Staying WELL-AHEAD with Diabetes

The foods that we eat are made up of three major nutrients: carbohydrates (starches & sugars), protein (meat) and fats. When you have diabetes, also known as high blood sugar, you must monitor the type and the amount of carbohydrates you eat each day.

Eating Tips

Foods high in carbohydrates are: breads, crackers, cereals, pasta, rice, grits, oats, milk, fruit, beans, starchy vegetables (potatoes, corn and peas) and sweets (cakes, cookies, ice cream, candy bars, puddings and jams).

- Fill half of your plate with non-starchy vegetables - broccoli, green beans, spinach, collards, squash, cauliflower, beets, carrots, tomatoes or okra.
- Add whole grains or starches to half of the space left on your plate - brown rice, whole wheat pasta, sweet potatoes, corn, peas, or beans.
- A lean source of protein should take up the last empty section of your plate - eggs, chicken, turkey or salmon.

Quick Tips

- Pair carbs with a protein and/or healthy fat to prevent blood sugar spikes.
- Don't skip meals. Eat every 3-4 hours.
- Eat about the same amount of carbs daily.
- Eat 3 servings of non-starchy veggies daily.
- Switch fruit juice for whole fruit.

How big is a serving size?

<table>
<thead>
<tr>
<th>baseball</th>
<th>8 ball</th>
<th>deck of cards</th>
<th>3 dice</th>
<th>DVD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>0.5 cup</td>
<td>3 oz protein</td>
<td>1.5 oz cheese</td>
<td>1 oz deli meat</td>
</tr>
</tbody>
</table>

Go Foods (foods to aim for)
- non-starchy veggies
- beans & peas
- fish & seafood
- whole grains

Woah Foods (foods to limit)
- fruit
- nuts
- avocados

Slow Foods (foods to avoid)
- carbs, like:
- white bread & rice
- bacon, chips, sweets
- fried foods

Shopping Tips

- **Shop Fresh!** Shop for most of your groceries on the outer edges of the store. Then shop the aisles.
- Fresh and frozen fruits/veggies are the best options. Remember, frozen veggie blends with sauces tend to have more salt.
- If you choose to buy canned fruits/veggies, buy the “no added sugar” and “reduced sodium” options.
- **Beware of sneaky “added sugar” items.** This is sugar added during processing - many pre-packaged and canned foods contain it. Look for these words in the ingredients: sugar, high fructose corn syrup, sucralose, fructose, dextrose and corn syrup.
- “Low-fat” items are not always the better option. They most likely have even more added sugar than regular items!
- Instead of buying white bread, rice and pastas, **buy 100% whole wheat.**
- **Chose lean meats:** sirloin, rump roast, tenderloin, pork chops, chicken breast and turkey breast.

Ways to Save

- Always look for produce sales!
- Buy heads of dark lettuce instead of ready-made salad packs.
- Buy whole carrots and peel them, instead of buying minis.
- Buy chicken breasts with the skin - remove skin before cooking.
- Buy frozen meats.
- **Store brand eggs, low-fat milk and yogurt, brown rice, whole wheat pasta and whole wheat bread are much cheaper than the name brands.**
Cooking Tips

- Grill, broil, bake and stir fry instead of frying. Limit battered, breaded and deep-fried foods.
- Make broth-based soups and stews instead of cream-based soups and stews.
- Cook with oil instead of butter.
- Rinse and drain all canned/jarred foods.
- Steam vegetables in water or low sodium broth.
- Spare adding sugar or sweet syrups on top of foods or in recipes.

Symptoms of High Blood Sugar

- sleepiness
- blurry vision
- dry mouth
- extreme thirst
- urinating frequently
- unexplained weight loss

Symptoms of Low Blood Sugar

- sleepiness
- blurry vision
- feeling hungry
- dizzy
- shaky
- sweaty
- a fast heartbeat

Always Be In The Know!

Three Self-Monitoring Tips

1. Check your blood sugar often - especially at these key times:
   - Before and after meals and at bedtime
   - Before driving a car
   - Before and after any physical activity

2. Carry glucose tablets, or another source of carbohydrate, with you at all times. A banana is a great option - tasty and easy to transport. If you take insulin, always carry it with you as well.

3. Never skip meals! Always eat breakfast. Eating every 3-4 hours is highly recommended.

So, what’s on my menu?

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 scrambled eggs</td>
<td>4 oz roasted chicken breast</td>
<td>2 tbsp. peanut butter</td>
<td>3/4 cup red beans</td>
<td>sugar-free Jell-O with cool whip</td>
</tr>
<tr>
<td>1 slice 100% whole grain toast, 1 tsp. margarine, 1 tsp. jam</td>
<td>1/2 cup sweet potatoes</td>
<td>5-6 whole wheat crackers</td>
<td>1/3 cup brown rice</td>
<td></td>
</tr>
<tr>
<td>1 cup skim or 1% milk</td>
<td>1 cup steamed broccoli</td>
<td>water</td>
<td>salad: mixed greens, 1/2 cup raw veggies, 1 tbsp. vinegar based dressing</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sliced peaches</td>
<td>1/2 cup mixed fruit</td>
<td>1/2 cup mixed fruit</td>
<td>wheat roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td>water</td>
<td>water</td>
<td>water</td>
<td></td>
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</tbody>
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To learn more, check out these additional resources:

http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/#seven
http://www.diabeticlifestyle.com/eating-well/stocking-pantry-quick-meals
Staying \textbf{WELL-AHEAD} with High Blood Pressure

When you have high blood pressure, also known as hypertension, it’s important to pay close attention to your diet. Staying aware of portion size, eating a variety of foods and getting the right amount of nutrients can help lower your blood pressure.

Eating Tips

The trick to staying healthy with high blood pressure is monitoring your salt intake. Always choose low sodium or no salt added options. Limit salt to 2,300mg or less per day. Most of the sodium in our diets come from pre-packaged, processed, restaurant and fast foods. \textbf{Try to limit these types of food:}

<table>
<thead>
<tr>
<th>Pre-Packaged Foods</th>
<th>Processed Foods</th>
<th>Condiments Count, Too!</th>
</tr>
</thead>
<tbody>
<tr>
<td>• “instant” or “just add water” items</td>
<td>• white bread &amp; pasta</td>
<td>• soy sauce &amp; worcestershire sauce</td>
</tr>
<tr>
<td>• chips, crackers &amp; cereal</td>
<td>• deli meats</td>
<td>• ketchup &amp; bbq sauce</td>
</tr>
<tr>
<td>• canned soups, sauces &amp; broths</td>
<td>• sausage, bacon &amp; boudin</td>
<td>• Tony Chachere’s seasoning</td>
</tr>
<tr>
<td>• frozen dinners &amp; pizzas</td>
<td>• pickled items</td>
<td>• gravy</td>
</tr>
</tbody>
</table>

Shopping Tips

- Buy foods in their most natural form.
  - >> whole fruits and veggies (frozen works!)
  - >> lean meats and fish, dried beans and peas, eggs
  - >> nonfat or low-fat milk, yogurt and cheese
  - >> whole grains - whole wheat bread and pasta, rolled oats and brown rice
  - >> low sodium snacks - unsalted nuts, rice cakes, dried fruit, protein bars
- Plan to go to the grocery store once a week!
- Aim for frozen fruits and veggies over canned. When buying frozen veggies, avoid those that are pre-seasoned or come with a sauce. If buying canned produce, look for low sodium or no salt added varieties.
- Find a local farmer’s market to take advantage of in-season, local produce.
- Many farmer’s markets accept SNAP benefits (food stamps) and participate in the Senior Farmer’s Market Nutrition Program (SFMNP). Use your SNAP benefits to purchase plants and seeds for growing your own vegetable garden!

Cooking Tips

- Cook most of your meals at home. Freeze in small containers and save for later.
- Avoid bringing salt shaker to table at meal times.
- While cooking, get creative and season foods with herbs and spices. Instead of salt, try using:
  - >> lemon or lime juice; vinegar
  - >> fresh or dried herbs
  - >> simple dressings such as oil & vinegar
  - >> frozen chopped vegetables like garlic, onions, or peppers
- Even when a recipe calls for salt, you can replace it with a better option (except for in baking.) Try:
  - >> soak chicken breast in lemon juice or orange juice
  - >> roast potatoes with dill and parsley
  - >> toss carrots in cinnamon and nutmeg
  - >> sprinkle a pinch of chili powder onto corn
  - >> toss pasta with fresh minced garlic

Ways to Save

- Check frozen veggies and beans.
- If you chose fresh fruits/veggies, buy those in season.
- Instead of buying pre-packaged veggies, choose whole veggies and cut them yourself.
- Buy generic brands.
- Buy meats with the skin on them and remove before cooking.

Condiments Count, Too!
Always Be In The Know!

High Blood Pressure is 180/110 and above. This can cause:
- headaches
- stress
- shortness of breath
- nosebleeds

Low Blood Pressure is less than 90/60. This can cause:
- dizziness, fainting or fatigue
- dehydration - feeling very thirsty
- nausea
- cold, clammy, pale skin
- rapid, shallow breathing

Ideal blood pressure is less than 120/80.

Self-Monitoring Tips

1. Make sure you have been resting for about 30 minutes before your reading. Also, avoid drinking coffee and caffeinated beverages or smoking cigarettes for 30 minutes before reading your pressure.

2. Make sure the cuff fits. Choose a monitor with a cuff big enough to go around your upper arm, right above your elbow.

3. Sit up straight with your feet flat on the floor. Support your arm on a flat surface with your upper arm at heart level.

4. Record all of your blood pressure readings and share your records with your healthcare team.

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</thead>
<tbody>
<tr>
<td>• 1 cup cooked oatmeal</td>
<td>• 1 cup salad greens</td>
<td>• 1 medium apple</td>
<td>• 1 cup cooked whole wheat pasta</td>
<td>• 1 cup fresh fruit</td>
</tr>
<tr>
<td>• 1 banana</td>
<td>• 1/2 cup chopped raw veggies</td>
<td>• 2 tbsp. peanut butter</td>
<td>• 1/2 cup low sodium marinara</td>
<td>• 1 cup low-fat yogurt</td>
</tr>
<tr>
<td>• 1/2 oz. unsalted nuts</td>
<td>• 1/2 cup chickpeas</td>
<td></td>
<td>• 4 oz. of chicken</td>
<td></td>
</tr>
<tr>
<td>• 1 cup skim or 1% milk</td>
<td>• 1 boiled egg</td>
<td></td>
<td>• 1.5 oz. shredded parmesan cheese</td>
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</tr>
<tr>
<td></td>
<td>• 1 wheat dinner roll</td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 tbsp. vinegar based dressing</td>
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To learn more, check out these additional resources:
http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Managing-Blood-Pressure-with-a-Heart-Healthy-Diet_UCM_301879_Article.jsp#.V_QX7rgrJD8
http://www.cdc.gov/salt/food.htm
www.eatright.org
www.choosemyplate.com