



TAKING CARE OF MY DIABETES

1

MY A1C IS _____ %

The ideal blood sugar average is usually 7%. This helps to protect our heart from inflammation and keeps our blood vessels healthy.

2

MY BLOOD PRESSURE IS _____

If you have diabetes, a blood pressure of 130/80 or less helps to limit stress on the body which can damage the heart, brain, kidneys, and eyes.

3

MY CHOLESTEROL IS _____

We try to keep our LDL (“bad”) cholesterol to less than 2.0 mmol/L. This helps to protect us from heart attack and stroke.

4

CHECKING MY EYES, KIDNEYS AND FEET

The small blood vessels in our bodies can be damaged by high blood sugar. Check your kidneys and feet once per year, and eyes every 1 to 2 years.

HEALTH CHECK:

- Do I respect tobacco?
- Do I limit alcohol to max 2 drinks per day?
- Do I eat foods that nourish my body?
- Do I include lots of movement in my day?
- Do I have the tools to help with stress?

*'Our ancestral approach to health honours the **mind, body, heart and spirit**. We must be sure to acknowledge our **physical, mental, and spiritual wellbeing** as all being equally important in the journey to achieving optimal health.'*



STAYING HEALTHY WITH DIABETES

TIPS FOR BLOOD SUGARS:

HAVE LESS OF:

- Juice, soda, energy drinks, iced tea
- 'Chumus' - cookies, cakes, muffins, sweets
- White bread, white potato, pasta, white rice, crackers, cereal

HAVE MORE OF:

- Vegetables - aim for a 1/2 plate of non-starchy vegetables
- High fibre foods including nuts, seeds, whole-grains, fruit, beans (kidney beans)

TIPS FOR BLOOD PRESSURE:

HAVE LESS OF:

- Processed meat - ham, bologna, sausage, bacon
- Packaged foods - canned soups, chips, instant noodles
- Restaurant meals, fast food, take-away

HAVE MORE OF:

- Vegetables - spinach, tomato, sweet potato*
- Beans (kidney beans, chickpeas, black beans)
- Snack on - nuts, seeds, fruit, peanut butter

**high in potassium - see DASH diet*

TIPS FOR CHOLESTEROL:

HAVE LESS OF:

- Foods high in saturated fat - bacon, butter, cream, fatty meat
- Restaurant meals, fast food, take-away
- Alcohol
- Refined sugar

HAVE MORE OF:

- Omega-3's from fatty fish - salmon, sardines
- Healthy oils - virgin olive oil, flax oil
- High fibre foods - oats (mush), nuts, seeds, vegetables, fruit, beans