

Tools for Life.
Meal and snack
planning workbook.



Life First.
ONETOUCH®



Tools for Life.

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Good food? Good health? Testing smart can help you have it all.



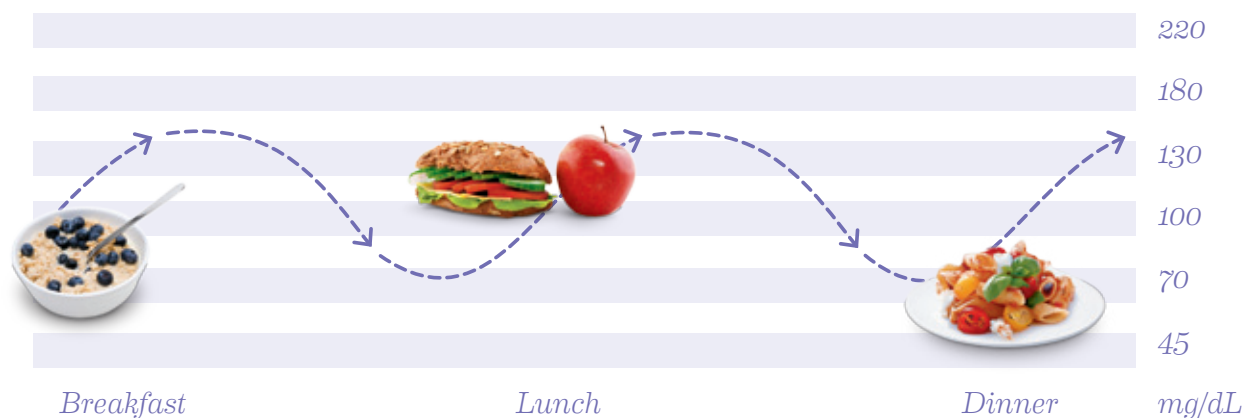
Of all the things that make blood sugar rise, food has the biggest effect. Some foods can raise your blood sugar more than others, and portion size plays a big part, too. What's more, diabetes is different for everyone, including the way various foods affect your blood sugar. Another reason food is important is because it's one thing you have control over.

This workbook includes information and activities designed to help you plan meals and snacks that work to keep your blood sugar in a healthy range. You'll soon discover that diabetes doesn't mean you have to give up the foods you love. With a few basic skills, you'll have the freedom to create exciting menus that you can share and enjoy.

What's the link between diabetes and food?

Diabetes is diagnosed when your blood sugar is too high. To reduce the risk of serious health complications, the goal of all diabetes treatment is to keep your blood sugar in a healthy range. Not too high and not too low.

**Did you know your blood sugar level changes throughout the day?
It's affected by food, activity, and medication—but mostly by food.**





Are your meals and snacks working to keep your blood sugar in range?

ONETOUCH® | MY BLOOD SUGAR RECORD

Blood sugar test results	Before meals	1-2 hours after start of meals
Guidelines	70-130 mg/dL*	Less than 180 mg/dL*
My current readings	_____ mg/dL	_____ mg/dL

A1C	
Guidelines	Less than 7%*
My current readings	_____ %

If your A1C is 7% or higher, ask your healthcare professional what you can do to lower it.

*American Diabetes Association. Standards of Medical Care in Diabetes – 2011. *Diabetes Care*. 2011;34(suppl 1):S11-S61.

Review your eating habits.

Sometimes **how** we eat can be as important as **what** we eat. Becoming aware of certain habits may help you see where you can make some small changes that may help you stay in range around meals. Take the quiz on the next page to help you get started.



ONETOUCH® | EATING HABITS QUIZ

<i>Do you:</i>	<i>Yes</i>	<i>No</i>	<i>Sometimes</i>
Have regularly scheduled mealtimes?			
Choose snacks with 30 grams of carbohydrates or less?			
Adjust portion sizes to help keep your blood sugar in range after meals?			
Eat three meals every day?			
Sit at a table to eat meals and snacks, instead of eating on the run?			
Stop eating when your hunger is satisfied?			
Make meals last more than 15 minutes?			
Get some physical activity after meals?			

How often did you answer YES?

6 or more: You're on the right track. Keep reading for more healthy eating tips.

4 or more: You're doing well, but try to make adjustments that will move more of your answers to the yes box.

Less than 4: Keep using this workbook and consider making changes that will move more of your answers to the yes box.



Managing carbs to stay in range.

Carbohydrates (carbs, for short) are the starches and sugars in foods such as grains, fruit, milk products, and sweets. Your body uses carbs for energy, but they raise your blood sugar higher and faster than any other kind of food. So if you have diabetes, it's important to avoid meals that have too many carbs.

Start by knowing which foods have carbs.

Find the carbs.

Check the foods with carbohydrates.

- | | |
|--------------------------------------|-------------------------------------|
| <input type="radio"/> Peach | <input type="radio"/> Broccoli |
| <input type="radio"/> Toast | <input type="radio"/> Potatoes |
| <input type="radio"/> Skim milk | <input type="radio"/> Apple |
| <input type="radio"/> Sandwich bread | <input type="radio"/> Cereal |
| <input type="radio"/> Diet soda | <input type="radio"/> Tuna |
| <input type="radio"/> Oatmeal cookie | <input type="radio"/> Raisins |
| <input type="radio"/> Cheddar cheese | <input type="radio"/> Pork chop |
| <input type="radio"/> Soda crackers | <input type="radio"/> Peanut butter |
| <input type="radio"/> Sausage | <input type="radio"/> Salmon |

Answer:

Peach, toast, skim milk, sandwich bread, oatmeal cookie, soda crackers, broccoli, potatoes, apple, cereal, raisins.

See how food labels can help guide your choices.

Nutrition labels on packaged foods are a great help when you're counting up the carbs in meals or snacks.

Zero in on the Serving Size and the Total Carbohydrate line to see the total grams of carbs for 1 serving. The label shows you where to look. Want to see more? Check out the packages, cans, and bottles in your kitchen cupboard.



*Is the serving size the same as your portion?
If not, adjust the carb content as necessary.*





Keep a journal of everything you eat in one day.

Getting a reality check on your eating habits will help you see where you can make adjustments. Write down the time and everything you eat for meals, snacks, and nibbles. Review your journal for carb content, portion sizes, and how often you eat. Be on the lookout for opportunities to cut carbs or spread them out more evenly throughout the day.



ONETOUCH® | ONE-DAY FOOD JOURNAL

Journal writing area with horizontal dotted lines for text entry.

Counting carbohydrates helps put you in charge.

To keep your blood sugar from going too high, it's important to find the right portions of foods with carbs. Counting carbs is one way to create meals and snacks that will help you stay in range. Food labels list the amount of carbs in grams (g).

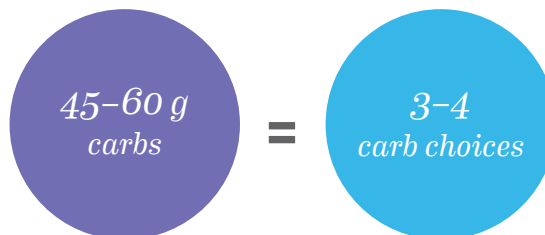
Generally, people need 45 to 60 grams of carbs in each meal for energy, but it depends on how your body handles carbs. Consult a dietitian or other healthcare professional for the amount that's right for you.

Most people use this method to keep track of carbs.

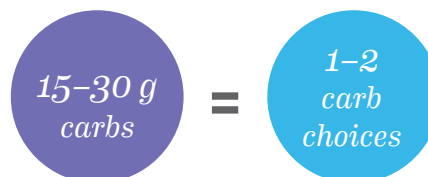


Meal and snack planning guide

Meal



Snack



ONETOUCH® | RANK THE CARBS QUIZ



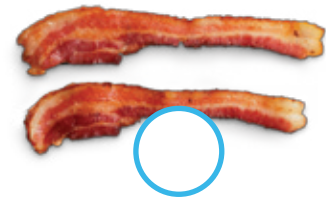
1 cup orange juice



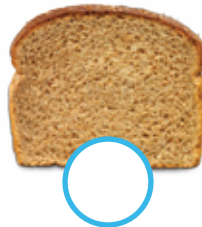
1 egg



1 cup lowfat granola



2 slices bacon



1 slice whole wheat toast

Answer:

1. 1 egg = less than 1 g
2. 2 slices bacon = less than 1 g
3. 1 slice whole wheat toast = 14 g
4. 1 c orange juice = 26 g
5. 1 c lowfat granola = 44 g

Rank the carbs.

Rank the foods from
lowest to highest in carbs.

Think before you snack.

Planning snacks with the right amount of carbs helps take the guesswork out of controlling your blood sugar.



BEWARE OF HIGH-CARB FOODS AND DRINKS

- 1 bagel = 60 g carbs (4 carb choices)
- 1 can full-sugar cola = 40 g carbs (3 carb choices)



EXAMPLES OF 1-CARB-CHOICE SNACKS (15 G CARBS)

- 1 small apple, peach, plum
- 1/2 banana
- 20 potato chips
- 2 cups air-popped popcorn
- 1/2 cup ice cream



FILL UP ON LOW-CARB VEGGIES (1 CUP COOKED OR 2 CUPS RAW = LESS THAN 1 CARB CHOICE)

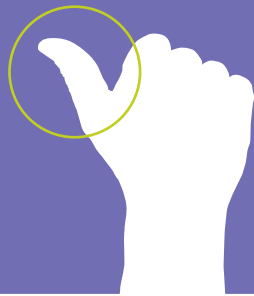
- Leafy greens (lettuce, spinach, etc.)
- Tomatoes
- Summer squash
- Mushrooms
- Red and green peppers
- Broccoli

Visualize portion sizes.

Sometimes there are no food labels or scales to measure the carbohydrates in your meal, for example, if you're eating out. So here's an easy way to estimate portions of different kinds of food to help you keep track of your carbs.



**Palm of hand =
3-ounce serving
of meat, fish,
or poultry**



**Thumb =
1 ounce of cheese**



**Fist =
1 cup of pasta
or fruit**



**Tennis ball =
1 serving of
milk, yogurt, or
fresh greens**