



Taking **CONTROL** of your diabetes

Eating on the Run



We all are very busy these days with little time to plan for quick easy meals that are nutritious. It is very easy to stop at a fast food restaurant for a quick bite to eat. When you make these quick stops do you think about the effects on your health? Are you making the best food choices for your health?

Here are some tips to keep in mind when you stop for fast food.

- **Avoid "super-size" items**
- **Look for grilled sandwiches rather than breaded & fried**
- **Choose a large salad with grilled meat & low fat salad dressing instead of the greasy burger**
- **Order a side salad instead of French fries**
- **Order diet soft drink or unsweetened tea**

If you are fortunate enough to have time for a sit down meal, be creative with your food choices. Keep these tips in mind

- **Start with a small salad with low fat dressing**
- **Split the meal with your guest most servings are big enough for two**

- **Order a low fat appetizer for your main course**
- **Order salad dressings, gravy, sauces & condiments on the side**
- **Ask for a to-go container and place half of your meal inside so your not tempted to eat it**

If you stop at an all you can eat buffet

- **Look over the food choices before you begin placing food on your plate**
- **Start with a salad or a cup of soup made from broth**
- **Choose 1 serving of meat, fish or poultry**
- **Fill half of your plate with non starchy vegetables**
- **Serve yourself 1 portion of bread, rice potatoes or pasta**
- **Choose fruit as your desert**

Many restaurants have healthy choices on the menu its up to you to choose them.

What Can I eat and how much is a serving size?

The American Diabetes Association food recommendations are as follows:

- **6-11 servings of grains**
- **3-5 servings of vegetables**
- **2-4 servings of fruit**
- **2-3 servings of milk & dairy**
- **4-6 ounces of lean protein per day**
- **Fats, sweets & alcohol keep the serving small. These foods contain fat and sugar. They are not nutritious.**

Know your portion sizes.

- **Meat, fish, poultry is 4 ounces the size of a deck of cards/palm of hand**
- **Cheese is 1 ounce the size of your thumb**
- **Milk, yogurt, fresh vegetables is 1 cup the size of a tennis ball**
- **Bread 1 slice**
- **Rice or pasta cooked 1/3 cup**
- **Potato, pinto beans, yams, peas or corn 1/2 cup**
- **Dry cereal non sweetened 3/4 cup**
- **Cooked cereal 1/2 cup**

Tips to help you control blood sugar

Taking care of yourself is important when you have diabetes. Only one person is responsible for your day to day care, that's you! When your blood sugar is under control you feel better and have more energy.

Control your blood sugar

- **Take your medication**
- **Check your blood sugar**
- **Start your day with breakfast**
- **Eat smaller portions**
- **Eat less starchy foods**
- **Limit your sugar intake**
- **Drink 6-8 glasses of water daily**
- **Include fruit and vegetables in your meals**
- **Go for a short walk after you eat**

Keeping your blood sugar under control will decrease the damaging effects of diabetes. Diabetes is the leading cause of blindness, kidney failure, gum disease and loss of teeth and non traumatic limb amputation in adults, as well as a leading cause of death in the United States.

Go to these websites for more information:

American Diabetes Association

(www.diabetes.org)

American Dietetic Association

(www.eatright.org)

American heart Association

(www.americanheart.org)

Diabetes Care Reduce Your Risk

Diabetes can cause complications over time. It is important that you do the following to prevent the life threatening effects of Diabetes.

Daily care

- Take your medication
- Test blood sugar as directed by your physician
- Check your feet daily for any redness, swelling & sores that won't heal

Every 3-4 months

- See your Medical Doctor for routine diabetic exam to include:
- Blood pressure check
- Weight check
- Foot exam
- A1C test

Every 6 months

- Dental exam

Yearly

- Complete Physical exam
- Kidney function, lipid profile blood test
- Have a dilated eye exam by Ophthalmologist
- Flu vaccination

Every 5 years

- Pneumonia vaccination

All of these things will help you manage your diabetes and maintain your health.

Diabetes Education

Diabetes Health Maintenance Class at St. Mary Corwin Hospital
Call 560-5955 for more information

Community Diabetes Classes at Parkview Medical Center
Call 584-7320 to register

If you have not seen your health care provider in the last 3 months for a diabetic exam, please call to schedule an appointment at 719-543-8711.

www.PuebloCHC.org