

## Diabetes Survival Skills

**Your appointment is with:** \_\_\_\_\_ **date:** \_\_\_\_\_

Please bring order/referral from MD, recent blood work, 3-day food record, and your blood sugar meter with blood sugar log.

The following is a list of survival skills to help you get through the couple days before your appointment at the **QMC Diabetes Self Management Education Program**.

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**Nutrition:**

1. Eat three meals with snacks everyday.
2. Monitor your carbohydrate consumption.
 

(Carbohydrates raise your blood sugar)

Female: 3 servings at every meal (3) and 1 serving for snacks (3)

Male: 3-4 servings at every meal (3) and 1-2 servings for snacks (3)

  - a. Starches
    - i. Breads= 1 slice
    - ii. Pasta/Rice= 1/3 cup
    - iii. Cold Cereal= ¾ cup
    - iv. Crackers= 6
  - b. Fruit
    - i. ½ Banana
    - ii. Small apple
    - iii. Grapes= 15
    - iv. Fruit juice= ½ cup
  - c. Starchy vegetables
    - i. Potato= 1 small
    - ii. Corn= ½ cup
    - iii. Peas= ½ cup
    - iv. Winter squash= ½ cup
  - d. Milk and Yogurt
    - i. Low fat milk= 1 cup
    - ii. Plain yogurt= 6-oz
3. Avoid sweets and sugary drinks (soda, lemon aide)



**Other:**

1. Dry your feet well after a bathing.
2. Check your feet every morning for cuts or reddened areas.
3. Take medication as prescribed by your doctor.
4. Set-up appointments with a Dentist and Optician.
  - a. Be sure to tell them you have diabetes.
4. Talk with your health care team before you start an exercise program.
5. Contact your MD (right away) if you feel dizzy or just not right.