DIABETES
Self-Care Guide
Health Plan of Nevada | Sierra Health and Life
What is Diabetes?
Taking good care of yourself can seem overwhelming when you have diabetes—whether you’ve just learned you have the disease or you’ve had it for a long time. The right tools and support can make diabetes self-care very manageable in your everyday life.

• When you eat, some of your food is broken down into sugar. Sugar travels in your blood to all your body’s cells. Insulin is a hormone that is made by the beta cells in your pancreas. It works to move sugar from your blood into your cells.
• Diabetes means your blood sugar (glucose) is too high because your body is not able to use the sugar for energy. This happens because insulin does not work right. You can think of diabetes as an “insulin problem” and not a “sugar problem.”
• When you have type 2 diabetes, your body is not able to use the insulin correctly and your body often doesn’t make enough insulin. When you have type 1 diabetes, your pancreas makes very little or no insulin.

When you have diabetes:
• Your pancreas makes little or no insulin
• Your body prevents the insulin you do make from working right
• Sugar can’t get into your cells so it stays in your blood

Symptoms of Diabetes
The common signs of high blood sugar are:
• Feeling tired
• Going to the bathroom frequently
• Being thirsty more than usual
• Being hungry more often than usual
• Possible weight loss
• Having an infection that does not go away
• Having wounds or sores that do not heal well
• Numbness or tingling in your hands or feet

Some people experience other symptoms. And some people may have no symptoms at all.

If type 2 diabetes rarely causes symptoms, why should I care about it?
Even though type 2 diabetes may not make you feel sick, it can cause serious problems over time if it is not treated. The disorder can lead to:
• Heart attacks
• Strokes
• Kidney disease
• Vision problems (or even blindness)
• Pain or loss of feeling in the hands and feet
• The need to have fingers, toes, or other body parts removed (amputated)

What is high blood sugar?
(also called hyperglycemia)
• High blood sugar is a blood sugar level that stays over 250 mg/dl
• High blood sugar usually starts slowly
• High blood sugar may lead to diabetic coma if not treated

What causes high blood sugar?
• Eating too much food
• Not taking enough diabetes medicine
• Having the flu or being sick
• Having stress in your life

What are symptoms of high blood sugar?
• Extreme thirst
• Frequent urination
• Headache
• Dry skin
• Drowsiness
• Decreased healing
• Blurred vision
• Hunger
How do I treat high blood sugar?
- Check your blood sugar
- Drink 8-10 glasses of water per day. (If you are not on a fluid restriction.)
- If blood sugar stays over 250 mg/dl for two days, call your care provider.

What is low blood sugar?
(also called hypoglycemia)
- Low blood sugar is a blood sugar below 70 mg/dl
- Low blood sugar can come on very fast
- Low blood sugar may lead to coma if not treated

What causes low blood sugar?
- Not eating enough food
- Too much insulin or diabetes pills
- Extra exercise or activity

What are symptoms of low blood sugar?
- Fast heartbeat
- Sweating
- Irritable
- Impaired vision
- Weakness/fatigue
- Shaking
- Headache
- Hunger
- Dizziness
- Anxiety

How do I treat low blood sugar?
1. Take 15 grams of carbohydrates. Here are some examples (choose one):
   - 3-4 glucose tablets
   - 4-6 ounces regular soda
   - 4-6 ounces fruit juice
   - 1 cup skim or 1% milk
2. Wait 15 minutes.
3. Recheck blood sugar (should be above 70 mg/dL).
4. Repeat treatment if blood sugar has not increased.
5. Once your blood sugar returns to normal, eat a meal or snack.
   This can help keep low blood sugar from coming back.
6. Tell your diabetes care team if you often have low blood sugar.
   You and your team may need to change your diabetes care plan.

How do I manage my diabetes?
Whether you have type 1 or type 2 diabetes, managing diabetes is a balancing act. You need to balance:
- Food – Eat healthy foods. Avoid foods high in sugar and fat. Do not skip meals.
- Exercise – Start slow and work towards getting at least 30 minutes of extra activity at least four days each week. Examples of extra activity can be walking, climbing stairs, dancing, mowing grass, or vacuuming. Talk to your care provider before starting an exercise program. Choose activities you enjoy.
- Medicines – Take diabetes pills or insulin, if prescribed by your care provider.
- Stress can make blood sugars harder to manage - learn to problem solve and use healthy coping methods.
- Monitor your blood sugar – It is important to check your blood sugars to know how well you are managing your diabetes. Ask your care provider about how often you need to do this.

You can also:
- If you are overweight, losing even a few pounds can make a difference in blood sugar control.
- Stop smoking.
- Learn as much as you can about diabetes. Attend diabetes classes. Read or view videos from trusted sources.
What should my blood sugar be?
The general guidelines for your target blood sugar are:

- Before meals: 80-120 mg/dl Your goal is: _________________________________
- Two hours after meals: Below 160 mg/dl Your goal is: _________________________
- Before bed: 100-140 mg/dl Your goal is: _________________________________

Why is controlling blood sugar important?
- In the short term, it will help you feel better and have more energy
- In the long term, it will help prevent problems with eyes, kidneys, nerves, and blood vessels

As part of your care plan, be sure to keep track of your ABC's:

- A = A1c
- B = Blood pressure
- C = Cholesterol

<table>
<thead>
<tr>
<th>My current lab values</th>
<th>Individual Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1c</td>
<td>6.5%-8.5% (ask your doctor)</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Less than 140/90</td>
</tr>
<tr>
<td>Cholesterol – Total</td>
<td>Less than 200</td>
</tr>
<tr>
<td>HDL</td>
<td>Women greater than 50/Men greater than 40</td>
</tr>
<tr>
<td>LDL</td>
<td>Less than 100</td>
</tr>
</tbody>
</table>

What is the A1c test?
- It is a blood test done in the lab that measures your average blood sugar level for the past three months.
- It should be checked every 3 to 6 months.
- The higher your A1c, the higher your risk for having complications.
- A1c goal should be between 6.5% and 8.5% (ask your doctor).

Knowing both your A1c and your daily blood sugars gives a better total picture of your diabetes control!

A non-diabetic A1c is less than 5.7%. A pre-diabetic A1c is 5.7% - 6.4%. Ask your doctor what your A1c goal should be.

Managing Diabetes

AADE7™ Self-Care Behaviors

These seven things can help make sure you stay healthy. You can work with your diabetes care team to decide how to fit them into your daily life.
1. Healthy Eating
   • Do not skip meals.
     o Eat when you are hungry. Stop when you feel satisfied.
   • Eat meals and snacks at regular times every day.
     o Eat three balanced meals a day, plus snacks if you are hungry.
     o Spread meals out over the day.
     o Eat a variety of foods.
     o Add lots of color to meals with fresh fruits and lots of vegetables.
     o Enjoy plenty of whole grains.
     o Make sure you get enough fiber every day.
   • Watch portion sizes.
   • Slow down and enjoy the flavor of each bite of food.
   • Limit sweets and regular soda.

2. Being Active
   • Aim for 30 minutes of non-stop activity each day.
   • Start slowly if you haven’t exercised for a while and talk to your doctor about activity guidelines.
   • Choose activities that you enjoy.

3. Monitor and record your blood sugar levels
   • Check your blood sugars with your meter every day. (If you don’t know how to use your meter, ask your health care provider or pharmacist for help.)
   • You may check when you wake up in the morning, before you eat, or two hours after eating.
   • Record your blood sugars in a logbook and bring it to all your medical appointments.

4. Take your medications as directed
   • Know how your medicines work and when you should take them.
   • Know which medicines can cause blood sugar to drop too low.
   • Keep a list of all your medications and carry it with you.

5. Reducing Risks
   • Schedule doctor appointments at least every three months.
   • Follow “sick day” rules when you are feeling sick.
   • Keep your blood pressure and cholesterol at a healthy level.
   • Check your feet daily for redness, sores or cuts.
     o Wash your feet every day and make sure you dry feet and toes well.
     o Cut toenails straight across regularly (see a foot doctor if you have toenail problems).
     o Wear comfortable shoes.
     o Do not go barefoot – always wear shoes that protect your feet and slippers with a hard sole.
     o Use lotion to keep skin soft but not between your toes.
   • Visit your eye doctor every year for a dilated eye exam.
   • Take good care of your skin.
     o Avoid very hot baths or showers.
     o Moisturize skin with non-alcoholic based lotion.
     o Treat minor cuts and burns right away to prevent them from getting worse or infected.
   • Take care of your teeth.
     o Brush and floss your teeth and gums every day.
     o Change your toothbrush every three months.
     o Have your teeth examined and cleaned every six months.
     o See your dentist if you have unusual pain, swelling or bleeding.
   • Get a flu shot every year and ask your doctor about a pneumonia vaccine.
   • Stop smoking.
6. Problem Solving
• Know the signs of low (hypoglycemia) and high (hyperglycemia) blood sugar and take action.

7. Healthy Coping
• Having diabetes can make you feel discouraged, stressed, or even depressed. Learn healthy coping methods to deal with your feelings.
• Get support from your friends, family, or a support group with others who also have diabetes.
• Go to education sessions where you can learn more about managing your diabetes.
• Set small goals that will help you take steps to being the healthiest you can be.

What is a Sick Day?
A sick day is when you have a cold, the flu or a fever. Blood sugar tends to go up when you are sick.

What should I do if I am sick?
• Keep taking your diabetes medicines (pills and/or Insulin).
• Check your blood sugar every four hours.
• Check your urine for ketones every four hours, if you have Type 1 diabetes.
• Drink one cup of sugar-free liquid every hour (like water, broth, caffeine-free diet soda or tea).
• Eat your usual diet if you can.
• If you can’t eat your usual diet, choose one of the foods or liquids on the next page every hour.
Sick day foods and liquids*:

- 1/2 cup regular Jell-O® (not sugar-free)
- 1/4 cup applesauce (not sugar-free)
- 6 saltine crackers
- 1 cup soup
- 1/2 cup non-fat fruit yogurt (not sugar-free)
- 3 graham crackers
- 1 cup sports drink
- 1/2 cup sugar-free pudding
- 1 slice toast or bread
- 1/2 cup regular soda (not sugar-free)
- 1/4 cup sherbet
- 1/3 cup cooked rice
- 1 fruit juice bar (not sugar-free)
- 1/2 cup ice cream
- 1/2 cup mashed potatoes
- 1/2 cup fruit juice
- 5 vanilla wafers
- 1/2 cup hot cereal

*Each has about 15 grams of carbohydrate

When should I get help?

- You have been sick for 1-2 days, and you are not getting better.
- You have been throwing up or have severe diarrhea for more than six hours.
- You cannot think clearly, your breathing becomes fast, or you have a fever over 101°F.
- Your blood sugar stays over 250 mg/dl on two checks, four hours apart.
- You have moderate or large amounts of ketones in your urine. (If you have been told to check this.)
- You are not sure what to do to take care of yourself.

If you’re not sure, call the Telephone Advice Nurse at 1-800-288-2264 24/7.
**Medications for Diabetes**

If you cannot manage your diabetes with diet and exercise, you may need medicine. Diabetes medicine can be taken by mouth or injected through the skin. You may be on more than one medicine. You may also be on a medication to keep your cholesterol at a healthy level.

### Oral Medications

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>How it Works</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>glimepiride</td>
<td>Helps your body make more insulin.</td>
<td>Make sure you take these pills when you eat and don’t skip meals during the day.</td>
</tr>
<tr>
<td>glipizide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>glyburide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>nateglinide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>repaglinide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>canagliflozin</td>
<td>Lets extra sugar pass into the urine instead of staying in the blood.</td>
<td>Some people will urinate more often when they take these medicines.</td>
</tr>
<tr>
<td>dapagliflozin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>empagliflozin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>metformin</td>
<td>Reduces amount of sugar made by the liver</td>
<td>Let your doctor know if this pill causes stomach upset.</td>
</tr>
<tr>
<td>acarbose</td>
<td>Slows digestion of carbohydrates</td>
<td>Let your doctor know if this pill causes stomach upset.</td>
</tr>
<tr>
<td>miglitol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>pioglitazone</td>
<td>Helps cells use insulin better</td>
<td>People with certain medical problems shouldn’t take this pill. Ask your doctor if it’s good for you.</td>
</tr>
<tr>
<td>sitagliptin</td>
<td>Helps the body make more insulin when you’re eating.</td>
<td></td>
</tr>
<tr>
<td>saxagliptin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>linagliptin</td>
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<td></td>
</tr>
</tbody>
</table>

Some of these medications are combined, where two medications are in the same pill. This can cut down on copays and make taking your medications easier. If you think a combination pill might be good for you, ask your doctor.

- Because the drugs listed above act in different ways to lower blood glucose levels, they may be used together.
- You should know that alcohol and some diabetes pills can interact and cause vomiting, flushing, or sickness. Ask your doctor if you are concerned about any of these side effects.

### Injectable Medicines

<table>
<thead>
<tr>
<th>Other injectable</th>
<th>Victoza - Liraglitude</th>
<th>Given once a day</th>
<th>Take this medication at the same time every day. You do not have to eat with this medication.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other injectable</td>
<td>Byetta - exenatide</td>
<td>Given before morning and evening meals; Helps increase insulin production</td>
<td>Take this medication within one hour of eating breakfast and dinner.</td>
</tr>
</tbody>
</table>
**Insulin**

**What is Insulin?**
- Insulin is a hormone that is made in the pancreas - an organ in your body.

**How does it work?**
- Insulin lowers blood sugar by moving sugar from the blood into the cells of your body. Once inside the cell, sugar provides energy.
- Insulin lowers your blood sugar whether you eat or not. You should eat at regular times if you take insulin.

**Can insulin be taken as a pill?**
- No. Insulin can only be taken as a shot because insulin would be destroyed in the stomach.

**What are the types of insulin?**

<table>
<thead>
<tr>
<th>Insulin</th>
<th>Brand Name = Generic Name</th>
<th>When to Use/How it Works</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rapid acting insulin</td>
<td>Humalog - insulin lispro; Apidra - insulin glulisine; Novolog - insulin aspart</td>
<td>Given before you eat; Starts working within 5-15 minutes</td>
<td>Take this insulin right before you eat. Never take it after a meal.</td>
</tr>
<tr>
<td>Short acting insulin</td>
<td>Regular</td>
<td>Given before you eat; Starts working within 1/2 to 1 hour</td>
<td>Take this insulin about 30 minutes before you eat. Never take it after a meal.</td>
</tr>
<tr>
<td>Intermediate acting insulin</td>
<td>NPH</td>
<td>Given in the morning or evening; Lasts for 10-20 hours</td>
<td>Take this insulin at the same time every day and keep your meals on a schedule. Some people need a bedtime snack with this insulin.</td>
</tr>
<tr>
<td>Long acting insulin</td>
<td>Lantus = insulin glargine; Levemir = insulin determir; Toujeo</td>
<td>Once or twice a day dosing; Provides coverage over 24 hours</td>
<td>Take this medication at the same time every day. You do not have to eat with this medication.</td>
</tr>
<tr>
<td>Pre-mixed insulins</td>
<td>70/30, 50/50, 75/25</td>
<td>Usually given before breakfast &amp; dinner</td>
<td>Take this insulin at the same time every day and keep your meals on a schedule. Take this insulin right before you eat, never after a meal.</td>
</tr>
</tbody>
</table>
What about insulin safety?
• Check the expiration date, and do not use it if it has expired.
• An open vial is only good for 30 days.
• NPH insulin should be cloudy, but should not be clumped or have floating pieces in it. If it does, do not use it.

When should I take insulin?
• Try to take insulin at about the same time every day.

How should I store insulin?
• Most people store their insulin in the refrigerator. The door of the refrigerator is best.
• The bottle or pen you are using can be kept at room temperature. If insulin gets too hot or too cold, it breaks down and does not work. Extra pens or vials should always be stored in the refrigerator.
• Do not keep it in very cold places such as the freezer, or in hot places, such as by a window or in the car’s glove box.

Your Action Plan
Use this guide to help you report changes to your doctor or other health care provider. For most medical problems, you should first call your primary care doctor. Your doctor can answer your questions and guide you to make an appointment if needed.

● You are doing **WELL** when:
  • You have no symptoms of high or low blood sugar.
  • You are checking your blood sugar levels, and they are staying within your target range most of the time.
  • You are eating right, staying active, and maintaining a healthy weight.
  • Your blood pressure and cholesterol are staying within your target range.
  • You are seeing your doctor every three to six months for ongoing checkups.

● Call to schedule the **NEXT AVAILABLE** appointment with your doctor when:
  • You are not sick and you are taking your medicines but your blood sugar levels seem to have suddenly changed.
  • You often have problems with high or low blood sugar levels; you have trouble knowing when your blood sugar is dropping low.
  • You have questions or want to know more about diabetes.

● Go to urgent care **RIGHT AWAY** when:
  • You are sick and your blood sugar stays over 300 mg/dL for more than 24 hours.
  • You notice you have a blister, sore, or another problem with your feet, and it is getting larger or seems infected.
  • You have been throwing up or have severe diarrhea for more than six hours.
  • You have moderate or large amounts of ketones in your urine (if you have been told to check this).
  • If you develop abdominal pain or a high fever that won’t come down.
  • If you have low blood sugar that will not come up after two treatments.
Emergency Situations - call 911:

- Unconscious or you suddenly become very sleepy or confused and difficult to awaken.
- You cannot think clearly, or your breathing becomes fast.

The best way to prevent diabetic emergencies is to regularly check your blood sugar levels, take your medications as prescribed, eat well, exercise, learn to cope with your stress, and keep all appointments with health care providers.

My Personal Plan

I would like to work on the following areas to manage my diabetes:

- Healthy eating
- Being active
- Monitoring my blood sugar
- Taking medications
- Reducing health risks
- Problem solving
- Healthy coping

What about this area do you find most challenging?
_____________________________________________________________________________________
_____________________________________________________________________________________

What are three things that keep you from making this behavior part of your day-to-day activities?
_____________________________________________________________________________________
_____________________________________________________________________________________

How can you partner with your doctor to reach this goal?
_____________________________________________________________________________________
_____________________________________________________________________________________

How can you partner with your friends, family and loved ones to reach this goal?
_____________________________________________________________________________________
_____________________________________________________________________________________

My confidence in being able to meet my GOAL:

0 1 2 3 4 5 6 7 8 9 10

Not Confident                                Very Confident
How can I have the best care for my diabetes?

Ask to have these tests done and work to get your results in target range:

### Medical Tests

<table>
<thead>
<tr>
<th>Test</th>
<th>How Often</th>
<th>Target</th>
<th>My Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>Every visit</td>
<td>Below 140/90</td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td>Every visit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dilated Eye Exam</td>
<td>Yearly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complete Foot Exam</td>
<td>Yearly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot Check</td>
<td>Every visit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A1c Blood Test</td>
<td>Every three to six months</td>
<td>6.5% to 8.5% (ask your doctor)</td>
<td></td>
</tr>
<tr>
<td>Cholesterol Blood Test</td>
<td>Yearly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>Yearly</td>
<td>Below 200</td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Yearly</td>
<td>Below 150</td>
<td></td>
</tr>
<tr>
<td>HDL (Good cholesterol)</td>
<td>Yearly</td>
<td>Over 45</td>
<td></td>
</tr>
<tr>
<td>LDL (Bad cholesterol)</td>
<td>Yearly</td>
<td>Below 100</td>
<td></td>
</tr>
<tr>
<td>Urine Protein</td>
<td>Yearly</td>
<td>No protein</td>
<td></td>
</tr>
<tr>
<td>Flu Shot</td>
<td>Yearly</td>
<td></td>
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</tr>
</tbody>
</table>

### Diabetes and Healthy Eating

Healthy eating is one of the most important aspects of managing your diabetes. Making healthy food choices is very important. If you understand how the foods you eat affect your blood sugar, you can make smart choices that can help you better control your diabetes.
Making Healthy Choices

• Do not skip meals.
  - Eat when you are hungry. Stop when you feel satisfied.

• Eat meals and snacks at regular times every day.
  - Eat three balanced meals a day, plus snacks if you are hungry.
  - Spread meals out over the day.

• Eat a variety of foods.
  - Add lots of color to meals with fresh fruits and lots of vegetables.
  - Enjoy plenty of whole grains.
  - Make sure you get enough fiber every day; 25 grams per day for women and 38 grams per day for men.

• Watch portion sizes.
• Slow down and enjoy the flavor of each bite of food.
• Learn to read "Nutrition Facts" labels.

The plate method is a simple tool for planning your meals. When you select meals following this guide, you are choosing a well-balanced meal. Plus, when you watch portion sizes, you make managing your diabetes easier.

Using the plate method:

• Fill ½ of your plate with vegetables such as broccoli, carrots, cauliflower, or salad.
• Fill ¼ of your plate with lean meat, chicken or fish; this is about three ounces.
• Fill ¼ of your plate with a starchy choice such as ½ cup mashed potatoes or 1/3 cup of pasta or rice.
• Add one serving of fruit.
• Choose one serving of milk.
• Add margarine or oil for preparation in small amounts.
• Add other portions as needed to round out your meal plan.
Know Your Nutrients

The foods you eat provide the nutrients your body needs to stay healthy. Each type of food has a different job to do in your body.

**CARBOHYDRATE - “CARBS”**

- The main kind of food that raises blood sugar levels. That's why it is important to be aware of the amount of carbohydrates you eat.
- Simple carbohydrates, or sugar, will begin to raise blood sugar very soon after you eat them.
- Complex carbohydrates, or starchy foods, take longer for the body to change into sugar but will eventually be changed completely to sugar.

**PROTEIN**

Protein helps build and repair your body tissues. Protein-rich foods include:

- Meat
- Poultry
- Fish
- Dairy products
- Eggs
- Nuts and seeds
- Soy

**FAT**

- Different kinds of fat make up the rest of your meal plan.
- Heart-healthy fats, called monounsaturated fats and omega fats, such as olive oils, and fatty fish, help lower your cholesterol.
- Less healthy fats, called saturated fats and trans fats, are usually solid at room temperature and are found mostly in high-fat animal products, such as butter and meat. Eat saturated fats in moderation and from quality sources. Trans fats are found in processed foods, such as baked goods and stick margarine. These will raise your cholesterol. Avoid trans fats.

**Carbohydrate Counting**

Carbohydrate Counting—or “Carb Counting”—is a flexible meal planning tool that helps you understand how your food choices affect your blood sugar level.

Any carb foods you eat are digested into glucose which causes your blood sugar levels to rise. That said, it is still important to eat carbohydrates throughout the day because they provide energy and essential nutrients for your body. To better manage your blood sugar level, energy level, and weight, pay attention to how much carbohydrates you eat.

**Carbohydrate choices and portion sizes**

- A “carb choice” is a portion of food, like a slice of bread, that has 15 grams of carbohydrate (1 carb choice = 15 grams of carbohydrate).
- The total carbohydrate from any food has about the same effect on blood sugar.
- Small portions of sweets or sugar can occasionally be used in place of other carbohydrate-containing food.
- Measure or weigh foods to learn what common portion sizes look like.
- Use the visual tips on the next page to help you estimate portion sizes.
Visual Tips for Portion Sizes

1 Cup =
1/2 Cup =
1/3 Cup =
2 Tablespoons =
1 Tablespoon =
1 Teaspoon =
1 Ounce Meat or Cheese =
3 Ounces Meat =
What counts as a serving?

The lists below provide a basic idea of the carb content in common foods. Each portion is one carb choice (15 grams carbohydrate).

**Carbohydrates**
Choose 3-5 servings at each meal.* Choose 1-2 servings for snacks.

- 1 slice of bread or small roll
- 1/3 cup rice or pasta, cooked
- 1 cup of soup
- ½ cup cooked cereal
- ¾ cup unsweetened dry cereal

**Breads & Starches**
- 1/2 cup potatoes or sweet potatoes
- ½ cup corn, peas, beans/legumes
- 1 cup winter squash

**Starchy vegetables**
- 1 small piece, such as pear, apple, or orange
- ½ medium banana
- ½ cup canned fruit (in light syrup or juice)
- 1 cup melon or berries
- 2 tablespoons dried fruit

**Fruits**
- 1 cup skim or low-fat milk
- 3/4 cup sugar-free (light) yogurt

**Milk**
- ¾ ounce of snack food (pretzels, 4-6 crackers)
- 15 potato chips
- 1 ounce sweet snack (2 small sandwich cookies, 5 vanilla wafers)
- 1 tablespoon sugar, honey, syrup or jelly
- ½ cup ice cream

**Meats & Proteins**
Choose 1-3 servings per meal. Examples of one serving:
- 1 ounce lean meat, poultry, or fish
- 1 egg
- 1 ounce cheese
- ½ cup low-fat cottage cheese
- 1 ounce nuts or seeds

**Fats**
Choose 1-2 servings per meal.* Examples of one serving:
- 1 teaspoon margarine, oil, or mayonnaise
- 1 tablespoon salad dressing or cream cheese

**Free Foods**
Foods with less than 20 calories per serving. Use as desired.*
- Most vegetables (except those listed as starchy)
- Sugar-free beverages
- Black coffee or plain tea
- Sugar substitutes
- Spices and seasonings

* Your dietitian may give you an individualized meal plan for a specific number of servings personalized for you.
Learn How to Read Food Labels

1. Find the serving size.
2. Locate the total carbohydrate in one serving. (Sugars are included in this number, so you do not need to count them separately.)
3. Compare the serving size listed to your actual portion.
4. Count the grams of carbohydrate or the number of carb choices. Use the chart below to estimate number of carb choices based on total carbohydrate grams.

### Nutrition Facts

**Serving Size:** 1 cup (228g)

**Servings Per Container:** about 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>% Daily Value</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td><strong>Proteins</strong></td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td>4%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Carbohydrate Grams per Choice</th>
<th>Carbohydrate Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-10</td>
<td>1/2</td>
</tr>
<tr>
<td>11-20</td>
<td>1</td>
</tr>
<tr>
<td>21-25</td>
<td>1 1/2</td>
</tr>
<tr>
<td>26-35</td>
<td>2</td>
</tr>
<tr>
<td>36-40</td>
<td>2 1/2</td>
</tr>
<tr>
<td>41-50</td>
<td>3</td>
</tr>
<tr>
<td>51-55</td>
<td>3 1/2</td>
</tr>
<tr>
<td>56-65</td>
<td>4</td>
</tr>
<tr>
<td>66-70</td>
<td>4 1/2</td>
</tr>
<tr>
<td>71-80</td>
<td>5</td>
</tr>
</tbody>
</table>

1 cup of this food contains:
31 grams of carbohydrate
OR
Approx. 2 Carb Choices
(31 divided by 15 = 2)

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.
Better Carb Choices

While all carbohydrates can raise your blood sugar, not all carbs are alike. Choose better carb choices, such as whole grains and less-processed foods.

- Select whole grain bread, whole grain pasta and brown rice over white (refined) varieties.
- Experiment with many types of whole grains, including barley, oatmeal, quinoa, and bulgur.
- Go for whole fruits instead of fruit juice or sugary foods.
- Choose beans and other legumes.
- Select a variety of vegetables such as cauliflower, tomato, carrot and spinach (most vegetables are great choices).

Other Meal Planning Tips

- Check your blood sugar level regularly. It can tell you if you need to adjust the timing of when you eat carbs.
- Eating foods that have fiber, such as whole grains, and having very few salty snacks is good for your health.
- Eat at least 4 to 6 ounces of meat or other protein foods each day. Choose low-fat sources of protein, such as lean beef, lean pork, chicken, fish, low-fat cheese, or vegetarian foods such as soy, nuts and seeds.
- Eat some healthy fats, such as olive oil, avocado, or nuts.
- Eat saturated fats in moderation. These fats are found in butter, cream and high-fat meats, such as bacon and sausage.
- Avoid trans fats. These unhealthy fats are found in all foods that list "partially hydrogenated" oil as an ingredient.
- Always pair your carbohydrate choices with a source of protein for meals and snacks.

Sample Menu

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cooked oatmeal made with water</td>
<td>2/3 cup pasta</td>
</tr>
<tr>
<td>1 cup fat-free milk</td>
<td>1/2 cup red sauce with meat</td>
</tr>
<tr>
<td>2 tablespoons nuts</td>
<td>1/2 slice garlic bread</td>
</tr>
<tr>
<td>2 tablespoons raisins</td>
<td>1 large green salad with light dressing</td>
</tr>
<tr>
<td><strong>= Total Carb Choices</strong></td>
<td><strong>= Total Carb Choices</strong></td>
</tr>
<tr>
<td>4 carbs</td>
<td>4 1/2 carbs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 cups chicken and veggie stir fry</td>
<td>1/2 cup sugar free pudding</td>
</tr>
<tr>
<td>1 cup brown rice</td>
<td>1/2 cup sugar free pudding</td>
</tr>
<tr>
<td>1 small fruit</td>
<td>1/2 cup sugar free pudding</td>
</tr>
<tr>
<td><strong>= Total Carb Choices</strong></td>
<td><strong>= Total Carb Choices</strong></td>
</tr>
<tr>
<td>4 carbs</td>
<td>4 1/2 carbs</td>
</tr>
</tbody>
</table>
Resources for People with Diabetes

Disease Management: **702-242-7346**

Health Education and Wellness (HEW)
For classes on diabetes, weight management, stress management, and many others **702-877-5356** or **1-800-720-7253**

Behavioral Healthcare Options **1-800-873-2246**

Telephone Advice Nurse **1-800-288-2264**

Lifestyle Centers **702-797-2353** (East) or **702-750-3425** (West)

Websites
- [www.diabetes.org](http://www.diabetes.org)
  - Official website of the American Diabetes Association
- [www.jdrf.org](http://www.jdrf.org)
  - Official website of the Juvenile Diabetes Research Foundation
We do not treat members differently because of sex, age, race, color, disability or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the Civil Rights Coordinator.

**Online:** UHC_Civil_Rights@uhc.com

**Mail:** Civil Rights Coordinator. UnitedHealthcare Civil Rights Grievance. P.O. Box 30608 Salt Lake City, UTAH 84130

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call the toll-free member phone number listed on your health plan ID card or plan documents.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

**Online:** [https://ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf)


**Phone:** Toll-free 1-800-368-1019, 800-537-7697 (TDD)

**Mail:** U.S. Dept. of Health and Human Services. 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your health plan ID card or plan documents.

**English:** You have the right to get help and information in your language at no cost. To request an interpreter, call the toll-free member phone number listed on your health plan ID card or plan documents.

This letter is also available in other formats like large print. To request the document in another format, please call the toll-free member phone number listed on your health plan ID card or plan documents.

**Español (Spanish):** Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

**Tagalog (Tagalog):** May karapatan kang makakuha ng tulong at impormasyon sa sinasalita mong wika nang libre. Upang humiling ng interpreter, tawagan ang toll-free na numero ng telepono para sa miyembro na nakalista sa iyong ID card sa planong pangkalusugan o sa mga dokumento ng plano.

**繁體中文 (Chinese):**
您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥打您健保計劃會員卡或計劃文件上的免付費會員電話號碼。

**한국어 (Korean):** 귀하의 도움과 정보를 귀하의 언어로 이용 부담없이 얻을 수 있는 권리가 있습니다. 통역사를 요청하기 위해서는 귀하의 플랜 ID카드 혹은 플랜 문서에 기재된 무료 회원 전화번호로 전화하십시오.
Tiếng Việt (Vietnamese): Quy vị có quyền được giúp đỡ và cập thông tin bằng ngôn ngữ của quý vị miễn phí. Đế yêu cầu được thông dịch viên giúp đỡ, vui lòng gọi số điện thoại miễn phí dành cho hội viên được nêu trên thẻ ID hoặc các tài liệu chương trình bảo hiểm y tế của quý vị.

አማርኛ (Amharic): እንጠወቃን እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እን đaር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እንዳር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đaር እን đa尔ር እን đa尔ccb

ภาษาไทย (Thai):
คุณมีสิทธิ์ขอความช่วยเหลือจากข้อมูลในเอกสารของคุณโดยไม่เสียค่าใช้จ่ายใด ๆ เมื่อต้องการชม กูรูม หรือมีปัญหาเกี่ยวกับบัตร']).

日本語 (Japanese):
ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳をご希望の場合は、医療プランのIDカードまたはプランの資料に記載されているメンバー用のフリーダイヤルまでお電話ください。

العربية (Arabic):
لديك الحق في الحصول على المساعدة والمعلومات بلغتك وبدون تكلفة. لطلب مترجم، اتصل بالرقم المجاني المدرج على بطاقة عضوتك في البرنامج الصحي أو وثائق البرنامج.

Русский (Russian):
Вы имеете право на бесплатное получение помощи и информации на вашем языке. Чтобы подать запрос переводчика позвоните по бесплатному номеру телефона, указанному на обратной стороне вашей идентификационной карты или документах о вашем плане.

Français (French):
Vous avez le droit d'obtenir gratuitement de l'aide et des renseignements dans votre langue. Pour demander à parler à un interprète, appelez le numéro de téléphone sans frais figurant sur votre carte d'affilié du régime de soins de santé ou dans la documentation relative à votre régime.

فارسی (Persian):
کمیسیون رایگان صورت به خودتان زبان به را اطلاعات و راهنمايي تا همستيد برخوردار حق اين از شما مربوط است. يا سلامت طرح صناسي كارت در موجود رایگان تلفن شماره يا شفايي مترجم درخواست برای گیريديد تهذيش طرحتان به.

Gagana fa'a Sāmoa (Samoan):
E iai lau aia tatau e maua ai faamatalaga i lau gagana e aunoa ma se tototi. Ina ia talosaga mo se tasi e faaliliu, telefoni mai le numa ro le telefoni e le tootoga o lisi atu i lau pepa ID o le peleni tausoifua maloloina poota pepa mo le peleni.

Deutsch (German):
Sie haben das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um einen Dolmetscher anzufordern, rufen Sie die gebührenfreie Nummer auf Ihrer Krankenversicherungskarte oder in den Versicherungspapieren.

Ilokano (Ilocano):
Addaan ka ti karbangen a maala iti daytoy nga tulong ken impormsion para ti lenguahem nga awan ti bayadna. Tapno agkiddaw iti maysa nga tagapataros, avagam iti toll-free nga numero ti telepono para kadagiti kameng nga nakalista ayan iti ID card mo para ti plano iti salun-at mo wennno ayan dagiti dokumento ti planom.