you</i>	Every 6 to 12 months
● HDL ( <i>Healthy Cholesterol</i> )	Greater than 40 (men) Greater than 50 (women)	Every 6 to 12 months
● Triglycerides	Less than 150	Every 6 to 12 months

### Other self care tasks to prevent complications

- Annual Urine Microalbumin – Tests for early stage kidney impairment.
- Annual Dilated Eye exam by an ophthalmologist – Screening for retinopathy and prevents vision loss.
- Annual Flu Vaccine and one-time Pneumonia Vaccine unless your doctor advises against it.
- Dental exam every 6 months to prevent gum disease.
- Daily foot care and annual foot exam to prevent amputations.



# Low Blood Sugar (Hypoglycemia)

## Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates
- Skip or delay meals
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual

## Signs & Symptoms

Here's what may happen when your **blood sugar is low**: ↓



**Shaky**



**Sweaty**



**Dizzy**



**Confusion and  
difficulty speaking**



**Hungry**



**Weak or tired**



**Headache**



**Nervous or upset**

If low blood sugar is not treated, it can become severe and cause you to pass out. If low blood sugar is a problem for you, talk to your doctor or diabetes care team.

## What to do if you think you have low blood sugar

1



**Check** your blood sugar right away if you have any symptoms of low blood sugar. If it is 70 or less, treat it. If you think your blood sugar is low but cannot check it, treat anyway.

2



**Treat** by eating or drinking 15 grams of something high in sugar, such as:

- 4 ounces (1/2 cup) of regular fruit juice (like orange, apple, or grape juice)
- 4 ounces (1/2 cup) of regular soda pop (not diet)
- 8 ounces (1 cup) of milk
- 3 or 4 glucose tablets
- 5 to 6 candies that you can chew quickly (such as mints)

3



**Wait** 15 minutes and then check your blood sugar again. If it is still low, eat or drink something high in sugar again. Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back.



# High Blood Sugar (Hyperglycemia)

## Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems. High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

## What to do about high blood sugar

The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.

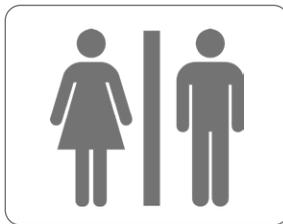
Of course, the best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

## Signs & Symptoms

Here's what may happen when your **blood sugar is high**:



**Very thirsty**



**Needing to pass urine more than usual**



**Very Hungry**



**Sleepy**



**Blurry vision**



**Infections or injuries heal more slowly than usual**

# Foot Care for People with Diabetes

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam by your doctor every year. Have your feet examined during every visit if you have problems with your feet, like loss of feeling, changes in the shape of your feet, or foot ulcers. This page shows some more things you can do on your own every day to keep your feet healthy.

**Wash your feet** in warm water every day. Test the water with your elbow to make sure that it is not too hot.

**Dry your feet well**, especially between the toes.

**Keep the skin soft** with a moisturizing lotion, but do not apply it between the toes.

**Inspect your feet every day** for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, ask someone else to check your feet for you. Report any changes in your feet to your diabetes care team right away.

**Ask your diabetes care team or your podiatrist (foot specialist)** how you should care for your toenails. If you want to have a pedicure, talk with your team about whether it is safe for you.

**To avoid blisters, always wear clean, soft socks** that fit you. Do not wear socks or knee-high stockings that are too tight below your knee.

**Always wear shoes that fit well.** Break them in slowly.

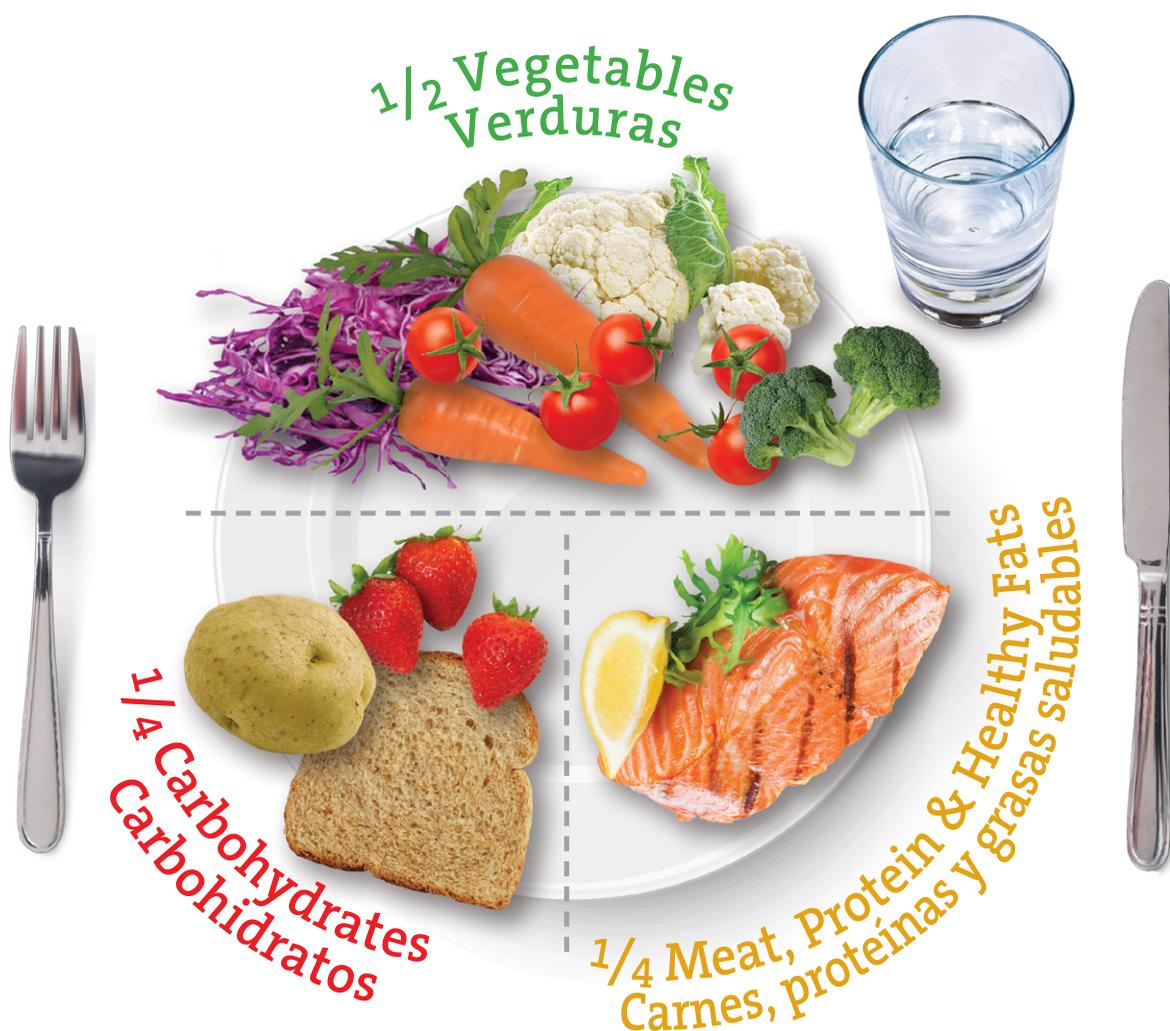
**To avoid injuring your feet, never walk barefoot** indoors or outdoors.

**Before putting your shoes on**, feel the insides for sharp edges, cracks, pebbles, nails, or anything that could hurt your feet. Let your diabetes care team know right away if you injure your foot.



# Using the Plate Method

The plate method is an easy way to have healthy meals that help you to manage your blood sugar. Choose a 9-inch plate and fill half the plate with vegetables. Divide the other half plate into one part carbohydrates and one part protein. This method helps you to have the right portions.



# Reading a Nutrition Facts Label

Almost all foods that come in packages have a **Nutrition Facts** label. Those labels tell you just about everything you need to know to make healthy food choices. So it's a good idea to learn how to read them.

## Serving Size

What you eat is important, but so is how much you eat. Start by looking at the serving size. The serving size tells you the amount of calories and nutrients you get in that serving. There may be multiple servings in a container.

## Calories

If you are trying to lose weight, gain weight or keep your weight the same the number of calories you eat counts. Read the nutrition facts label to compare the calories for various foods you eat.

## Total fat

This line tells you how much fat is in a serving of food. Saturated fats are found mostly in animal foods and should be reduced. Trans fats are manmade and can increase your risk for heart disease. Choose foods with zero trans fats. Fat from plant sources, such as avocado and nuts, are beneficial. All fats do not raise blood sugar and contribute to feelings of fullness.

## Sodium

Sodium does not affect your blood sugar, but too much may increase blood pressure. Intake of no more than 2300 mg (1 teaspoon) a day is recommended. Limiting table salt is important, but reading food labels can help you identify foods which are lower in sodium.



Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Talk with your diabetes care team about what to include in your meal plan.*

## Total carbohydrate

Foods with carbohydrates raise your blood sugar. Distributing carbohydrates throughout the day is helpful. The label will make it easier for you to count carbohydrates. Total Carbohydrate includes dietary fiber, total sugar and added sugar.

## Fiber

Fiber is the part of plant foods the body does not digest. Adults should eat more than 25 grams per day. Fiber in foods helps to improve blood sugars.

## Sugars

The amount of sugar determines how sweet the food is. Sugar raises blood sugar quickly. Choose foods with less sugar.

## Added Sugars

Includes sugars that are added during processing. This includes sugars from corn syrup, sugar, honey, etc. Added sugars have empty calories that replace calories from more nutritious foods and can lead to unwanted weight gain. In contrast, naturally occurring sugars such as those found in fruit contain fiber, vitamins and minerals.

## Protein

Protein is important for the body and should be part of every meal. It helps keep you full and does not raise blood sugar.

# Diabetes Portion Chart

## These Foods RAISE Your Blood Sugar (Carbohydrates) ↑

### Bread, Grains, & Starchy Vegetables



1 serving = 15 grams

- 1/2 cup dry beans/lentils (cooked)
- 1/2 cup green peas
- 1/2 cup grits or oatmeal (cooked)
- 1/2 cup pasta
- 1/2 cup mashed potato
- 1/3 cup brown rice or quinoa (cooked)
- 1 slice wheat bread
- 1/2 English muffin
- 3/4 cup dry, unsweetened cereal
- 1 corn tortilla
- 1/2 flour tortilla
- 1/2 hot dog/burger bun
- 1/4 large bagel
- 4" pancake or waffle
- 1/2 cup corn
- 3 cups popcorn
- 5-6 crackers
- 12-15 chips
- 10 french fries

### Fruit



1 serving = 15 grams

- 1 small fruit:
  - Apple
  - Pear
  - Peach
  - Orange
- 1/2 medium banana
- 1 cup berries:
  - Strawberry
  - Blueberry
  - Raspberry
- 1 cup melon:
  - Cantaloupe
  - Honeydew
  - Watermelon
- 15 grapes or cherries
- 1/2 cup canned fruit in light syrup or juice
- 1/2 cup frozen fruit
- 2 Tbsp. raisins
- 3 prunes

### Milk and Yogurt



1 serving = 15 grams

- 8 ounce milk
  - 8 ounce plain yogurt
  - 8 ounce yogurt with artificial sweetener
- Review nutrition label for almond, soy and rice milk and yogurt*

### Sweets – AVOID



1 serving = 15 grams

- AVOID-----
- 1/2 cup ice cream
  - 1/4 cup sherbet
  - 1/2 glazed doughnut
  - 6 vanilla wafers
  - 2 oreo cookies
  - 1/2 cup pudding, sugar free
  - 2-inch unfrosted brownie
  - 3 graham cracker squares
  - 3 peppermints
  - 5 chocolate kisses
  - 1 Tootsie roll pop
  - 4 oz fruit juice

## These Foods DO NOT RAISE Your Blood Sugar ← →

### Non-Starchy Vegetables



1 serving = 1 cup raw  
or 1/2 cup cooked  
5+ servings/day

- Asparagus
- Green Beans
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Greens
- Mushrooms
- Onions
- Peppers
- Radishes
- Squash
- Spinach
- Tomatoes
- Turnips

### Meat and Protein



4-6 ounces per day

- Fish
- Shellfish
- Chicken
- Turkey
- Beef
- Pork
- Lamb
- Tempeh
- Tofu
- Plain Greek Yogurt
- Cottage Cheese
- Eggs
- Nut butter (unsweetened)
- Nuts
- Seeds
- Edamame
- Cheese

### Fat



Use in moderation

- Unsaturated, More Healthy
  - Avocado
  - Nut butter (unsweetened)
  - Nuts
  - Seeds
  - Olive oil
  - Canola oil
  - Mayonnaise
  - Vegetable oil
- Saturated, Less Healthy
  - Bacon
  - Butter
  - Cream
  - Cream cheese
  - Gravy
  - Margarine
  - Sausage
  - Shortening
  - Sour cream

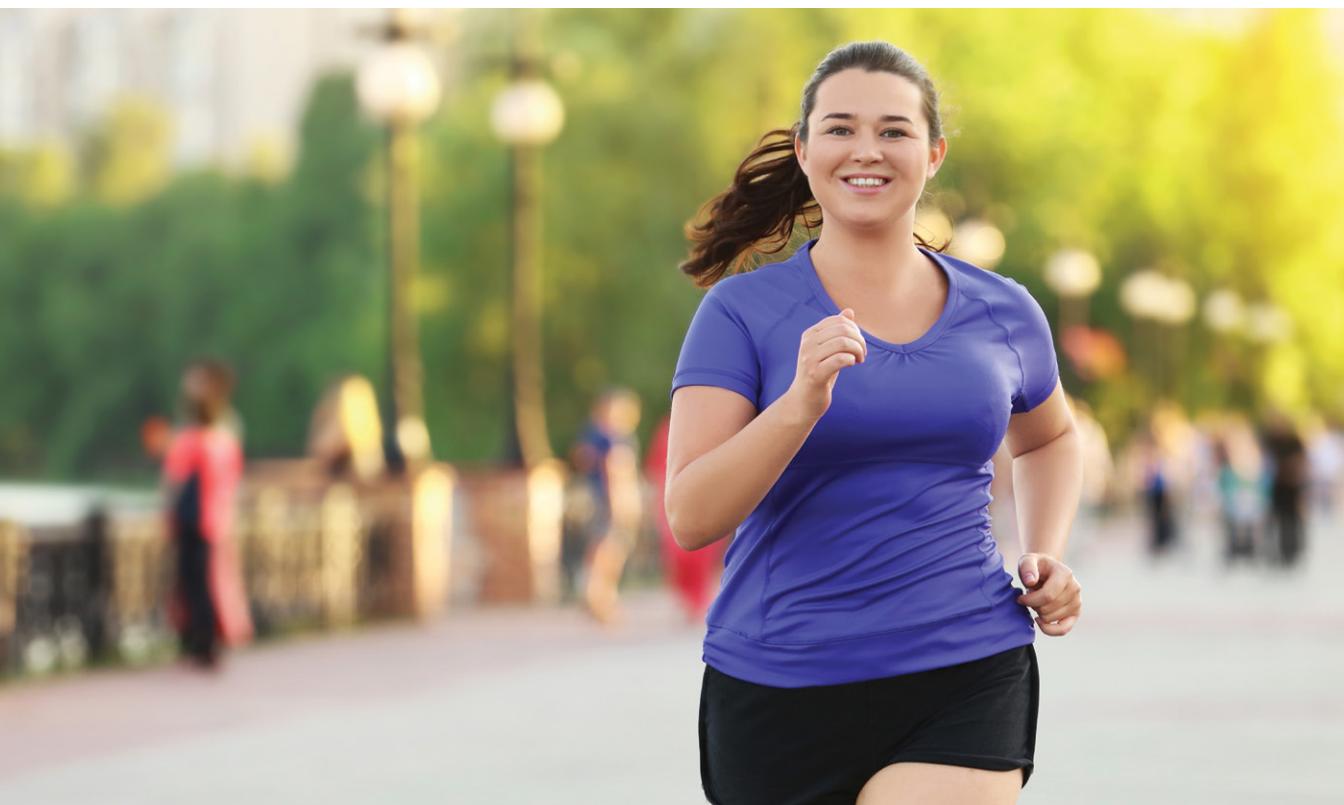
# Diabetes Nutrition

RECOMMENDED	NOTES	CHANGES I CAN MAKE
<p><b>1. Reduce Sugary Foods</b> Eat fewer foods high in sugar and carbohydrates.</p>	<p><b>Foods of Concern:</b> Soda, coffee drinks, fruit drinks, juice, sweet teas, sports drink, desserts and pastries.</p>	<p><b>Example:</b> <i>I will switch from regular soda to sparkling water or water.</i></p>
<p><b>2. Reduce Unhealthy Fats</b> Eat fewer foods high in unhealthy fats.</p>	<p><b>Foods of Concern:</b> Fried foods (including chips), fatty meat, poultry skin, high fat dairy, creamy dressings, trans fats and hydrogenated oils (margarine, pastries, regular peanut butter).</p>	<p><b>Example:</b> <i>I will switch from fried chicken to roasted chicken.</i></p>
<p><b>3. Eat Foods with Fiber</b> Fiber is found in plant foods.</p>	<p><b>Foods to Increase:</b> Vegetables (cooked and raw), salads, leafy greens, whole grains (brown rice, oats, barley, quinoa), beans, lentils.</p>	
<p><b>4. Balance Meals</b> Get lasting energy by eating a lot of vegetables with a lean protein, healthy fat, and carbohydrate.</p>	<p><b>Distribute Carbohydrates</b> It's better to eat a little carbohydrate at each meal rather than "saving" your carbohydrates for one main meal. Try to eat every 3-4 hours.</p>	<p><b>Example:</b> <i>Reduce my portion size of pasta and add more vegetables.</i></p>
<p><b>5. Be More Active</b> Schedule exercise into your calendar.</p>	<p><b>Increase Activity</b> Regular but moderate exercise is better than intense but less frequent exercise. Do it with a friend, at home, outside or at a gym. Explore social media for tips/ideas.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Stand up and stretch during TV commercial breaks.</li> <li>• Find easy walks and walking events at <a href="http://HealthyPeopleHealthyTrails.org/">HealthyPeopleHealthyTrails.org/</a>.</li> </ul>
<p><b>6. Read Labels</b></p>	<p><b>Check Nutrition Facts Label</b> Look for serving size and amounts of carbohydrate, fiber, fat and calories.</p>	
<p><b>7. Stress Less</b> Identify your triggers.</p>	<p><b>Monitor Emotions</b> Take 3 deep breathes when work or life are overwhelming.</p>	<p><b>Example:</b> <i>I will do one thing that gives me joy each week.</i></p>
<p><b>8. Get Quality Sleep</b></p>	<p><b>Reduce Screen Time</b> Devices keep your brain stimulated. Poor sleep = poor food choices and increased hunger.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Turn off handheld devices 45-60 minutes before bed.</li> <li>• Practice taking deep breaths.</li> </ul>



# Benefits of Regular Physical Activity

- Helps you manage your weight
- Reduces your risk of coronary heart disease
- Reduces your risk of stroke
- Decreases blood pressure
- Reduces your risk of colon cancer
- Helps prevent and control diabetes
- May decrease “bad” (LDL) cholesterol and raise “good” (HDL) cholesterol
- Helps you sleep better
- Strengthens bones, reduces pain, and helps prevent injury
- Increases muscular strength and endurance
- Increases flexibility and range of motion
- Improves your mood
- Reduces stress and depression
- Improves self-esteem
- Makes you feel better



# Types of Physical Activity

Programmed, Lifestyle, and Work physical activity all build upon each other. They help meet physical activity goals, reduce boredom, and keep both mind and body challenged! These activities help weight management and benefit your health. Here are some examples of each type of activity. Find areas where you can add or improve.

## PROGRAMMED ACTIVITIES

### Aerobic Activities:

- Walking
- Jogging
- Stair climbing
- Swimming
- Water walking
- Water aerobics
- Gardening
- Dancing (any type)
- Aerobics classes
- Bicycling
- Roller or ice skating
- Snow skiing
- Chair exercises
- Machines
  - Treadmill
  - Stationary bike
  - Rowing machine
  - Ski machine
  - Elliptical trainer
- Sports
  - Basketball
  - Tennis
  - Golf

### Strength Activities:

- Free weights (dumbbells)
- Resistance tubes & bands
- Circuit machines
- Pilates
- Conditioning exercises
- Medicine balls

### Flexibility Activities:

- Stretching
- Yoga
- Tai Chi

## WORK ACTIVITIES

- Take the stairs instead of the elevator
- Stand up while you're talking on the telephone
- Walk down the hall to talk to a co-worker instead of picking up the telephone or sending an e-mail
- Walk during your lunch break
- Keep a resistance band or stability ball in your office

## LIFESTYLE ACTIVITIES

- Walk or ride a bicycle for transportation instead of car or bus
- Mow the grass, rake the leaves, weed the garden
- Get off the bus one stop early, and walk the rest of the way
- Walk every hole if you play golf
- Walk the dog; if you don't have one, borrow someone else's
- Do some extra laps when you are shopping at the mall
- Chop or split wood
- Wash your car
- Vacuum often
- March in place during TV commercials

Source: [www.move.va.gov](http://www.move.va.gov)



# Diabetes Resources

Diabetes Information	Website	Phone
American Diabetes Association	<a href="http://www.diabetes.org">www.diabetes.org</a>	800-Diabetes (800-342-2383)
Diabetes Resource	<a href="http://www.diabetesnet.com">www.diabetesnet.com</a>	800-988-4772
National Diabetes Education Program	<a href="http://www.ndep.nih.gov">www.ndep.nih.gov</a>	800-860-8747
D-Life TV show and info	<a href="http://www.dlife.com">www.dlife.com</a>	203-665-2272 or 203-454-6985
Health and Nutrition Information		
Nutrition Info	<a href="http://www.nutrition.gov">www.nutrition.gov</a>	
American Academy of Nutrition and Dietetics	<a href="http://www.eatright.org">www.eatright.org</a>	800-877-1600 or 312-899-0040
National Libraries of Medicine	<a href="http://www.medlineplus.gov">www.medlineplus.gov</a>	
Tools to Analyze Nutrition and Exercise		
Calorie King	<a href="http://www.calorieking.com">www.calorieking.com</a>	
My Fitness Pal	<a href="http://www.myfitnesspal.com">www.myfitnesspal.com</a>	
Spark People	<a href="http://www.sparkpeople.com">www.sparkpeople.com</a>	
Diabetes Newsletters, Magazines, Books		
Diabetic Living	<a href="http://www.diabeticlivingonline.com">www.diabeticlivingonline.com</a>	888-616-7679
Diabetes Self Management	<a href="http://www.diabetesselfmanagement.com">www.diabetesselfmanagement.com</a>	855-367-4813
Diabetes Forecast	<a href="http://www.diabetesforecast.org">www.diabetesforecast.org</a>	800-806-7801
Dummies Guide to Diabetes by Alan Rubin, MD	<a href="http://www.drrubin.com">www.drrubin.com</a>	
Taking Control of Your Diabetes by Steve Edelman, MD	<a href="https://tcoyd.org">https://tcoyd.org</a>	800-998-2693
Think Like a Pancreas by Gary Scheiner	<a href="http://integrateddiabetes.com">http://integrateddiabetes.com</a>	877-735-3648
Using Insulin by John Walsh	<a href="http://www.diabetesnet.com">www.diabetesnet.com</a>	800-988-4722
Diabetes Support		
Diabetes Online Community	<a href="http://www.diabetesdaily.com">www.diabetesdaily.com</a>	
William Sansum Diabetes Center	<a href="http://www.sansum.org/type-1-diabetes">www.sansum.org/type-1-diabetes</a>	805-682-7638
Resources for Exercise		
Maps of easy walks, calendar of group walks	<a href="http://www.healthypeoplehealthytrails.org">www.healthypeoplehealthytrails.org</a>	805-708-6173
Local Recreation Department or YMCA		
School of Extended Learning, Adult Education	<a href="http://www.sbcc.edu/extendedlearning">www.sbcc.edu/extendedlearning</a>	805-964-6823 or 203-454-6985
Other Resources		
Sansum Clinic Health Resource Center	<a href="http://www.SansumClinic.org">www.SansumClinic.org</a>	805-681-7662
Sansum Clinic Care Manager/Medical Social Worker	<a href="http://www.SansumClinic.org">www.SansumClinic.org</a>	805-681-7580
California Smoker's Helpline	<a href="http://www.nobutts.org">www.nobutts.org</a>	800-NO-BUTTS

# Diabetes 3-Day Food Record

Please complete this record and bring it with you to your next diabetes appointment.

1. Take your blood sugar reading before each meal. Put it in the small box in the upper left corner.
2. List all food and the amounts you have eaten.
3. Take your blood sugar reading 1 to 2 hours after the start of each meal. Put it in the small box in the lower right corner.
4. List the amounts and types of exercise for the day.

	DATE: / /	DATE: / /	DATE: / /
<b>Breakfast</b> 			
<b>Optional Snack</b>			
<b>Lunch</b> 			
<b>Optional Snack</b>			
<b>Dinner</b> 			
<b>Optional Snack</b>			
<b>Exercise</b> 			

# Personal Goals

Choose a personal goal. You may choose a goal about food, drink, exercise, stress, sleep, checking blood sugar or something else that is important to you.

Make sure you have a **SMART goal**. SMART goals are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound.

My goal: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Notes: \_\_\_\_\_  
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Source: American Diabetes Association, Standards of Medical Care in Diabetes – 2019. *Diabetes Care*, January 01, 2019; volume 42, issue Supplement 1.



## Our Mission

*To provide an excellent healthcare experience, recognizing our first priority is the patients we serve.*

## Our Vision

*As a premier integrated delivery system, we provide high-value healthcare to the communities we serve, managing the population's healthcare needs, while also creating a model of care that will thrive in California's rapidly changing healthcare arena.*



### Health Resource Center

215 Pesetas Lane, Santa Barbara (805) 681-7672

Please call us today to schedule an appointment,  
or go to: [www.sansumclinic.org](http://www.sansumclinic.org)



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