

Diabetes Management —

□ DIABETES MANAGEMENT: YOUR GUIDE TO TAKING CHARGE

□ KNOW YOUR NUMBERS	Goal
A1C	Less than 7% (ask your doctor for your personal goal)
Fasting Blood Sugar	80–130 mg/dL
After-Meal Blood Sugar (2 hrs)	Less than 180 mg/dL
Blood Pressure	Less than 130/80 mm Hg
LDL Cholesterol	Less than 100 mg/dL

□ DIABETES PLATE METHOD	□ CARB COUNTING TIPS
□ ½ plate = Non-starchy veggies (broccoli, salad, green beans)	Read "Total Carbohydrate" on food labels
□ ¼ plate = Lean protein (chicken, fish, eggs, beans)	Typical goal: 45–60 g carbs per meal
□ ¼ plate = Carbs/grains (brown rice, fruit, sweet potato)	Track with a food diary or phone app
□ Drink = Water or zero-calorie beverages	Carb foods: bread, rice, fruit, milk, beans, sweets
□ BLOOD GLUCOSE TESTING	□ STAY ACTIVE
Wash hands → Insert strip → Prick fingertip → Read result	150 min/week moderate activity (walk, swim, bike)

☐ DIABETES PLATE METHOD	☐ CARB COUNTING TIPS
Test before meals, 2 hrs after meals, at bedtime	Strength training 2–3x/week
Bring your meter to every doctor visit!	Check blood sugar before & after exercise
Ask your doctor which times are right for you	Carry fast-acting sugar (glucose tabs, juice)

☐ LOW BLOOD SUGAR (< 70 mg/dL)	☐ HIGH BLOOD SUGAR (> 250 mg/dL)
Signs: Shaking, sweating, dizziness, confusion	Signs: Thirst, frequent urination, blurred vision
Rule of 15: Eat 15g fast carbs → Recheck in 15 min	Drink water, take meds, call doctor if stays high
(4 glucose tabs, 4 oz juice, or 5–6 hard candies)	Call 911 if: confusion, vomiting, sugar > 300

☐ **WHOLE-BODY CARE:** Annual eye exam → Daily foot checks → Yearly kidney tests → Dental visits 2x/year → Vaccinations (flu, pneumonia, COVID-19) → Mental health support

✓ **ACTION CHECKLIST:** Check blood sugar as directed → Follow your meal plan → Exercise 150 min/week → Take meds as prescribed → Check feet daily → Get A1C checked 2x/year → Keep all appointments

☐ *Join our FREE Diabetes Class! Learn blood glucose testing, carb counting & diabetes management. Bring your meter! Led by a Certified Diabetes Educator.* ☐ **CALL US TODAY!**