

ARK Care[®] Wellness

+ LIVING WELL WITH DIABETES

Diabetes Resource Guide



A proud sponsor of
**American
Diabetes
Association.**
Minnesota Area

arkray USA, INC.
Your Diabetes Health Ally

Your Diabetes Health Ally

ARKRAY has devoted more than half a century to creating solutions that simplify the lives of people with diabetes and their caregivers.

Our expertise and complete, personalized approach to cost effective blood glucose testing and diabetes management is aimed at helping you better control your diabetes.

This personalized guide will give you essential information on carbohydrates, blood sugar levels, meal planning, portion sizes and basic diabetes healthcare recommendations. We want to help you live a richer, healthier life.



My important information

My name: _____

My care team

Primary care provider

Name _____ Phone _____

Endocrinologist

Name _____ Phone _____

Certified diabetes educator (CDE)

Name _____ Phone _____

Registered dietitian (RD)/Registered dietitian nutritionist (RDN)

Name _____ Phone _____

Pharmacy

Name _____ Phone _____

Emergency contact

Name _____ Phone _____

Other

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

Notes _____

Diabetes basics

Living with diabetes requires special care.

This personalized guide will give you information to manage your diabetes and your day-to-day life.

The type of diabetes you have can affect your body in different ways.

It's important to know which type you have, so you and your healthcare team can choose the best treatment plan for you.

☐ I have type 1 diabetes

Your pancreas isn't able to make insulin or can only make very little insulin. Because your body needs insulin to live, you'll need to get this hormone from sources—shots or insulin pump—outside your body.

☐ I have type 2 diabetes

Your pancreas either doesn't make enough insulin or your body isn't able to use the insulin effectively. Often, you can control type 2 diabetes with healthy diet and exercise, but many times oral medications and insulin are needed.

Glucose (Blood Sugar)

- Glucose is the smallest building block that makes up carbohydrates.
- Glucose molecules need insulin to help your body's cells absorb sugar.
- With diabetes, it's important to control the level of sugar in your blood.

Insulin

- Insulin is a hormone that is essential for your body to metabolize carbohydrates that you eat.
- Insulin helps control the level of sugar in your blood by allowing your body's cells to absorb the sugar.

Diabetes basics

Glucagon

- Glucagon is a hormone that helps keep blood sugar from dropping too low (hypoglycemia).

Carbohydrates (Carbs)

- A carbohydrate is a nutrient made up of glucose molecules.
- Carbohydrate-rich foods include rice, pasta, bread, cereal, milk, yogurt, fruit, starchy and non-starchy vegetables, sugar, sweets and desserts.
- Your body needs carbohydrates in small amounts throughout the day.
- Talk with your healthcare team about your meal plan, including the amount of carbs you need.

Hemoglobin A1c (HbA1c)

- HbA1c is a test that measures the average amount of sugar attached to blood cells from the past two to three months.

Estimated Average Glucose (eAG)

- eAG is a measurement to help you understand how well your diabetes is controlled.
- eAG translates your A1c into the blood sugar number you have most often.
- eAG uses the same units (mg/dL) as your blood glucose meter, so you can better understand your blood sugar numbers over time.

| A1c % | eAG mg/dL |
|-------|-----------|
| 6.0 | 126 |
| 6.5 | 140 |
| 7.0 | 154 |
| 7.5 | 169 |
| 8.0 | 183 |
| 8.5 | 197 |
| 9.0 | 212 |
| 9.5 | 226 |
| 10.0 | 240 |
| 10.5 | 255 |

Hypoglycemia

HYPOglycemia is blood sugar less than 70 mg/dL. It is important to know the signs that blood sugar is dropping too low so you can respond correctly and prevent any serious problems.

Signs of hypoglycemia

Shaky
Weak
Irritable
Nightmares



Hungry
Confused
Sweaty
Tired



Heartburn
Nervous
Headache
Dizzy



Depending on your history, your healthcare provider may set your low blood sugar reading higher than 70 mg/dL.

Blood sugar that is too low for me: _____ mg/dL.

If you notice signs of hypoglycemia check your blood sugar with your GLUCOCARD® Blood Glucose Meter.

If your blood sugar is above 70 mg/dL or the level set by your healthcare provider, you are fine.

If your blood sugar is below 70 mg/dL or the level set by your healthcare provider, proceed to **The Rule of 15**.

Remember

- Call your doctor if you experience hypoglycemia several times in one week.
- Always carry food and wear medical identification for emergencies.
- If you take insulin, keep a glucagon kit at home.

When you are sick, be sure to check your blood sugar level frequently and take your diabetes medication. Ask your doctor or diabetes educator for a sick-day plan to manage your diabetes.

Hypoglycemia

The Rule of 15

If your blood sugar is below 70 mg/dL,
or the level set by your healthcare provider







1. Eat 15 grams of carbs
2. Wait 15 minutes
3. Check blood sugar

If your blood sugar is still below 70 mg/dL
or the level set by your healthcare provider

1. Eat another 15 grams of carbs
2. Wait 15 minutes
3. Check blood sugar

Call your doctor if your blood sugar is still low after doing the **Rule of 15**_____ times.

Each of the following equals 15 grams of carbohydrates

| | | | |
|---|---|--|--|
| 3 or 4 glucose tablets 15 grams of glucose gel |  | 5 or 6 pieces of hard candy |  |
| ½ cup (4 oz.) any fruit juice |  | 1 Tbsp. of honey |  |
| 4 tsp. of sugar |  | ½ cup (4 oz.) of a regular—not diet—soft drink |  |

Hyperglycemia

HYPERglycemia occurs when blood sugar levels are excessively high.

Fasting hyperglycemia occurs when your blood sugar is above your goal level after not eating for at least 8 hours.

Post-meal hyperglycemia occurs when your blood sugar is above your goal level 1 to 2 hours after eating.

Signs of hyperglycemia

Stomach ache
Blurred vision


Dry mouth
Extreme thirst

Leg cramps
Frequent urination

Some causes of hyperglycemia

- Not enough insulin in your body
- Not enough exercise
- Eating too much
- Fatigue
- Not taking your diabetes medications
- Infection, illness or stress

Ways to bring your blood sugar down

| | | | |
|--------------------------------|---|---|--|
| Exercise |  | Drink water |  |
| Inject insulin (if prescribed) |  | Take your medication |  |
| Follow your meal plan exactly |  | Breathe deeply to lower your stress level |  |

My target blood glucose levels

Before meals _____ mg/dL to _____ mg/dL

1 to 2 hours after the beginning of a meal <(less than) _____ mg/dL

Before going to sleep _____ mg/dL

Goal hemoglobin A1c (HbA1c) _____

Check blood sugar _____ **times a day at:** (check all that apply)

- ☐ Wake up
- ☐ Breakfast ☐ 2 hours after breakfast
- ☐ Lunch ☐ 2 hours after lunch
- ☐ Afternoon
- ☐ Dinner ☐ 2 hours after dinner
- ☐ Bedtime Other _____

My activity plan

[illegible]

My medication log

Diabetes medications

Name: _____

Time: _____

Meal: _____

Dosage: _____

Name: _____

Time: _____

Meal: _____

Dosage: _____

Insulin

Name: _____

Time: _____

Meal: _____

Dosage: _____

Name: _____

Time: _____

Meal: _____

Dosage: _____

Other medications

Name: _____

Time: _____

Meal: _____

Dosage: _____

Name: _____

Time: _____

Meal: _____

Dosage: _____

Name: _____

Time: _____

Meal: _____

Dosage: _____

Name: _____

Time: _____

Meal: _____

Dosage: _____

Name: _____

Time: _____

Meal: _____

Dosage: _____

Name: _____

Time: _____

Meal: _____

Dosage: _____

My meal plan

How many carbs do I need?

Ask your healthcare provider, registered dietitian (RD) or certified diabetes educator (CDE) how many carbs you should have with each meal and snacks.

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Here are some general recommendations.

Women

Maintain My Weight

3 to 4 carb choices (45 to 60 grams of carbs) per meal

Lose Weight

2 to 3 carb choices (30 to 45 grams carbs) per meal

Snacks (optional)

1 to 2 carb choices (15 to 30 grams of carbs)

Men

Maintain My Weight

4 to 5 carb choices (60 to 75 grams of carbs) per meal

Lose Weight

3 to 4 carb choices (45 to 60 grams carbs) per meal

Snacks (optional)

1 to 2 carb choices (15 to 30 grams of carbs)

My Smart Plate

Using a 9-inch dinner plate, fill your plate with more non-starchy veggies and smaller portions of starchy foods and protein—no special tools or counting required!

Non-starchy vegetables

Fill 1/2 of your plate with non-starchy vegetables.

Eat 4 or more each day.

25 calories/5 grams of carbs = 1 cup raw or ½ cup cooked

Asparagus
Baby carrots
Bell peppers
Broccoli florets
Brussel sprouts
Cauliflower
Eggplant
Green beans



Jicama slices
Mushrooms
Romaine Spinach
Snow peas
Squash
Tomatoes
Zucchini

Preparation

- Microwave, grill and stir-fry fresh or frozen veggies
- Add veggies to other foods like soups, salads, casseroles and pizza
- Store pre-cut veggies in a clear veggie bowl at the front of the fridge
- Enjoy two brightly colored veggies at lunch and dinner

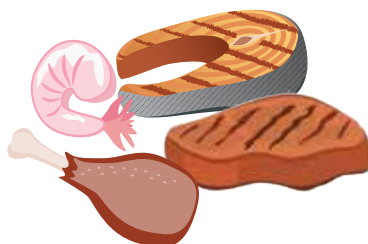
My Smart Plate

Fill 1/4 of your plate with lean protein.

Limit to 3 ounces at meals (size of a deck of cards)

Lean protein

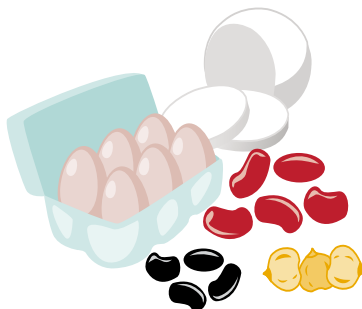
Halibut, cod, tilapia
Salmon, tuna steak
Canned tuna (in water)
Shrimp, scallops
95% lean ground beef
Extra-lean ground turkey
Pork tenderloin
Skinless, boneless chicken breast



Vegetarian protein

Check labels for calories/carbs.

2% cottage cheese*
Veggie burger
Edamame
Tempeh
Tofu
Low-sodium lentil soup
Part-skim mozzarella cheese*
Egg, egg whites*—limit yolks to one a day
Beans—black, kidney, navy



Preparation

- Eat fish twice a week—wild salmon, rainbow
- Choose trout and halibut for healthy Omega 3s
- Enjoy a meatless meal with black bean tacos,
- Stir-fried tofu or veggie burgers
- Buy red meat labeled round, sirloin or tenderloin
- Spice up skinless chicken with a Cajun rub

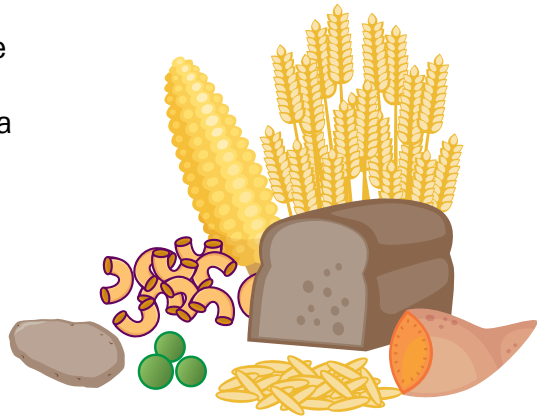
My Smart Plate

Fiber-rich grains and starchy foods

Fill 1/4 of your plate with fiber-rich carbs.

80–100 calories, 15 grams of carbs.

- 1 slice whole-grain bread
- 1/3 cup quinoa, brown rice
- 1/2 cup bran flakes
- 1/3 cup whole-wheat pasta
- 6" whole-wheat tortilla
- Mini whole-grain bagel
- 1/2 cup oatmeal
- Small sweet potato
- 1/2 cup peas, corn
- 1 whole-grain waffle
- 1/2 cup beans, lentils
- 3 Ry Krisp® crackers



Preparation

- Try whole grains like quinoa (keen-wah) or barley
- Buy breads with 3 or more grams of fiber
- Mix whole-wheat pasta with regular pasta
- Choose brown rice over white and fried rice
- Watch your portion size carefully

Low-fat dairy

100 calories/12 grams of carbs.

2–3 cups each day

- 1 cup skim/1% milk
- 1 cup calcium-fortified plain soymilk
- 6–8 ounces of plain, nonfat or low-fat yogurt
 - Dannon® nonfat, plain
 - FAGE® Total 0% Greek
- 6–8 ounces of light, fruit-flavored yogurt
 - Yoplait® Light
 - Dannon® Light & Fit



My Smart Plate

Wholesome fruit

60 calories/15 grams of carbs.

Eat 2–4 each day.

- Small apple
- 3/4 cup berries
- 1 cup cantaloupe
- 1/2 grapefruit
- 1 1/4 cup whole strawberries
- 1/2 cup light canned fruit
- 17 small grapes
- 1 kiwi
- Small orange
- 1/2 cup mango slices
- Small pear
- 3/4 cup frozen peaches
- 3/4 cup pineapple
- 12 cherries



Healthy fats

50 calories/0 grams of carbs.

Eat these with colorful fruits and veggies.











- 1 teaspoon olive or canola oil
- 2 tablespoons avocado
- 8 large black olives
- 7 almonds or cashews
- 2 tablespoons ground flaxseed
- 2 tablespoons light salad dressing
- 1/2 tablespoon peanut butter











Portion size

Check food labels, online and in your journal for a listing of carbs and calories in foods.

Use these common objects to help size up healthy servings.

| | Size of... | |
|-------------|--------------------|---|
| 1 cup | A baseball |  |
| 1 fluid cup | A small coffee cup |  |
| 1/2 cup | A light bulb |  |
| 1/4 cup | An egg |  |
| 1 Tbsp. | Your thumb |  |
| 2 Tbsp. | A golf ball |  |
| 1 tsp. | A penny |  |
| 1 oz. | 4 dice |  |
| 3 oz. | Deck of cards |  |
| 4 oz. | A checkbook |  |

| Food | Size of... | Carbs | Calories |
|-------------------------------|--|--------|----------|
| Medium sweet potato |  Computer mouse | 25g | 105 |
| Medium fruit |  Baseball | 15-20g | 60-80 |
| Whole-grain roll |  Computer mouse | 15-20g | 80 |
| 4-inch waffle |  DVD | 15g | 80-100 |
| 1 oz. turkey or ham lunchmeat |  DVD | 1g | 20-40 |
| Small brownie |  Sticky note | 15g | 100 |
| Slice of cake |  Deck of cards | 30g | 100-150 |
| 10 gummy bears |  | 20g | 80 |

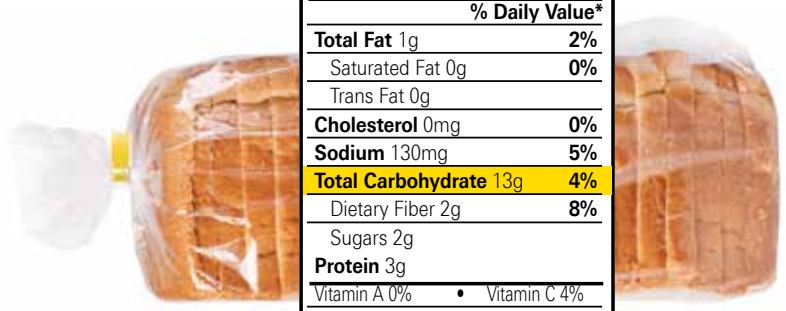
Nutrition facts

Checking food labels can help you eat healthy and count carbs.

For serving size, carb and calorie content, check:

- Food labels
- Online resources
- The listing at the back of this booklet

Serving Size and **Total Carbohydrate** show you how many carbs are in one serving.



| Nutrition Facts | |
|--|----------------------|
| Serving Size 1 slice (38g) | |
| Serv. Per Container 18 | |
| Amount Per Serving | |
| Calories 70 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 130mg | 5% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 3g | |
| Vitamin A 0% | Vitamin C 4% |
| Calcium 0% | Iron 4% |
| *Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs | |

Calorie and carbohydrate counter

Listing of approximate calorie count and carbs in some foods.
Foods may vary by type, brand, cooking method, etc. For more information on calories and carbs, go to **www.calorieking.com**.

15 grams of carbs = 1 carb serving

Low-carb veggies

1/2 cup cooked or 1 cup fresh = 25 calories and 5 grams of carbs

| | |
|------------------|---------------------------|
| Asparagus | Baby carrots |
| Bell peppers | Broccoli |
| Jicama (1/2 cup) | Mushrooms |
| Onions | Pea pods |
| Spaghetti squash | Spinach, romaine (2 cups) |
| Tomatoes | Zucchini |

| Starchy veggies | Calories | Carbs |
|------------------------------|----------|-------|
| 1/2 cup peas* | 60 | 13 |
| 1 plain corn-on-the-cob | 60 | 15 |
| 1 cup winter squash* | 80 | 20 |
| Small baked potato (w/skin)* | 130 | 30 |
| 1/2 cup mashed potatoes | 120 | 18 |

| Beans | Calories | Carbs |
|-------------------------|----------|-------|
| 1/2 cup kidney beans* | 110 | 20 |
| 1/3 cup baked beans* | 90 | 19 |
| 1/2 cup cooked lentils* | 110 | 18 |

| Protein | Calories | Carbs |
|-----------------------------|----------|-------|
| 2 oz. chicken breast | 140 | 0 |
| 1/2 cup low-fat tuna salad | 160 | 8 |
| 4 oz. grilled salmon | 190 | 0 |
| 3 oz. 90% lean hamburger | 200 | 0 |
| 1 large egg | 75 | 1 |
| 1/2 cup 2% cottage cheese | 100 | 5 |
| 3 oz. baked pork tenderloin | 140 | 0 |

Calorie and carbohydrate counter

| Grains | Calories | Carbs |
|------------------------------|----------|-------|
| 15 Kashi® snack crackers | 120 | 19 |
| Plain bakery bagel | 300 | 60 |
| Mini whole-wheat bagel | 120 | 25 |
| 1 slice of whole-wheat bread | 80 | 25 |
| 1 hot dog bun (1.5 oz.) | 120 | 22 |
| 1/2 cup cooked oatmeal | 85 | 15 |
| 3/4 cup Cheerios®* | 75 | 15 |
| 3/4 cup bran flakes* | 100 | 24 |
| Cereal bar | 180 | 33 |
| 3/4 cup frosted flakes | 110 | 26 |
| 1 frozen waffle | 95 | 15 |
| Whole-wheat English muffin* | 140 | 25 |
| 6" flour tortilla | 100 | 16 |
| 1/2 cup cooked pasta | 100 | 20 |
| 1/3 cup cooked brown rice | 75 | 15 |
| 1/2 cup low-fat granola* | 190 | 40 |

| Fruit | Calories | Carbs |
|----------------------------|----------|-------|
| 1 cup blueberries* | 80 | 20 |
| Small apple or pear* | 80 | 20 |
| 1 cup orange juice (8 oz.) | 110 | 26 |
| 1 cup cantaloupe | 60 | 15 |
| 17 small grapes | 60 | 16 |
| 12 cherries | 60 | 15 |
| 2 kiwis* | 85 | 20 |
| 1 cup mango cubes* | 100 | 26 |

*Food has 3 or more grams of fiber per serving.

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Calorie and carbohydrate counter

Milk and Yogurt

| | Calories | Carbs |
|---|----------|-------|
| 1 cup skim / 1% milk (8 oz.) | 100 | 12 |
| 1 cup plain soymilk (8 oz.) | 90 | 8 |
| 6 oz. plain, non-fat yogurt | 90 | 16 |
| 6 oz. low-fat yogurt w/fruit and sweetner | 170 | 33 |
| Small fruit smoothie | 250 | 60 |

Fats and Flavorings

| | Calories | Carbs |
|------------------------------|----------|-------|
| 1 tsp. olive oil | 50 | 0 |
| 2 Tbsp. ranch dressing | 150 | 2 |
| 2 Tbsp. light ranch dressing | 80 | 3 |
| 2 Tbsp. sour cream | 50 | 1 |
| 2 Tbsp. ketchup | 30 | 8 |
| 1 Tbsp. minced garlic | 15 | 3 |

Fast Food and Treats

| | Calories | Carbs |
|---------------------------|----------|-------|
| Small fries | 230 | 29 |
| Fried fish sandwich | 390 | 39 |
| 1/2 cup vanilla ice cream | 230 | 25 |
| Bakery cookie | 350 | 50 |
| 1 slice thick-crust pizza | 280 | 25 |
| 12 oz. can of soda | 140 | 40 |
| 4 Hershey's Kisses® | 90 | 12 |
| Egg roll | 180 | 18 |
| Medium mocha | 300 | 45 |

Resources

Check out the websites below for more information and tools to help you manage your diabetes.

ARKRAY USA, *Your Diabetes Health Ally*

www.arkcarewellness.com

ADA (American Diabetes Association)

www.diabetes.org

CDC (Centers for Disease Control-Diabetes Division)

www.cdc.gov/diabetes

NDEP (National Diabetes Education Program)

www.ndep.nih.gov

WebMD-Diabetes Health Center

www.webmd.com/diabetes/

Reminders

For specific recommendations, please consult your diabetes healthcare provider.

- Drink adequate amounts of water.
- Keep a regular sleep schedule.
- Eat adequate amounts of fiber.
- Check your feet every day for cuts, sores or other signs of infection, and report such to your healthcare provider immediately.
- Keep track of your blood pressure readings.
- Make your annual eye examination appointment.
- Get your annual flu shot.



Notes

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Your GLUCOCARD® meter is an important tool to help you manage your diabetes and stay healthy. Use this pamphlet as a guide to learn what your blood sugar levels mean for you and for your health.

Contact ARKRAY at 800.566.8558
with questions about your blood glucose meter.

If you did not receive a blood glucose meter call 800.848.0614

▲ Call 911 in emergencies.

The information provided in this pamphlet should be personalized to your specific diabetes treatment plan. This pamphlet is meant to assist you in understanding your treatment plan but it should not replace instructions you receive from your healthcare team.

arkray USA, INC. 

Minneapolis, MN 55439 • 800.566.8558
www.arkrayusa.com

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