

DIABETES CARE CLINIC
 21 Any St., Any Town, Any State
 www.diabetescareclinic.com Phone: 123-456-7890
 LEARN HOW TO CARE FOR YOUR DIABETES WITH OUR
D.I.A.B.E.T.E.S. L.I.F.E.S.A.V.E.R.S. Program



Healthy Eating



D	I	A	B	E	T	E	S
Do Monitor Your Blood Glucose (BG) Regularly	Involve Family and Friends	Acquire Ongoing Support	Bring BG Values to Healthcare Visits	Exercise Regularly	Take Medication as Prescribed	Ease into Behavior Changes Slowly	See a Diabetes Educator Regularly

L	I	F	E	S	A	V	E	R	S	+?
Lose Excess Weight	Identify Healthy Coping Strategies	Fix Your Problems	Eat Healthy	Sleep Well Every Night	Acquire Sick Day & Travel Kit	Visit Your Doctor Regularly	Enjoy Rewards for All You Do	Reduce Risks of Complications	Set SMART Goals	Topics and Questions of Your Choice

Plan	“A GREAT DIABETES MEAL PLAN” to Control Blood Glucose (BG), Reduce Heart & Artery Disease (HAD), Reduce Blood Pressure (BP) and Control Weight (WT)	 WINK: What I Need to Know	Goals, Questions
A	A void sugar-sweetened drinks (BG, HAD, WT)		
G	G uarantee that at least half of all the grains you eat are <i>whole</i> grains (BP, BG, WT, HAD)		
R	R equest advice from your healthcare team if it’s OK to take OTC vitamins E, C and/or beta-carotene (HAD)		
E	E at foods rich in omega 3 fatty acids (HAD) E nsure that you get advice from your healthcare team if it’s OK to take supplemental OTC omega 3 fatty acids		
A	A void eating too many sugary foods as they can replace healthy, nutrient-rich foods (BG, WT)		
T	T rade in <i>higher</i> -glycemic foods for <i>low</i> -glycemic foods (BG)		
D	D ivide daily calories into 3 or more moderate meals or 4 or more smaller meals each day (BG) D o eat vitamin and mineral rich foods (HAD)		
I	I ncrease plant stanols & sterols to 1.6 - 3 gm/day (HAD) I mprove portion control (BG, WT)		Page 2 of 4

A	<p>Achieve weight loss if overweight with individualized* calorie reduced meal plan (BG, HAD, BP, WT)</p> <p>* Fits your personal preferences, lifestyle and goals.</p>		
B	<p>Boost total dietary fiber and</p> <p>Boost <i>viscous</i> soluble fiber (fiber that forms a “gel” in fluid) to 7 - 13 gm each day (BG, HAD, WT)</p>		
E	<p>Ensure that you do eat healthy <i>carbohydrate</i> foods at meals, but in controlled amounts that have been individualized by your healthcare team (BG)</p>		
T	<p>Trim down dietary sodium (salt) when buying, cooking and eating food</p>		
E	<p>Exclude from your diet as much “trans fats” or “trans fatty acids” as possible (HAD, BG)</p>		
S	<p>Say “yes” to sweetening your foods/drinks with artificial sweeteners aspartame, sucralose, stevia leaf (BG, WT)</p>		
M	<p>Make alcohol intake <i>moderate</i>: no more than 1 drink/day for women and no more than 2 for men (BP, BG, WT)</p>		
E	<p>Ensure your diet includes antioxidant-rich fruits, veggies, whole grains, low fat dairy poultry, fish and legumes (BG, HAD, BP, BG)</p>		<p>Page 3 of 4</p>

A	Add a <i>moderate</i> amount of lean (low fat) protein at meals for good health (about size of deck of cards of cooked meat or fish, with the bones removed first)		
L	Limit dietary saturated fat and replace it with heart-healthy monounsaturated fats (HAD, BG)		
P	Please do drink lots and lots of water and/or sugar-free, alcohol-free beverages everyday (BG, WT, BP)		
L	Lower the dietary fat when buying, cooking and eating foods (HAD, BG, WT)		
A	Assure there is consistent timing and even spacing of your meals and of your carbohydrate intake (BG)		
N	Nibble on nuts...but not too much to avoid unwanted weight gain. Suggested amount is 5 oz. per week* (a little over 1 cup), especially walnuts, pecans, almonds, pistachios (HAD) * 1.5 oz. of nuts roughly equals 1/3 cup, per U.S. Food and Drug Administration		
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