



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.



How big is a serving size?

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.

baseball



1 cup

8 ball



0.5 cup

deck of cards



3oz protein

3 dice



1.5oz cheese

DVD



1oz deli meat

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.



Always Be In The Know!

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

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?

Breakfast	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • 2 scrambled eggs • 1 slice 100% whole grain toast, 1 tsp. margarine, 1 tsp. jam • 1 cup skim or 1% milk • 1/2 cup sliced peaches 	<ul style="list-style-type: none"> • 4 oz roasted chicken breast • 1/2 cup sweet potatoes • 1 cup steamed broccoli • 1/2 cup mixed fruit • water 	<ul style="list-style-type: none"> • 2 tbsp. peanut butter • 5-6 whole wheat crackers • water 	<ul style="list-style-type: none"> • 3/4 cup red beans • 1/3 cup brown rice • salad: mixed greens, 1/2 cup raw veggies, 1 tbsp. vinegar based dressing • wheat roll • water 	<ul style="list-style-type: none"> • sugar-free Jell-O with cool whip

To learn more, check out these additional resources:

- <http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/#seven>
<http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html>
<https://www.cornerstones4care.com/tracking/what-to-know/high-blood-sugar-hyperglycemia.html>
<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/grains-and-starchy-vegetables.html>
<http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295?pg=1>
<http://www.diabeticlifestyle.com/eating-well/stocking-pantry-quick-meals>



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Staying 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. **Try to limit these types of food:**

Pre-Packaged Foods

- “instant” or “just add water” items
- chips, crackers & cereal
- canned soups, sauces & broths
- frozen dinners & pizzas
- baking mixes

Processed Foods

- white bread & pasta
- deli meats
- sausage, bacon & boudin
- pickled items

Condiments Count, Too!

- soy sauce & worcestershire sauce
- ketchup & bbq sauce
- Tony Chachere’s seasoning
- gravy
- salad dressings



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!



Ways to Save

- ✓ Buy 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.

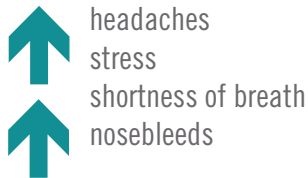
Cooking Tips

- 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

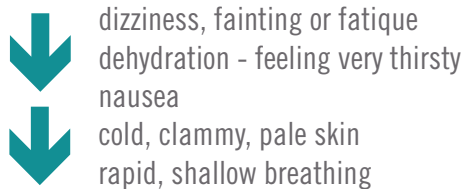


Always Be In The Know!

High Blood Pressure is 180/110 and above. This can cause:



Low Blood Pressure is less than 90/60. This can cause:



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.

So, what's on my menu?

Breakfast	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none">• 1 cup cooked oatmeal• 1 banana• 1/2 oz. unsalted nuts• 1 cup skim or 1% milk	<ul style="list-style-type: none">• 1 cup salad greens• 1/2 cup chopped raw veggies• 1/2 cup chickpeas• 1 boiled egg• 1 wheat dinner roll• 1 tbsp. vinegar based dressing	<ul style="list-style-type: none">• 1 medium apple• 2 tbsp. peanut butter	<ul style="list-style-type: none">• 1 cup cooked whole wheat pasta• 1/2 cup low sodium marinara• 4 oz. of chicken• 1.5 oz. shredded parmesan cheese• 1 cup broccoli, cooked	<ul style="list-style-type: none">• 1 cup fresh fruit• 1 cup low-fat yogurt

To learn more, check out these additional resources:

<http://www.nejm.org/doi/full/10.1056/NEJM200101043440101#t=article>

<http://www.nhlbi.nih.gov/files/docs/guidelines/jnc7full.pdf>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20047110?pg=1>

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



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