

meijer healthy living

November 5, 2006

Monthly Strategy

10 Steps to Help You Maintain Healthy ABC Levels

- 1. Follow a diabetes food plan that is best for you.** Include fruits, vegetables, whole grains, lean meats, and low-fat dairy products, such as Dannon® Activia yogurt.
- 2. Control your portions of foods.** For a quick meal that is pre-portioned for you, choose Lean Cuisine® meals. Watching portion sizes can help to reduce calorie intake and decrease weight.
- 3. Choose foods that are lower in fat, salt and added sugar.** Compare nutrition labels on foods and choose Equal® instead of sugar in baking and in beverages. Enjoy sugar free cookies including Murray® Sugar Free Fudge Dipped Grahams.
- 4. Aim to get 30 to 60 minutes of physical activity on most days.** While exercising, make sure to drink enough fluids to keep you hydrated. Choose Aquafina® drinking water, Fruit 2 0® Natural Grape, Crystal Light® flavored water or V8 Splash® Strawberry Banana Smoothies.
- 5. Maintain a healthy weight.** Start your day with breakfast! Studies show that breakfast eaters take in fewer calories during the day than non-breakfast eaters. Try toasted Rudi's® Multigrain Oat Bread with peanut butter and an apple, Dannon® Activia with fresh fruit and graham crackers or oatmeal made with Silk® soymilk topped with bananas. A frosty Glucerna shake is another great idea for a quick breakfast. The slowly digested carbohydrates in Glucerna help to regulate your blood sugar levels.
- 6. Stop smoking.** Instead of reaching for a cigarette, take a moment for yourself and enjoy a cup of Lipton® decaffeinated tea. If needed, seek support from friends, family or a professional to help you quit.
- 7. Take your medication as recommended by your doctor.** Talk to your doctor or Meijer pharmacist if you have any questions about your diabetes medication.
- 8. Examine your feet every day.** Look for cuts, blisters, red spots and swelling. Diabetes can affect your nerves, which can affect the feeling in your feet.
- 9. See your dentist regularly.** Diabetes can affect your gums if blood glucose levels are not kept in a healthy range. Inform your dentist that you have diabetes.
- 10. Check your blood glucose as recommended by your doctor.** Checking your blood glucose levels regularly will help you to monitor them and keep them in their proper range. Ask a Meijer pharmacist if you need assistance choosing a blood glucose monitor.

Diabetes Test Checklist

Monitor your diabetes and decrease your risk of complications by scheduling the appropriate tests.

- I get my A1C test at least twice a year.

- I get my blood pressure checked at every doctor visit.
- I get my cholesterol checked at least once a year.
- I get my triglycerides (a type of fat) checked at least once a year.
- I have a dilated eye exam done at least once a year.
- I get my feet checked at every doctor visit.
- I get a complete food intake evaluation at least once a year.
- I have a urine test done at least once a year.
- I get a dental exam twice a year.

Recommended Ranges for People with Diabetes

A1C	7 or less
Blood Pressure	130/80 or less
Cholesterol	LDL cholesterol 100 or less

(Source: www.ndep.nih.gov – National Diabetes Education Program)

Sick Days with Diabetes

Even when you are sick, it is still extremely important to take care of your diabetes. Talk to your healthcare team about sick days before you get sick so you are prepared. Also, make a list of the contact names and numbers of your healthcare team including your doctor, dietitian, diabetes educator and Meijer pharmacist. Pick up a FREE diabetes pocket calendar at the Meijer pharmacy. This calendar has a place in the back where you can record these contact names and numbers.

Plan ahead. While you are feeling well, put a “sick box” or “sick bag” together with important reminders and information. The last thing you want to do when you are sick is concentrate on remembering the things you need to be doing while you are sick.

When You Are Sick, Continue:

- **To check your blood glucose (sugar) levels.** Being sick can add additional stress to your body which can make your blood glucose levels increase or decrease. Include a notebook or sheet of paper in your “sick bag” or “sick box” to keep track of your levels. Keep a Freestyle meter available to monitor your blood glucose levels.

- **To check your ketone levels.** Ideally, you don't want your ketone levels to get too high. Talk to your healthcare provider about these tests so that you can perform them accurately. Include another sheet of paper in your "sick bag" or "sick box" to track your ketone levels.
- **To eat.** Even though you may not feel hungry, try to continue to eat. Stock your freezer with Lean Cuisine meals for quick and healthy meals when you don't feel like cooking. If you are unable to eat full meals, try to have approximately 15 grams of carbohydrates every hour.
Examples of foods that contain about 15 grams of carbohydrate include:
 - 1/3 cup rice (15 grams)
 - 1/3 cup pasta (15 grams) (such as Barilla Plus penne pasta)
 - 1/2 cup unsweetened applesauce (14 grams)
 - 1 slice Rudi's Organic Multigrain Oat Bread (approx. 15 grams)
 - 1/2 cup cooked cereal (15 grams)
 - 3/4 cup unsweetened cereal (approx. 15 grams) (such as Post Shredded Wheat cereal)
 - 4 Murray Sugar Free Shortbread Cookies (approx. 15 grams)
- **To give yourself shots.** Even if you are not eating the amount of food you usually eat, do not discontinue giving yourself shots. The extra stress of being sick may increase your blood glucose levels and giving yourself shots is important to managing your blood sugar levels. Keep a Sharp's container with syringes on hand.
- **To stay hydrated.** When sick, you may often decrease your fluid intake when you decrease your food intake. Plan to stay hydrated by including a cup of liquid every hour. If your sugar is running high, try sugar free liquids, such as Aquafina drinking water, broth, Crystal Light sugar free fruit punch, Fruit 20 Natural Orange, or hot Lipton decaffeinated tea (sprinkle in Equal if you need a little sweetness). However, if your blood sugar is low and you need to raise it, choose drinks that contain carbohydrates, including:
 - 1/2 cup Meijer brand 100% apple juice (15 grams)
 - 1 cup Meijer low-fat milk (12 grams)
 - 1/2 cup to 1 cup of Silk Soymilk (depending on the flavor)
 - V8 Splash or V8 Splash Smoothie (depends on the flavor)
- **To continue to take medications, as needed.** Talk to your doctor and Meijer pharmacist about medications that would be best for people that have diabetes. Often times, cold syrups have added sugars and some medications can decrease blood sugar levels. Dixie bathroom cups are great to have in the house to assist in taking medications.
- **To prevent the cold or flu.** Take care of your body by eating well and exercising so that your body can stay strong and healthy to fight off any intruders. Keep Lysol on hand to kill germs and Kleenex to reduce spreading the germs.

The Meijer Pharmacy is the place to help you manage your diabetes!

Special Promotion: Take advantage of this great offer! The OneTouch Ultra2 and the OneTouch UltraSmart meters are only \$29.99 for the week of November 5th – 12th.

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. Information found at Meijer.com should never replace your doctor's advice or care.

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