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This book is the product of the collaborative effort of Credit Valley Family Health Team, Halton Diabetes Program, LAMP (West Toronto Diabetes Program), Mississauga-Halton Self-Management Program and Trillium Health Partners Diabetes Management Centre.

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Introduction
Introduction

Welcome to My Diabetes Journey handbook.

This handbook is your personal diabetes reference guide. It supports the information that you already know, and provides new information that you gather working alongside your diabetes health care team including attending the My Diabetes Journey sessions.

This handbook describes information that is useful for people diagnosed with prediabetes, newly diagnosed type 2 diabetes, or early on in living with type 2 diabetes.

Everyone learns differently and it is important to get all the details that you need. Some people like a lot of detail, while others prefer to know less.

This handbook is not intended to cover all information related to living with diabetes.

We would like to acknowledge the generous support of the following organizations in providing permission to use content from their handbook:

Hamilton Health Sciences

Fraser Health Authority
Your Healthcare Team

Family Physician
Name: 
Phone Number: 

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Name: 
Phone Number: 

Registered Dietitian
Name: 
Phone Number: 

Endocrinologist/ Diabetes Specialist
Name: 
Phone Number: 

Pharmacist
Name: 
Phone Number: 

Optometrist/ Ophthalmologist
Name: 
Phone Number: 

Chiropodist/ Podiatrist
Name: 
Phone Number: 

Kinesiologist/ Exercise Specialist
Name: 
Phone Number: 
Feelings & Emotions
I Have Diabetes. What Does it Mean?

Finding out that you are at risk or have diabetes can come as a shock. It is natural to feel a wide variety of emotions, such as denial, anxiety, anger or fear. Each individual’s experience with their diabetes diagnosis is different.

It is important to understand how your feelings might affect the choices you make in caring for your diabetes.

You can succeed with diabetes with knowledge, help from your health care team and support from family and friends. If you take care of your diabetes, it will help to lower your chance for health problems in the future.

If you feel sad for a long period of time, you may be at risk for depression.
Watch for these warning signs:

• Loss of interest or pleasure in things you usually like to do
• Feeling sad, down or hopeless
• Loss of energy
• A change in your sleep pattern
• Change in appetite
• Trouble concentrating
• Nervousness and/or worry

*If you have 2 or more of the following symptoms, persisting over a 2 week period, or wonder whether you may have depression, talk to your doctor or diabetes health care team about how you are feeling.
What is Diabetes?
Before Diabetes

Our bodies require sugar also known as glucose for energy.
• We get glucose from the food we eat and we have glucose released in our body from our liver

What is insulin?
• The hormone made by the pancreas, called insulin, works like a key to open cells in our body and let glucose in
• Glucose is used for energy

What happens when I have diabetes?
• You have diabetes when there is too much glucose in your blood
• Your body does not make enough insulin or the insulin does not work properly
• The glucose from the food you eat/drink and the glucose released by your liver stays in your blood instead of going into your cells
• The cells cannot use the energy. You may begin to feel run down or tired
• Over a long period of time, high amounts of glucose in your blood can damage your blood vessels and your body
What happens in my body when I don’t have diabetes?

When we eat carbohydrate foods (starches, grains, fruit, milk and sweets) they turn into sugar sometimes called glucose.

The glucose from these foods ends up in your bloodstream.

Your pancreas makes insulin (like a factory). As glucose starts to build up in your blood, your pancreas releases the insulin into your blood. Like a key, insulin opens the doors into cells, letting glucose into the cell where it’s needed.
Cells in your body use, and need this glucose as fuel, so they can do their work.

The liver stores extra glucose and releases small amounts of glucose between meals when your blood glucose may be lower.

With Diabetes

What happens when I have diabetes?

When we eat carbohydrate foods (starches, grains, fruit, milk and sweets) they turn into glucose sometimes called sugar.

The glucose from these foods ends up in your bloodstream.
As the glucose starts to build up in your blood, your pancreas should release insulin into your blood. Like a key, insulin opens the doors into cells, letting glucose into the cell where it’s needed. When you have diabetes, the pancreas does not make enough insulin or the insulin does not work properly so the blood glucose starts to rise too high.

Your kidneys try to get rid of some of the extra glucose by putting glucose in your urine. The liver can release extra glucose which makes blood glucose levels higher. The glucose stays in the blood stream instead of going into the cells which causes high blood glucose levels. If the glucose remains in the blood stream for a long period of time, your blood vessels will be damaged.
### What are the Types of Diabetes?

<table>
<thead>
<tr>
<th>Type 1 Diabetes:</th>
<th>Prediabetes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• The pancreas does not make insulin</td>
<td>• Blood glucose is higher than normal but not yet high enough to be diagnosed with Type 2 diabetes</td>
</tr>
<tr>
<td>• People with Type 1 must take insulin</td>
<td>• People with prediabetes are at risk of developing Type 2 diabetes</td>
</tr>
<tr>
<td>• This most often occurs in people 30 years and younger</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type 2 Diabetes:</th>
<th>Gestational Diabetes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• The body cells cannot use insulin properly. This is called insulin resistance</td>
<td>• Blood glucose levels rise during pregnancy creating diabetes during pregnancy</td>
</tr>
<tr>
<td>• The pancreas does not make enough insulin</td>
<td>• Blood glucose levels usually return to normal after giving birth</td>
</tr>
<tr>
<td>• The liver sends out too much glucose</td>
<td>• Mother and baby are at higher risk of developing Type 2 diabetes in the future</td>
</tr>
</tbody>
</table>

### Why Manage Your Diabetes?

#### When you manage your diabetes:
- You will have more energy
- You will feel better
- It will help improve your health
- Avoid or delay long term complications of diabetes
What type of long term complications can occur?

Diseases of the Large Blood Vessels
• Affect the blood vessels supplying the heart, brain, legs and feet
• Risk of heart attack, stroke and complications related to poor circulation

Kidney Disease
• Affects the small blood vessels in the kidneys
• Kidneys cannot work properly and could leak protein into the urine

Eye Complications
• Affects blood vessels in the eye
• May lead to loss of sight

Nerve Damage
• Damaged nerves cause pain and loss of feeling in the hands and feet, problems with stomach and problems with sexual relations

Foot complications
• Foot problems happen when there is nerve damage in the feet and/or when blood circulation is poor

Mental Health
• People with diabetes sometimes experience anxiety, stress and depression. Feeling down once in a while is normal. But some people feel a sadness that just won’t go away. Talk to your diabetes care team if you feel this way

What can I do to check for complications?
• Regular checks for these complications help monitor your health. Speak to your health care professional to help determine what is best for you
Managing Diabetes
How do I Manage my Diabetes?

To manage your diabetes, take care of your diabetes ABCs:

**Target**

**A: A1C** (3 month average of your blood glucose)
Less than or equal to 7%

**B: Blood Pressure**
Less than 130/80

**C: LDL cholesterol***
Less than or equal to 2.0 mmol/L
Total cholesterol/HDL, Less than 4.0 mmol/L

*LDL is known as the “bad” cholesterol in your blood. HDL is known as the “healthy” cholesterol in your blood.

High levels of A1C, blood pressure and cholesterol can damage blood vessels. The vessels get blocked and are less flexible. Blood flow is reduced to your heart and other locations in your body such as your brain, kidney, eyes and feet.

To help keep your blood glucose, blood pressure and blood cholesterol levels at target:

1. **Eat a healthy diet**
2. **Keep active**
3. **Take medication as prescribed**
Blood Glucose

Why should I check my blood glucose?

• Tells you about your blood glucose levels
• Helps you know how food, activity and medications affect your blood glucose levels

It is important to check your blood glucose values regularly. When you check regularly, you see the patterns of your blood glucose. This information helps you manage your diabetes.

What are my target blood glucose levels?

The amount of glucose in blood is measured in “millimoles per litre”.

The target blood glucose levels listed are for most adults with Type 2 diabetes. Talk to your diabetes health care team about the target that is right for you.

People with prediabetes do not need to test their blood glucose readings at home. It is important to follow up with your doctor and have a blood test each year.

You may be asked to check more often than this, in times of illness or with medication changes

• Keep a record of your blood glucose.
• Vary the times you check
• Discuss and show your record to your health care team.

When you write your numbers down in a record book, you will know if there are certain times of day when your blood sugars go up or down.

Target Blood Glucose
Fasting or Before Meals

4.0 - 7.0 mmol/L

Target Blood Glucose
Two Hours After Meals

5.0 - 10.0 mmol/L

Check your blood glucose:

• When you first wake up (fasting)
• Before any meal
• 2 hours after a meal
• Bedtime
What is high blood glucose (hyperglycemia)?

If your blood glucose is above your target range, this is called hyperglycemia.

Causes of hyperglycemia:
- Eating/drinking too much food
- Increased stress or being sick
- Forgetting to take diabetes medication or requiring a change in amount of diabetes medication

You may feel:
- Hungry
- Extreme thirst
- Fatigue
- Weak

You may have:
- Frequent Urination
- Blurred Vision

You may only know you have hyperglycemia from your blood glucose testing. The occasional high reading is not a concern. Speak to your health care provider if you are experiencing hyperglycemia.

Some people who have hyperglycemia have no symptoms at all.
What is low blood glucose (hypoglycemia)?
Low blood glucose is when your blood glucose is less than 4 mmol/L.

Causes of hypoglycemia:
You may be at risk for hypoglycemia when you take certain diabetes medications (e.g. Gliclazide, Glyburide, Glimeperide or Repaglinide) and/or insulin and if you:

- Do not eat at regular times or miss meals or snacks
- Eat less carbohydrate than usual
- Do more exercise or activity than usual
- Take more diabetes medication or insulin than you need
- Drink alcohol

If you feel you are experiencing hypoglycemia, speak to your health care provider for more information.

You may feel:

- Headache
- Blurry eyesight
- Hunger
- Irritability
- Sweating
- Dizziness
- Fast Heartbeat
- Shaking
- Anxiety
- Weakness, feeling tired
What is the A1C blood test?

The A1C:
- Is a blood test done at the laboratory
- Measures how much glucose is attached to a red blood cell
- Gives an indication of your blood glucose levels for the past three months
- Target level is 7% or less
### A1C and Estimated Average Blood Glucose

<table>
<thead>
<tr>
<th>A1C%</th>
<th>Average Blood Glucose (mmol/L)</th>
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<tbody>
<tr>
<td>14</td>
<td>19.7</td>
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<tr>
<td>13</td>
<td>18.1</td>
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<tr>
<td>12</td>
<td>16.5</td>
</tr>
<tr>
<td>11</td>
<td>14.9</td>
</tr>
<tr>
<td>10</td>
<td>13.4</td>
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<tr>
<td>9</td>
<td>11.8</td>
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<td>8</td>
<td>10.2</td>
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<td>7</td>
<td>8.6</td>
</tr>
<tr>
<td>6</td>
<td>7.0</td>
</tr>
<tr>
<td>5</td>
<td>5.4</td>
</tr>
</tbody>
</table>

Your A1C test result corresponds to your average glucose level before and after meals over the previous 3 months.
Eating Well to Manage Diabetes
What I eat

How do I eat well to help manage my diabetes?

Eating well will help manage your blood glucose, blood pressure and blood cholesterol levels.

It is important to consider:

• What I eat
• When I eat
• How much I eat

1. Eat a variety of foods by choosing food from the different food groups.

The foods we eat can be organized into 7 groups:

• Grains and Starches
• Fruits
• Milk and Alternatives
• Other Choices (sweets, jam, pop, honey)
• Vegetables
• Meat and Alternatives
• Fats and Oils

Eating a variety of these foods in the right amounts provide the nutrients your body needs to function.

The three nutrients that give your body energy are:

• Carbohydrate
• Protein
• Fat
2. **Know what foods increase your blood glucose levels** (carbohydrate foods) and have healthy amounts.

Foods that contain carbohydrate raise your blood glucose.

**The food groups that provide carbohydrates are:**
- Grains and starches
- Fruits
- Milk and Alternatives
- Other Choices (sweets, jam, pop, honey)

**Limit sugars and sweets such as sugar, regular pop, desserts, candies, jams and honey.**
- These foods are high in sugar
- Eating large portions will raise your blood sugar levels and cause weight gain. Have them less often and keep portions small
- Consider diet versions, such as diet pop, or beverages that are not sweetened with sugar, such as water

**The food groups that do not have carbohydrates and will not raise your blood glucose are:**
- Most vegetables - provide vitamins, minerals and fibre
- Meat and Alternatives - provide protein
- Fats and Oils - provide fat

Remember to watch portions. Consuming more energy than your body needs from foods that provide carbohydrate, protein or fat will contribute to weight gain.
3. Choose high fibre choices such as whole grain breads and cereals, fruits, vegetables, lentils and legumes (chickpeas, kidney beans, etc.).

Fibre helps to:
- Improve your blood glucose levels
- Lower your cholesterol
- Give you a feeling of fullness to help you eat less
- Prevent constipation

Tips for increasing fibre:
- Add barley, beans, nuts or lentils to soups and salads
- Leave skin on the fruits and vegetables whenever possible
- Choose fresh fruit over juices
- Choose whole grain foods instead of white flour products
- Compare food labels and choose those with higher fibre

What else about fibre?
- Try to increase your dietary fibre intake to 25-50 g per day.
- Add fibre gradually. If you add fibre to your diet too quickly, you could feel uncomfortable and have an upset stomach
- Be sure to drink fluids such as water and low calorie beverages to prevent stomach upset
4. Choose lean meats, low fat dairy products and small amounts of healthy fats

Fat provides the most energy (calories) and large amounts of fat can cause weight gain.
- Choose lean meats like lean, non-marbled red meat, skinless chicken, lean luncheon meats such as ham and turkey
- Choose low fat dairy products (low % milk fat known as MF)
- Fatty meats (marbled red meat, chicken skin, salami), high fat dairy products (cream, butter, high fat cheeses) and commercial baked products (muffins, cakes and doughnuts) have unhealthy fats and can increase your blood cholesterol levels and risk of heart disease.
- Choose healthy fats such as oils, soft margarines, nuts and avocadoes in small portions to help your heart.

5. Limit alcohol and salt (sodium).

a) How does Alcohol affect me?

Alcohol:
- Can cause blood glucose levels to increase or decrease
- Not a nutrient and does not fit into a food group
- High in calories

If you drink alcohol, Diabetes Canada recommends:

Men
- No more than 3 drinks per day (no more than 15 drinks per week)

Women
- No more than 2 drinks per day (no more than 10 drinks per week)
One drink is:

- 5 oz (150 mL) of wine (12% alcohol)
- 1.5 fl oz (45 mL) of alcohol spirits (40% alcohol, for example, rye, rum, or vodka)
- 12 oz (360 mL) of beer (5% alcohol)

Precautions with Alcohol

- Discuss alcohol use with your doctor
- Drink alcohol only when your blood glucose levels are well controlled
- Drink alcohol with food and not on an empty stomach. There is a risk of hypoglycemia (low blood sugar) when alcohol is taken with some diabetes medication or insulin. Know how to treat and prevent low blood glucose levels
- Limit drinks with higher sugar content like liqueurs, sweet wines, and coolers as these can raise your blood glucose levels

b) How does sodium affect me?

Sodium is another word for salt. High amounts of sodium in your diet can raise blood pressure.

Where do I get sodium in my diet?

- Some sodium present in foods
- Most of the sodium in our diet is added during food processing

Canned and prepared foods are often high in sodium because it is added to maintain safety, freshness and to add flavour.

How much sodium is my daily limit?

Sodium intake should be no more than:

- 1,500 to 2,300 milligrams (mg) per day

One teaspoon of salt is equal to 2,300 mg of sodium.
What about snacks?

Snacking can be part of your healthy eating plan. Snacks can help curb hunger while adding a nutritious energy boost to your day.

Choose snacks wisely. Fit in another serving of whole grains, fruits or vegetables. These foods are healthier than salty snacks and sweets. They will also fill you up and give you the energy you need.

Remember to consider the portion sizes. Your dietitian can help you explore healthy snack choices.

Here are some examples of snack ideas:

- 1 fist sized fruit or 1 cup (250 mL) of cut fruit or berries
- ¾ cup of low fat, no sugar added fruit yogurt
- 2 plain cookies (bran crunch, digestive, arrowroot)
- 1 whole grain pita with hummus
- 1-six inch whole wheat roti with vegetable curry

Other non-carbohydrate choices include:

- Unsalted nuts and seeds. Keep portions small (1/4 cup limit) as high in calories
- Raw vegetables
- Water, clear broth, coffee, tea and beverages with less than 5 grams of carbohydrate (for example, Crystal Light™ or Jell-O™ with no added sugar)
In the context of blood glucose management, it's important to understand that certain foods can affect blood sugar levels differently. Here’s a breakdown:

**Increases Blood Glucose**

- **Carbohydrate**
  - Breads, Crackers, Roti, Tortilla, Chapatti, Cereal, Grain (Rice, Barley, Corn), Pasta, Noodles, Potatos, Corn, Yams, Fruits, Juices, Milk, Yogurt, Sweet Foods, Snacks (Potato Chips, Pretzels)

**Little or No Increase in Blood Glucose**

- **Protein**
  - Fish, Poultry, Meat, Eggs, Cheese, Cottage Cheese, Plain Greek Yogurt, Beans & lentils*, Tofu, Soy Beverage (Unsweetened), Nuts, Seeds, Penaut Butter, Nut Butters.

Remember to watch portions. Consuming more energy than your body needs from foods that provide carbohydrate, protein or fat will contribute to weight gain.

* Beans and lentils contain carbohydrate, but raise blood glucose less than most other carbohydrate foods
**Parsnips, peas and winter squash can increase blood glucose if eaten in large amounts
Blood Glucose

Fats  Vegetables**  Extra

Oils, Salad Dressing, Margarine, Butter  Water, Coffee, Tea, Sugar-Free Pop

your body needs from foods that provide carbohydrate,
When I Eat

When you eat can have an effect on your blood glucose levels. Eating at regular times will help your body control blood glucose levels and may help your appetite.

**Remember to:**

1. Eat 3 meals a day spaced 4 to 6 hours apart
2. Snack (if desired) 2-3 hours after meals
3. Snack if your meals are more than 4-6 hours apart
How Much I Eat

Choose healthy portions from each of the food groups.

Use these pictures to help you choose healthy servings from each of the food groups.

**Vegetables** – Choose as much as you can hold in both hands. (Provides 1 to 2 cups)

**Grains and starches** – Choose an amount up to the size of a small fist or a tennis ball. (Provides ½ to 1 cup)

**Fruit** – Choose an amount up to the size of a small fist or a tennis ball. (Provides ½ cup to 1 cup)

**Meat and Alternatives** – Choose an amount up to the size of the palm of your hand and the thickness of your little finger. (Provides 2 to 3 ounces)

**Fats** – Limit fat to an amount the size of the tip of your thumb. (Provides 1 teaspoon)

Pictures reprinted with permission from the wDiabetes Canada.
What do healthy serving sizes look like on my plate?

Dividing your plate into food groups can help you plan a balanced meal.

Use this picture as a guideline to help you keep healthy servings on your plate. Include:

- ½ plate vegetables
- ¼ plate grains and starches
- ¼ plate meat and alternatives

Complete your meal with a serving of low-fat milk or milk alternative and a piece of fruit. Milk or milk alternative and fruit can be used as a snack.
Eat a healthy amount of carbohydrate at each meal.

To control how much carbohydrate you eat, you can:

- Estimate the amount of carbohydrate using your hands. The size of your fist can estimate a single portion of starch and a single portion of fruit
- Use your dinner plate as a guide and limit starch to $\frac{1}{4}$ of your plate
- Add up the amount of carbohydrate at each meal and snack using nutrition information on the food label or carbohydrate guide

How much carbohydrate do I need at meals and snacks?

Different people need different amounts of carbohydrate

To manage your blood glucose, try to eat about the same amount of carbohydrate at the same time each day

Your carbohydrate amounts depend on your age and activity levels

Ask your dietitian how much carbohydrate is right for you

<table>
<thead>
<tr>
<th>In a Meal</th>
<th><strong>Men</strong></th>
<th><strong>Women</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>45 to 75 grams of carbohydrate</td>
<td>30 to 60 grams of carbohydrate</td>
</tr>
<tr>
<td></td>
<td>(3 to 5 carbohydrate choices)</td>
<td>(2 to 4 carbohydrate choices)</td>
</tr>
<tr>
<td>In a Snack</td>
<td>0-30 grams of carbohydrate</td>
<td>0 to 30 grams of carbohydrate</td>
</tr>
<tr>
<td></td>
<td>(0 to 2 carbohydrate choices)</td>
<td>(0 to 2 carbohydrate choices)</td>
</tr>
</tbody>
</table>
The following portion sizes each give **15 grams of carbohydrate** (1 carbohydrate choice):

**Starches / Grains**
- 1 slice bread or small roll
- ¼ of a 4 ½ inch bagel
- ½ English muffin
- ½ cup dry cereal
- ¾ cup hot cereal
- ½ cup cooked pasta
- 1 cup beans/lentils
- ½ cup cooked rice
- 1-6” roti, chapati, tortilla
- ½ cup corn, 1 small cob
- ½ medium potato, ½ cup mashed
- 7 large (30 sticks) pretzels
- 2 small cookies
- 7 soda crackers
- 3 cups popcorn

**Fruits**
- 1 medium apple, pear, orange
- 1 small banana
- 1 cup blueberries
- 1 cup melon
- 2 cups strawberries, raspberries
- 1 cup or 1 large peach
- 15 cherries, grapes
- ½ cup applesauce
- ¾ cup pineapple
- 2 tablespoons raisins
- ½ cup apple or orange juice
- 2 medium plums, prunes
- 2 medium kiwis, apricots
Milk & alternates

- 1 cup milk
- 1 cup soy beverage
- ¾ cup plain yogurt
- ½ cup ice cream, frozen yogurt
- ¾ cup artificially sweetened yogurt
- ½ cup milk pudding (no sugar added)

Balance meals to include proteins, vegetables, and small amounts of fats at meals along with carbohydrates.
How much carbohydrate does this meal have?

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food/Drink</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Bran flakes</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>1% Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>Raisin</td>
<td>2 tbsp</td>
</tr>
<tr>
<td></td>
<td>Toast (Whole wheat)</td>
<td>1 slice</td>
</tr>
<tr>
<td></td>
<td>• Margarine</td>
<td>1 tsp</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Chicken sandwich</td>
<td>2 oz.</td>
</tr>
<tr>
<td></td>
<td>• Chicken</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Bread</td>
<td>2 slices</td>
</tr>
<tr>
<td></td>
<td>• Mayonnaise (low fat)</td>
<td>1 tbsp</td>
</tr>
<tr>
<td></td>
<td>• Lettuce</td>
<td>2 leaves</td>
</tr>
<tr>
<td></td>
<td>• Tomato</td>
<td>2 slices</td>
</tr>
<tr>
<td></td>
<td>Melon</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Fish</td>
<td>4 oz.</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td>1 cup</td>
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<tr>
<td></td>
<td>Beans (Green)</td>
<td>1 cup</td>
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<tr>
<td></td>
<td>• Margarine</td>
<td>2 tsp</td>
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<tr>
<td></td>
<td>Grapes</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Skim or 1% Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Crackers (Soda)</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Cheese</td>
<td>1 oz.</td>
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<tr>
<td>Number of Carbohydrate Choices</td>
<td>Grams of Carb</td>
<td>Total Grams of Carb</td>
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</table>
How do I read a Food Label?

There are many items on a food label and understanding what the information means may be confusing.

Here are some guidelines to get you started:

Look beyond the main label

- “Light” or “lite” can mean the product is reduced in fat, sugar, salt or calories, but it can also mean light in colour, texture and taste. Whenever a “light” claim is on a label, check to see what the product is light in.

- “No Sugar Added” or “Unsweetened” means that the manufacturer has not added sugar to the product. There still may be carbohydrate in the product that can affect your blood glucose.

Look at the serving size

There are often inconsistent serving sizes. Packages may contain more than a single serving. You may have to multiply the amounts listed to get an accurate picture of how much you are consuming.

Consider how much of the various nutrients the food provides

- A food that has a % Daily Value of 5% or less means you are getting very little of the nutrient.

- A food that has a % Daily Value of 15% or more means you are getting a lot of the nutrient.
How Much Do I Need of the Various Nutrients?

Here is a chart to help you understand the recommendations for the various nutrients.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Recommendations</th>
</tr>
</thead>
</table>
| Fat         | • Limit or avoid foods that list shortening, lard, hydrogenated oil, partially hydrogenated oil  
              • Select choices that have a % Daily Value of 5% or less  
              • Select foods that have 0 grams trans fat |
| Sodium      | • Words such as sodium, brine, MSG or Na mean the product contains salt  
              • Select choices that have a % Daily Value of 5% or less  
              • Daily Sodium Limit: 1500–2300 mg/day |
| Carbohydrate| • Male:  
              45–75 grams of carb/meal, 0–30 grams of carb/snack  
              • Female:  
              30–60 grams of carb/meal, 0–30 grams of carb/snack |
| Fibre       | • Select choices that have 4 grams of fibre or more per serving  
              • Select choices that have a % Daily Value of 15% or more  
              • Daily Recommended Amount:  
              25–50 grams of fibre/day |
How to count grams of carbohydrate on a food label?

1. Look at the Nutrition Facts on the food label.
2. Look for serving size at the top of the Nutrition Facts table.
   The information in the table is based on this serving size.
3. Look for the carbohydrate grams.
   Carbohydrate grams include fibre, sugars and starch.
   Starch is not always listed.
   Fibre does not raise your blood sugar.
4. Subtract the fibre grams from the carbohydrate grams. This equals the amount of carbohydrate that will affect your blood sugar.
How many carbohydrate choices are in the serving size?
(1 carbohydrate choice is about 15 grams carbohydrate)

Old Mill

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Per 1 bagel (85 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount</td>
<td>Calories 220</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>39 g 13%</td>
</tr>
<tr>
<td>Fat</td>
<td>1.5 g 2%</td>
</tr>
<tr>
<td>Saturated</td>
<td>0.3 g 2%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>430 mg 18%</td>
</tr>
<tr>
<td>Fibre</td>
<td>4 g 15%</td>
</tr>
<tr>
<td>Sugar</td>
<td>3 g</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
</tr>
</tbody>
</table>

1. Serving size = **1 bagel**
2. Carbohydrate **39 g** – Fibre **4 g** = **35 g** of available carbohydrate
3. Number of carbohydrate choices is about **2**

Dempster’s

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Per 1 bagel (90 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount</td>
<td>Calories 240</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>47 g 16%</td>
</tr>
<tr>
<td>Fat</td>
<td>2 g 3%</td>
</tr>
<tr>
<td>Saturated</td>
<td>0.2 g 1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>410 mg 17%</td>
</tr>
<tr>
<td>Potassium</td>
<td>60 mg 2%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>47 g 16%</td>
</tr>
<tr>
<td>Fibre</td>
<td>2 g 8%</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 g</td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
</tr>
</tbody>
</table>

1. Serving size = _______
2. Carbohydrate _______ – Fibre _______ = _______ of available carbohydrate
3. Number of carbohydrate choices is about ___

Country Harvest

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Per ½ bagel (56 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount</td>
<td>Calories 150</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>30 g 10%</td>
</tr>
<tr>
<td>Fat</td>
<td>1 g 2%</td>
</tr>
<tr>
<td>Saturated</td>
<td>0.2 g 1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>340 mg 14%</td>
</tr>
<tr>
<td>Potassium</td>
<td>75 mg 2%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>30 g 10%</td>
</tr>
<tr>
<td>Fibre</td>
<td>1 g 5%</td>
</tr>
<tr>
<td>Sugar</td>
<td>3 g</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
</tr>
</tbody>
</table>

1. Serving size = _______
2. Carbohydrate _______ – Fibre _______ = _______ of available carbohydrate
3. Number of carbohydrate choices is about ___

4. If I eat a whole bagel = ____ grams of available carbohydrate
5. Number of carbohydrate choices is about ____
Keeping Active
Keeping Active

Why should I be active?
• Helps control your blood glucose, blood pressure and cholesterol
• Helps control your weight
• Helps make your own insulin work better
• Improves your circulation
• Helps you feel better

How much activity?
Diabetes Canada recommends:
• 150 minutes of aerobic activity each week
• At least two resistance sessions a week

Start slowly and increase gradually. Try to be physically active a minimum of 30 minutes a day and this can be done in 10 minute increments.

What are examples of aerobic activity?
Aerobic activity is any activity that increases your heart rate such as:
• Walking, mall walking, pole walking
• Running
• Swimming
• Gardening
• Housework such as vacuuming or washing floors
• Biking
• Dancing
• Golfing
• Skiing, skating
• Chair exercises
What are examples of resistance activities?
Resistance activity is any activity where you are using your muscles to push or pull such as:

• Yoga
• Push-ups, planking, crunches
• Using weights or resistance bands (Do 2-4 sets at light to moderate intensity with 10-15 repetitions per set. Leave 2 days between when exercising the same muscle group.)

Stop exercising immediately if you:

• Have chest pain, shortness of breath or irregular (abnormal) heart beat
• Feel faint, dizzy, nauseated or sick to your stomach
• Have any signs of low blood glucose (see page 23)
• Have any unusual pain

What should I think about before starting a new activity?

• Talk to your health care provider if you have not been active or you plan to increase the intensity of your activity. You and your health care provider can create an activity plan that is safe for you
Medication
Diabetes Medication

Type 2 Diabetes Medications

There are many kinds of medications and each type has a different action. You might end up taking more than one kind.

Diabetes medications include:

Glucophage®, Glumetza® (metformin)
Decreases the release of stored glucose from the liver and helps insulin work better
Januvia® (sitagliptin), Onglyza® (saxagliptin), Trajenta® (linagliptin), Nesina® (alogliptin)
• Helps your pancreas release more insulin when you eat and decreases the release of stored glucose from the liver

Byetta® (exenatide), Victoza® (liraglutide), Eperzan® (albuglutide), Bydureon® (exenatide for extended release), Trulicity® (dulaglutide)
• Injectable medication that helps your pancreas release more insulin and the liver release less glucose

Invokana® (canagliflozin), Forxiga® (dapagliflozin), Jardiance® (empagliflozin)
• Helps your body get rid of more glucose through your urine

Diamicron/Diamicron MR® (gliclazide, gliclazide mr), Amaryl® (glimepiride), Diabeta® (glyburide), Gluconorm® (repaglinide), Starlix® (nateglinide)
• Helps your pancreas release more insulin
• When you take these pills you need to carry fast acting carbohydrate in case you need to treat hypoglycemia suddenly

Caution: these pills increase your risk of hypoglycemia (low blood glucose)

Insulin
• Works like a key to open cells to let glucose in

Caution: this medication increases your risk of hypoglycemia (low blood glucose)
What about Insulin?

If you have Type 2 diabetes, you may need to take insulin to help you keep your blood glucose at target. It is common to use insulin at any time along your diabetes journey.

You may need insulin:

• With other diabetes medications
• Instead of other diabetes medications
• Temporarily while you are sick, stressed, pregnant or having medical problems or surgery

There are many other types of medications that help to manage diabetes. Talk to your health provider if you have questions about your medications.

What should I remember about my medications?

• Carry a list of all medications you are taking with you at all times. Include the name of the medication, how often you take it and the amount you take each time
• Take your medication as prescribed by your health care provider
• Talk to your health care provider to know the time to take your medications
• Tell your health care provider what other medications/alternative medications you are taking because certain medications may affect the way other medications work

A MedsCheck is a program offered by the Ministry of Health and Long Term care for people taking three or more medications or who have diabetes. A pharmacist will review your medications to make sure everything is correct.

Talk to your pharmacist about getting a MedsCheck.
Health care providers need to know immediately if you have diabetes.

In case you are unable to speak or get confused in an emergency situation, it is important that you wear a medical ID such as a bracelet or necklace at all times.

- MedicAlert® is one of the best known emergency health information providers
- When you register with MedicAlert®, they will send you an ID bracelet or necklace that tells others that you have diabetes
- Your health information will also be available by phone to emergency health care providers 24 hours a day from anywhere in the world

Call 1-866-679-3295 (toll free) OR
Register online at [www.Medicalert.ca/cda](http://www.Medicalert.ca/cda)
Healthy Feet
What should I do to keep my feet healthy?

**Do**

» **Check your feet every day:**
  - Check for breaks in the skin, blisters, bruises, infections, dry skin, and hard areas
  - Look at the top and bottom of each foot and between the toes
  - Look for changes in colour
  - Feel for changes in temperature

Use a mirror to help you see and if you have trouble seeing, have a family member, friend or care helper look at your feet once a week.

» **Check your shoes before wearing**
  - Check inside your shoes for sharp or hidden objects

» **Buy shoes late in the day when your feet are most swollen**

» **Check the temperature of bath water before you get in to make sure it will not burn your feet**

» **Cut your toe nails straight across to avoid ingrown toe nails and cuts to the skin**

» **Use cream for dry skin on the top and bottom of your feet. Avoid cream between the toes**

» **Change your socks daily**

» **Wear clean, supportive shoes with heels less than 5 cm (2 inches) high**

» **Wear shoes or slippers to prevent injuries from sharp objects**
Do Not

» Walk barefoot

» Treat your own ingrown toenails

» Wear tight fitting socks that can further restrict circulation

» Apply heat to your feet
  • Poor circulation may prevent you recognizing a dangerous temperature

» Cut your own corns or calluses
  • This may cause an open area and lead to an infection

Speak to your health care provider for more help about foot care.
My Action Plan
My Action Plan

Goal: Name something YOU want to do about your health in the next week or two.

Describe your idea in detail:

What is it?

Where?

How often / long / much?

When?

Start Date?

What are some of the barriers that may come in the way of my plan?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
What is my plan to overcome these barriers?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What is my Confidence Level in carrying out my plan?
(Please circle the grid below)

0 1 2 3 4 5 6 7 8 9 10

Not Confident Really Confident

How will I check up on my Action Plan?

________________________________________________________________________

________________________________________________________________________

Who will I follow up with? _________________________________________________

When and how often would I like to follow up? _______________________________

How will I follow up? (in person, phone) _________________________________

Adapted from the Stanford Patient Education and from the Centre for Collaboration, Motivation and Innovation
Want more information?

**General Information:**

Mississauga Halton Local Health Integration Network:
www.mississaugahaltonlhin.on.ca

Diabetes Canada:
www.diabetes.ca

Stand Up to Diabetes:
www.health.gov.on

Health Canada:
www.hc-sc.gc.ca

Peel Public Health:
www.peelregion.ca

Halton Public Health:
www.halton.ca

Health Care Connect:
www.health.gov.on.ca/en/public

**Additional Health Websites:**

Self-Management Support
Maximize Your Health:
www.maximizeyourhealth.ca

**Healthy Eating:**

Eat Right Ontario:
www.eatrightontario.ca

Dietitians of Canada
www.dietitians.ca

**Reducing Risks of Complications:**

Heart and Stroke Foundation:
www.heartandstroke.ca

The Kidney Foundation:
www.kidney.ca

Canadian National Institute for the Blind:
www.cnib.ca

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If you have family members or friends who would like to obtain Diabetes Education and Management services please visit the Mississauga Halton Central Intake Program website at www.mhcentralintake.com or call (905) 338-2983 x 4870.
A Guide to Living Well