



Basic Rules for Diabetics

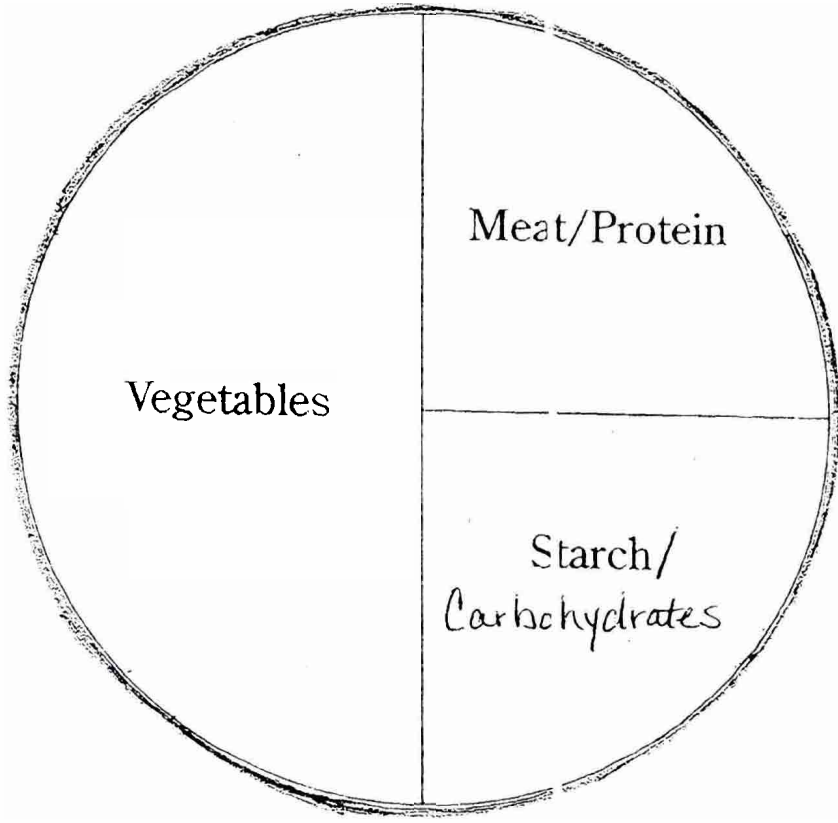
1. Don't skip meals
2. Eat your meals at about the same time
3. Eat every 5 hours
4. Eat within an hour of waking up
5. Have a protein; meat, cheese, peanut butter or egg at every meal and with your bedtime feeding.
6. Try to exercise at about the same time every day, within 1-2 hours after eating, start out slow. For diabetics, exercise at least every other day.
7. Glucose Control or Glucerna Shake , or a Glucerna Snack Bar can be used for a bedtime snack, or as breakfast with a fruit or bread.
8. Limit your carbohydrates to about 3 servings per meal, 15 grams of total carbohydrate equals one serving. One serving is $\frac{1}{2}$ cup of potatoes, corn, dried beans or peas, green peas, $\frac{1}{3}$ cup of rice or pasta, $\frac{1}{2}$ cup of cooked cereal or $\frac{3}{4}$ cup of dry cereal, 1 slice of bread or small roll, $\frac{1}{2}$ cup of fruit, or 1 cup of milk.

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Starch/
Carbohydrates

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Carbohydrates/starches: are fruit, milk, milk products, beans and grains. A serving of carbohydrate is 15 grams. You need two to three servings or 30-45 grams of carbohydrates per meal.

Survival Skills

Sick Days

- 1) Remember to check your blood sugar more often, every 3 hours.
- 2) For people with Type 2 diabetes blood sugar should be under 250.
- 3) Call your doctor: if vomiting or diarrhea last more than 6 hours, fever more than one day.
- 4) Try to stay on your meal plan, drink plenty of liquids, and don't skip medication.

Foot care

- 1) Check feet every day for redness, blisters, any change.
- 2) Notify the doctor of any problems.
- 3) Don't go barefoot; check inside your shoes before wearing.
- 4) Cut nails straight across, no home surgery.

Ranges for blood sugars

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|-------------------------------|--------------|
| 1) Fasting or before any meal | 80-120 |
| 2) Two hours after meals | 150 or below |
| 3) Bedtime | 100-140 |
| 4.)2am | 80 |

Hypoglycemia (low blood sugar)

- 1) Symptoms: shaky, sweaty, irritable, blurred vision, hunger, anxious, weakness, fatigue and dizziness.
- 2) Check your blood sugar, 70 or below is to low
- 3) This means you need food: 3pieces of hard candy
3 glucose tabs, ½ glass juice/coke, 1 cup of milk
You should carry hard candy or glucose tabs with you
- 5) If more than 30 minutes until a meal you should eat a snack with protein.