

ARKRAY Wellness

Living Well with Diabetes

Diabetes Resource Guide



arkray USA, INC. ⁺
Your Diabetes Health Ally

Your Diabetes Health Ally

ARKRAY has devoted more than 60 years 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.



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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/

My important information

My name: _____

My care team

Primary care provider

Name _____ Phone _____

Endocrinologist

Name _____ Phone _____

Certified Diabetes Care and Education Specialist (CDCES)

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 manage 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 manage 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 manage the level of sugar in your blood by allowing your body's cells to absorb the sugar.

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, tortillas, beans, lentils, cereal, milk, yogurt, fruit, starchy and non-starchy vegetables, sugar, sweets and desserts.
- Eat adequate portions of carbohydrates to meet your daily needs.
- 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 managed.
- 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 your 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.

Some causes of hypoglycemia:

- Missing a meal
- Not eating sufficient carbohydrates
- Type of meal—high fat meals will delay carbohydrate absorption
- Fasting
- Too much insulin
- Timing of insulin action
- Sulfonylureas increase insulin over several hours
- Meglitinides increase short-term insulin
- Intensity and duration of exercise
- Gastroparesis
- Drinking too much alcohol without food

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

If your blood sugar reading 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 when you are sick. Ask your doctor or diabetes care and education specialist for a sick-day plan to manage your diabetes.

The Rule of 15

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

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

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

1. Eat another 15 g 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 g of carbohydrates

3 or 4 glucose tablets

15 g of glucose gel



5 or 6 pieces of hard candy (not sugar free)



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 reading is above your goal level after not eating for at least 8 hours.

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

Signs of hyperglycemia

- Stomach ache
- Leg cramps
- Extreme thirst
- Dry mouth
- Blurred vision
- Frequent urination

Some causes of hyperglycemia

- Not enough insulin in your body
- Eating too much
- Fatigue
- Not enough exercise
- 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)

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Wake up | <input type="checkbox"/> 2 hours after breakfast |
| <input type="checkbox"/> Breakfast | <input type="checkbox"/> 2 hours after lunch |
| <input type="checkbox"/> Lunch | <input type="checkbox"/> 2 hours after dinner |
| <input type="checkbox"/> Afternoon | Other _____ |
| <input type="checkbox"/> Dinner | |
| <input type="checkbox"/> Bedtime | |

My meal plan

How many carbs do I need?

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

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

General carb recommendations

Women

**Maintain
My Weight**

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

**Lose
Weight**

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

Snacks

(optional)
1 to 2 carb choices
(15 to 30 g of carbs)

Men

**Maintain
My Weight**

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

**Lose
Weight**

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

Snacks

(optional)
1 to 2 carb choices
(15 to 30 g of carbs)

Measurement abbreviations

g Gram

oz Ounce(s)

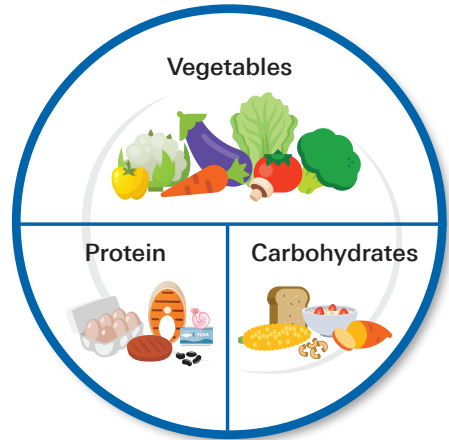
tsp Teaspoon

Tbsp Tablespoon

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.

- Fill $\frac{1}{2}$ of your plate with non-starchy vegetables.
- Fill $\frac{1}{4}$ of your plate with lean protein.
- Fill $\frac{1}{4}$ of your plate with fiber-rich carbs.



ARKRAY Wellness Smart Plate
Plate shown not actual size.

Non-starchy vegetables

Fill $\frac{1}{2}$ of your plate with non-starchy vegetables.

Eat 4 or more each day
23 calories and 5 g of carbs =
1 cup raw or $\frac{1}{2}$ cup cooked



- | | | |
|--------------------|--------------------|-------------------|
| • Asparagus | • Green beans | • Romaine lettuce |
| • Baby carrots | • Jicama slices | • Spinach |
| • Bell peppers | • Leafy greens | • Snow peas |
| • Broccoli florets | (arugula, chicory, | • Squash |
| • Brussels sprouts | endive, escarole, | • Tomatoes |
| • Cauliflower | lettuce) | • Zucchini |
| • Eggplant | • Mushrooms | |

Preparation

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

Ask your healthcare provider, registered dietician (RD) or certified diabetes care and education specialist (CDCES) how much non-starchy vegetables you should have with each meal and snacks.

My Smart Plate

Lean protein

Fill ¼ of your plate with lean protein.

Eat about 3 ounces at meals (size of a deck of cards).

- 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 and carbs.

1 lean protein = 7 g of protein,
45 calories and 0 g of carbs

1 medium protein = 7 g of protein
and 75 calories

½ cup beans, peas, lentils (15 g of carbs and 1 lean protein)

¼ cup cottage cheese (1 lean protein)

1 egg (1 medium fat protein)

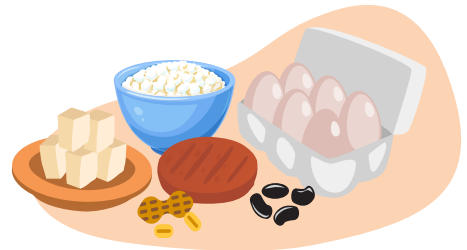
1 oz part-skim mozzarella cheese (1 lean protein)

3 oz veggie burger, soy-based (8 g carbs and 2 lean proteins)

½ cup edamame shelled (8 g of carbs and 1 lean protein)

¼ cup (1 ½ oz) tempeh plain unflavored (1 medium fat protein)

½ cup (4 oz) tofu (1 medium fat protein)



Preparation

- Eat fish twice a week: salmon, 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

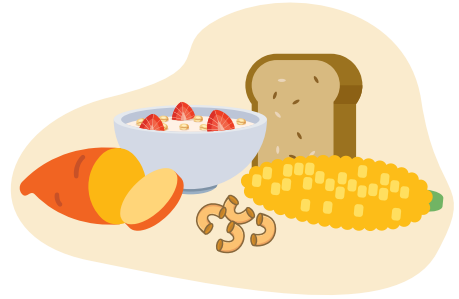
Ask your healthcare provider, registered dietician (RD) or certified diabetes care and education specialist (CDCES) how much protein you should have with each meal and snacks.

Fiber-rich grains and starchy foods

Fill ¼ of your plate with fiber-rich foods.

1 serving* = 80-100 calories and 15 grams of carbohydrate

* may require more than one serving



1 slice whole grain bread

1/3 cup quinoa, brown rice

1 oz chapati, roti

1/2 cup bran flakes

1/3 cup whole wheat pasta

6" whole wheat tortilla
or corn tortilla

1 oz mini whole grain bagel

1/2 cup oatmeal

1 cup almond milk
(1/2 carb + 1/2 fat)

1 cup unsweetened soy milk
(1/2 carb + 1/2 fat)

1 cup nondairy yogurt
(1 carb + 2 fats)

1/2 cup (3 1/2 oz) sweet potato

1/2 cup shredded wheat

1/2 cup cooked millet

1/2 cooked grits

1/2 cup peas (peas also count as
a serving of vegetarian protein)

1/2 cup corn, parsnips, succotash

1 4-inch square or
4 inches across waffle

1/2 cup beans, lentils

3 Ry Krisp® crackers

1/3 cup cooked cassava,
dasheen, plantain

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

Ask your healthcare provider, registered dietician (RD) or certified diabetes care and education specialist (CDCES) how much fiber-rich grains and starchy foods you should have with each meal and snacks.

My Smart Plate

Low-fat dairy

Recommend 3 cups each day
100 calories, 12 g of carbs,
8 g of protein unless noted otherwise.

1 cup (8 fl oz) fat-free milk

$\frac{2}{3}$ cup (6 oz) plain low-fat yogurt (Dannon®/FAGE®)

$\frac{2}{3}$ cup (6 oz) low-fat yogurt with fruit (add additional 15 g of carbohydrate)

1 cup (8 fl oz) unsweetened almond milk (0 g carbs, 0 g protein, 5 g fat, 45 calories)

1 cup (8 fl oz) plain almond milk (7 g carbs, 0 g protein, and 55 calories)

1 cup (8 fl oz) regular plain soy milk (15 g carb, 0 g protein, and 115 calories)



Wholesome fruit

60 calories and 15 g of carbs
Eat 2 servings of fruit each day.

1 small apple (4 oz)

1 medium orange (6 $\frac{1}{2}$ oz)

1 small pear (4 oz)

$\frac{3}{4}$ cup berries

$\frac{1}{2}$ cup light canned fruit
(packed in its own juice)

1 cup cantaloupe

12 cherries

17 small grapes

$\frac{1}{2}$ grapefruit

$\frac{1}{2}$ cup sliced kiwi

$\frac{1}{2}$ cup mango slices

$\frac{3}{4}$ cup frozen peaches

$\frac{3}{4}$ cup pineapple

1 $\frac{1}{4}$ cup whole
strawberries



Healthy fats

45 calories and 0 g of carbs
Eat these with colorful fruits and veggies.

1 tsp olive or canola oil

2 Tbsp avocado

8 large black olives

1 $\frac{1}{2}$ Tbsp ground flaxseed

2 Tbsp light salad dressing

$\frac{1}{2}$ Tbsp peanut butter

All nuts (6 almonds, cashew,
mixed nuts, 16 pistachios)














Ask your healthcare provider, registered dietician (RD) or certified diabetes care and education specialist (CDCES) how much dairy, fruit, and healthy fats you should have with each meal and snacks.

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.

| Measure | Size of... | Measure | Size of... |
|-------------|--|---------|---|
| 1 cup | A baseball  | 2 Tbsp | A golf ball  |
| 1 fluid cup | A small coffee cup  | 1 tsp | A penny  |
| ½ cup | A light bulb  | 1 oz | 4 dice  |
| ¼ cup | An egg  | 3 oz | Deck of cards  |
| 1 Tbsp | Your thumb  | 4 oz | A cell phone  |

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

When comparing cereals, as both these are oatmeal options, it is important to pay close attention to the servings. One is plain oatmeal and the other is instant oatmeal with blueberries and cream. The plain oatmeal is 40 g and the flavored one is 30 g. Although both of them are made with whole grains, one has added sugars and slightly more carbohydrates. The plain oatmeal will provide you additional calories as you are getting a larger serving of food.



VS.



| Nutrition Facts | |
|-------------------------------|-----------------------|
| 8 servings per container | |
| Serving Size | 1 Packet (30g) |
| Amount Per Serving | |
| Calories | 110 |
| % Daily Value* | |
| Total Fat 1.5g | 4% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0.5g | |
| Monounsaturated Fat 0.5g | |
| Cholesterol 0mg | 0% |
| Sodium 140mg | 6% |
| Total Carbohydrate 22g | 8% |
| Dietary Fiber 2g | 8% |
| Soluble Fiber <1g | |
| Total Sugars 8g | |
| Includes 7g Added Sugars | 13% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 0% |
| Iron 0.7mg | 2% |
| Potassium 80mg | 0% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole grain rolled oats, sugar, dried blueberries, salt, dried cream, nonfat dry milk, natural flavor, tocopherols (to preserve freshness).

CONTAINS MILK INGREDIENTS.

| Nutrition Facts | |
|---------------------------------|---------------------------|
| About 13 servings per container | |
| Serving Size | 1/2 Cup Dry (40 g) |
| Amount Per Serving | |
| Calories | 150 |
| % Daily Value* | |
| Total Fat 3g | 4% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 27g | 10% |
| Dietary Fiber 4g | 13% |
| Soluble Fiber 2g | |
| Total Sugars 1g | |
| includes 0g Added Sugars | 0% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 20mg | 0% |
| Iron 1.5mg | 8% |
| Potassium 150mg | 15% |
| Thiamine 0.2mg | 10% |
| Phosphorus 130mg | 10% |
| Magnesium 40mg | 10% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole grain rolled oats.

Calorie and carbohydrate counter

Below is a listing of the 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 g of carbs = 1 carb serving

Low-carb veggies

½ cup cooked or 1 cup fresh = 23 calories, 5 g of carbs, and 2 g of protein

- Asparagus
- Baby carrots
- Bell peppers
- Broccoli
- Jicama (½ cup)
- Mushrooms
- Onions
- Pea pods
- Romaine lettuce (2 cups)
- Spaghetti squash
- Spinach (2 cups)
- Tomatoes
- Zucchini

| Starchy veggies | Calories | Carbs |
|---------------------------------|----------|-------|
| ½ cup peas* | 60 | 15 |
| 1 small corn-on-the-cob | 60 | 15 |
| 1 cup winter squash* | 80 | 20 |
| Small baked potato (with skin)* | 130 | 30 |
| ½ cup mashed potatoes | 120 | 15 |

| Beans | Calories | Carbs |
|-----------------------|----------|-------|
| ½ cup kidney beans* | 110 | 20 |
| ⅓ cup baked beans* | 90 | 19 |
| ½ cup cooked lentils* | 110 | 18 |

| Protein | Calories | Carbs |
|---------------------------------|----------|-------|
| 2 oz of skinless chicken breast | 90 | 0 |
| ½ cup low-fat tuna salad | 160 | 8 |
| 4 oz grilled salmon | 190 | 0 |
| 3 oz 90% lean hamburger | 200 | 0 |
| 1 large egg | 75 | 0 |
| ½ cup 2% cottage cheese | 100 | 5 |
| 3 oz baked pork tenderloin | 140 | 0 |

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

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 oz chapati | 80 | 15 |
| 1 hot dog bun (1.5 oz) | 120 | 22 |
| ½ cup cooked oatmeal | 85 | 15 |
| ¾ cup Cheerios®* | 75 | 15 |
| ¾ cup bran flakes* | 100 | 24 |
| ¾ cup sugar-frosted flakes | 110 | 26 |
| 1 frozen waffle | 95 | 15 |
| Whole wheat English muffin* | 140 | 25 |
| 6" flour or corn tortilla | 100 | 16 |
| ⅓ cup cooked pasta | 80 | 15 |
| ⅓ cup cooked brown or white rice | 80 | 15 |
| ½ cup low-fat granola* | 190 | 40 |

| Fruit | Calories | Carbs |
|---------------------------|----------|-------|
| ¾ cup blueberries* | 60 | 15 |
| Small apple (4 oz) | 60 | 15 |
| 1 cup orange juice (8 oz) | 110 | 26 |
| 1 cup cantaloupe | 60 | 15 |
| 17 small grapes | 60 | 16 |
| 12 cherries | 60 | 15 |
| ½ cup kiwis sliced* | 60 | 15 |
| ½ small mango* | 60 | 15 |

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

Calorie and carbohydrate counter

| Milk and Yogurt | Calories | Carbs |
|--|----------|-------|
| 1 cup skim or 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 with fruit and sweetener | 170 | 33 |
| Small fruit smoothie | 250 | 60 |

| Fats and Flavorings | Calories | Carbs |
|--------------------------|----------|-------|
| 1 tsp olive oil | 45 | 0 |
| 2 Tbsp ranch dressing | 129 | 2 |
| 2 Tbsp fat-free dressing | 34 | 7 |
| 2 Tbsp sour cream | 45 | 1 |
| 2 Tbsp ketchup | 30 | 8 |
| 1 Tbsp minced garlic | 15 | 3 |

| Fast Food and Treats | Calories | Carbs |
|---------------------------|----------|-------|
| Small fries (3 ½ oz) | 230 | 37 |
| Fried fish sandwich | 390 | 39 |
| ½ 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 |

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

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 your health.

Contact ARKRAY at 800.566.8558

with questions about your blood glucose meter.

▲ 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.

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