



# Your Health Care Home Keeping Your Diabetes Under Control

We are proud to be your health care home. You have been diagnosed with diabetes, and as part of your Health Care Team, our goal is to help you keep it under control. Here you have key recommendations for diabetes control.

## 1 Eat Healthy

- Eat the right food with the right size portions. Too much or too little can affect your glucose levels.
- Read food labels. Choose foods low in calories, fat, sugar and salt
- Do not skip meals
- Limit alcohol. Too much can lower your glucose level.

## 2 Exercise

- Do aerobic exercises like walking, jogging, and bicycling. It helps your body use insulin better.
- Do strengthening exercises like weights or resistance bands. It helps lower blood glucose.
- Talk to your doctor if exercise makes your glucose level go down.

## 3 Check your glucose levels and keep track of your results

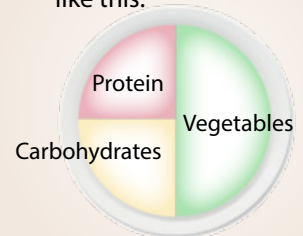
- Check your glucose level with a glucose meter at home so you know if your blood sugar is too low, high or just right.
- Get your A1C test at your doctor's office or lab: This test lets you know your average blood sugar level over the past three months. By checking your A1C, you know if your meal plan, exercise plan and medicine are working or need to be changed.

## 4 Take your medicine

- Take your medicine on time and even if you feel well.
- Refill your medicine on time.
- Take the right amount of medicine. Too much or too little medicine can make your glucose level go up or down.

### Plan

- Divide your food portions like this:



- Do at least 50 minutes of aerobic exercise, 3 days a week.
- Do strengthening exercise at least 2 to 3 days a week, with a day in between.

- Keep your glucose level around 154 mg/dL every day.
- This helps to get a good result on your A1C test.

### Make sure you know:

- How to take your medicine
- How much to take
- When to take it

# Your Personal Diabetes Care Plan

## Action Plan for the Period of:

Week of					
/	/	---	/	/	

Name \_\_\_\_\_

## Eat Healthy

Vegetables (Half plate)	Carbohydrates (One small portion)	Protein (The other small portion)
Spinach, chilies, nopales, jicama, carrots, spinach, cabbage tomatoes, lettuce, broccoli, onions, cauliflower	Whole grain breads, cereal, oatmeal, brown rice and pasta, cooked beans, potatoes, corn	Chicken and turkey with no skin, fish, lean beef and pork, eggs, nuts, seeds, cheese,

Add \_\_\_\_\_ portions of fruit and \_\_\_\_\_ portions of dairy or both.

## Exercise

Type of Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobic	min	min	min	min	min	min	min
Strengthening	min	min	min	min	min	min	min
Other	min	min	min	min	min	min	min

Call your doctor if: \_\_\_\_\_

## Check your glucose levels and keep track of your results

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before eating							
After eating							
Bed time							

Call your doctor if: \_\_\_\_\_

## Take your medicines

Medicine's name	How many times	How to take it		When to take it	
		By mouth	By Injection	AM	PM
		By mouth	By Injection	AM	PM
		By mouth	By Injection	AM	PM

Call your doctor if: \_\_\_\_\_

## Next check up

Type	Date
With your doctor	
With your dentist	
With your eye doctor	
With your nutritionist	

## Next lab test

Type of test	Date
Cholesterol levels	
A1c	
Kidneys	

## Stay in touch

	Phone Numbers
Doctor	
Nurse	
Dietitian	
Pharmacist	



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