



Healthy Eating

Tips for Better Blood Sugar Control

Eat at the right times

- Eat 3 meals a day at about the same time. Space meals about 4 to 5 hours apart.
- To prevent low blood sugar, do not skip or delay meals. If your meal will be late, have a small snack.

Control your carbohydrate intake

- Carbohydrates affect your blood sugar. They include the following:
 - Breads, cereals, crackers
 - Rice, potatoes, noodles, taro, poi, breadfruit
 - Starchy vegetables such as corn, peas, dried beans, lentils, pumpkin
 - Fruits
 - Milk, yogurt
- Choose high fiber starches such as whole wheat bread and pastas, oatmeal, brown rice, high fiber cereals, potato, taro, poi, breadfruit and pumpkin.
- Limit fruits to 2 to 3 servings throughout the day.
- Choose nonfat or low-fat milk, plain or low sugar yogurt, or plain soymilk.
- Have **some** carbohydrates at each meal. Limit your grains and starches to about one-fourth of your plate.
- Limit sugar, sweets, juice, and sugar-sweetened drinks.
- If you have dessert, have a smaller portion and cut down on other carbohydrate foods.

Eat more vegetables

- Eat more non-starchy vegetables; about “half your plate.”
- Add colorful vegetables to your green salads and sandwiches or add extra vegetables to pasta sauces and soups.

Choose proteins and fats wisely

- Select healthy proteins such as fish, chicken and turkey without skin, lean trimmed meats, tofu, dried beans, and low-fat or nonfat cheese. Limit your protein to about one-fourth of your plate.
- Choose healthy fats like olive or canola oil, avocado, peanut butter and nuts in small amounts.

- Use less margarine, mayonnaise, salad dressings, and gravy.
- Limit fried foods. Bake, broil, steam, stir-fry, grill, or use a non-stick spray oil.

Less sodium

- Use less salt, shoyu, patis, bagoong, steak sauce, oyster sauce, and other high-salt seasonings.
- Choose fresh foods instead of processed foods.
- Flavor your food with garlic, ginger, onions, lemon juice, vinegar, herbs, Tabasco®, pepper, Mrs. Dash® or other salt-free seasonings.

Alcohol

- If you drink alcohol, limit drinks to 1 per day for women or 2 per day for men. Drink alcohol with food.
- One drink is equal to 12 ounces regular beer, 5 ounces wine, or 1½ ounces hard liquor. Check with your doctor before you drink.

Maintain a healthy weight

- Choose healthy snacks. Have fresh fruit, vegetable sticks, a low-fat cheese stick, or a small handful of nuts for a snack.
- Control portion sizes. Use an 8- or 9-inch plate at home. When eating out, ask for the “mini-plate” or share a meal.
- Drink water, unsweetened tea or other “zero” calorie beverages.

Stay active

- Aim for 30 to 60 minutes of activity per day as allowed. Find something that you enjoy such as walking, swimming, biking, gardening, or dancing hula.
- If you are on diabetes medications, carry glucose tablets or gel with you in case you have low blood sugar.

Resources

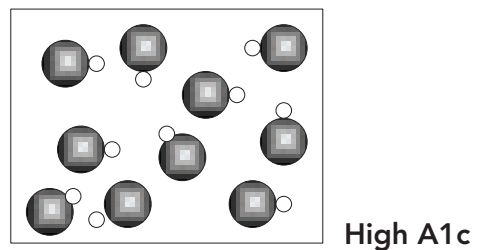
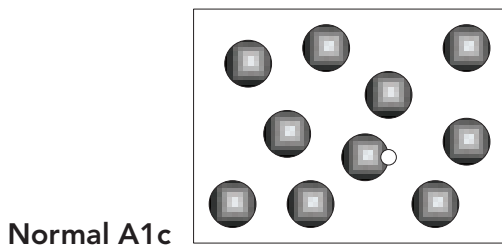
- kp.org/diabetes
- diabetes.org
- ndep.nih.gov

BLOOD SUGAR TARGETS

Talk with your health care team about your personal targets.

	Fasting and Pre-Meal	2 hours After Start of Meal	Pre-Bedtime	A1c
Normal	70 - 99mg %	80 - 120 mg %	below 120 mg %	Under 5.7%
Target	70 - 130 mg %	Below 180 mg %	110 - 150 mg %	Under 7.0%

The A1c test measures the amount of sugar that attaches to the red blood cell. Because red blood cells live for about three months, A1c tests show your average blood sugar during that time.



Here's a chart you may use as a guide. Kaiser Permanente Hawaii's A1c normal range is from 4.3% to 5.6%.

A1c	Average Blood Sugar
5%	97 (76 - 120)
6%	126 (100 - 152)
7%	154 (123 - 185)
8%	183 (147 - 217)
9%	212 (170 - 249)
10%	240 (193 - 282)
11%	269 (217 - 314)
12%	298 (240 - 347)

What is Hypoglycemia?

(Blood sugar below 70)

Hypoglycemia means that your blood sugar is low and your body is not getting enough fuel. Some people get low blood sugar from taking too much insulin or diabetes medicines, vomiting, diarrhea, eating too little food, skipping a meal, delaying a meal or extra exercise.

People with pancreas problems or who have had surgery on their stomachs or intestines may get hypoglycemia.

Hypoglycemia is defined as a blood sugar level below 70 mg/dl. Appropriate treatment is needed right away or you may pass out.

How can I care for myself?

- Learn to recognize the early signs of low blood sugar. Signs include:

Fast heartbeat
Sweating
Nervousness
Dizziness
Hunger
Nausea

Shakiness
Impaired vision
Weakness/fatigue
Confusion
Irritability
Cold, wet skin

- **If you feel an episode of low blood sugar coming on:**

1. Test your blood sugar with your meter (if possible).
2. If your blood sugar is less than 70 mg/dl, drink ½ cup fruit juice or sugared (not diet) soda, 1 cup milk, or eat 4 glucose tablets.
3. Retest your blood sugar level in 15 minutes and if it is still below 70 mg/dl, then repeat step 2.
4. Within 30 minutes after symptoms go away, eat a small snack such as a half sandwich and a cup of milk.

- Keep a written record of your low blood sugar episodes, including when you last ate and what you ate, so that you can learn what causes your blood sugar to drop. Call your health care provider to report your reaction.
- **Make sure your family, friends, and coworkers know the symptoms of low blood sugar and know what to do to get your sugar level up.**

How can I prevent Hypoglycemia?

1. Avoid skipping meals. Eat on time.
2. Balance extra exercise with adjusting your food intake or medicine.
3. Carry sugar or glucose tablets at all times in a pocket or purse.
4. Carry a diabetes identification card or wear a “medic alert” bracelet. Ask your doctor or nurse if you need a “medic alert” bracelet.
5. As a precaution, check your blood sugar levels before driving and exercise, and eat a snack if your blood sugar is below 100.





The A to Zzzz's of Healthy Sleep

Insomnia is the inability to sleep well. Poor sleep at night can show its effects during the day. You may have a hard time doing everyday tasks, be less alert, and be more prone to accidents. Poor sleep has been linked to high blood pressure, heart problems, stroke, diabetes, and obesity.

Here are some tips for healthy sleep:

- Try to maintain the same sleep/wake schedule every day, including weekends and holidays.
- Try to get an average of 7 to 9 hours of sleep every night.
- Avoid taking naps. If you must nap, keep it to 30 minutes or less and as far from bedtime as possible.
- Get regular exercise, but make sure to complete your exercise 4 or more hours before bedtime.
- Avoid caffeine in the afternoon and evening.
- Avoid drinking alcohol in the late evening because it can cause you to wake in the middle of the night.
- Do not smoke or use other tobacco products near bedtime. Nicotine is a stimulant.
- If you must, have a “light” snack before bedtime (not a heavy meal). Do not drink a lot of water close to bedtime. The need to urinate may wake you up during the night.
- Reserve the bedroom only for sleep and sexual activity.
 - Keep other activities, like watching TV, reading, computer work, etc., outside of the bedroom.
- Set the tone for sleep a few hours before bedtime: Complete your housework, bill-paying, and other activities. Turn down the lights, turn off the TV and computer, and turn down the volume of music. Try meditation or other relaxation techniques before you go to bed.
- Keep your bedroom dark, quiet, and at a comfortable temperature.
- If watching the clock makes you anxious, move it further from the bed and turn it to face away from you.
- If you worry when you lie down, start a worry book. Well before bedtime, write down your worries then set the book and your concerns aside.
- If you don't fall asleep within 20 minutes, get out of bed and do something relaxing OUTSIDE of the bedroom – only get back in bed when you are sleepy (repeat if necessary).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

ADD VARIETY TO YOUR MEALS

GRAINS & STARCHES

Choose whole grains.
Aim for at least 3 grams of fiber per serving.

WHOLE GRAIN BREAD

Wheat, Rye

WHOLE GRAIN CEREALS

Bran, Oatmeal, Oat Bran

RICE

Brown, Red, Wild

OTHER STARCHES

Whole Grain Crackers, Noodles, or Pasta; Whole Wheat Pita; Corn or Whole Wheat Tortilla

OTHER GRAINS

Barley, Buckwheat, Bulgur, Quinoa, Popcorn

STARCHY VEGETABLES &

OTHERS

Acorn Squash, Breadfruit (Ulu), Corn, Green Banana, Green Papaya, Kabocha, Lotus Root (Hasu), Okinawan Sweet Potato (purple), Peas, Poi, Potato, Pumpkin, Sweet Potato ('Uala), Taro (Kalo), Yams

NON STARCHY

VEGETABLES & FRUIT

Choose colorful produce in season.

RED:

V: Beets, Peppers, Radish, Tomato

F: Apple, Cherries, Cranberries, Grapefruit,

Grapes, Guava, Pomegranate, Pomelo,

Raspberries, Strawberries

ORANGE/YELLOW:

V: Carrots

F: Apricot, Cantaloupe, Grapefruit, Mango,

Nectarine, Orange, Papaya, Peach,

Persimmon, Pineapple, Star Fruit, Tangerine

GREEN:

V: Artichoke, Arugula, Asparagus, Bok Choy,

Bittermelon, Broccoli, Brussel Sprouts,

Cabbage, Celery, Chinese Peas, Choi Sum,

Collard Greens, Cucumber, Fern Shoots

(Warabi), Green Summer Squash, Long Bean,

Mustard Cabbage, Kale, Lettuce, Marungay,

Okra, Pak Choy, Pepper, Saluyot, Seaweed

(Wakame), Spinach, String Bean, Sweet

Potato Leaves, Swiss Chard, Ung Choi,

Watercress, Won Bok, Zucchini

F: Apple, Grapes, Honeydew Melon, Kiwi

BLUE/PURPLE:

V: Cabbage, Eggplant

F: Blackberries, Blueberries, Currants, Figs,

Grapes, Plums, Prunes, Raisins

WHITE/BROWN:

V: Bean Sprouts, Cauliflower, Daikon, Jicama,

Mushroom, Ogo, Onion, Turnips

F: Bananas, Dates, Pears

PROTEIN

Choose lean and local.

BEANS & PEAS

Black, Black-eyed, Garbanzo, Hummus,

Kidney, Lentils, Mungo, Navy, Pinto,

Split Peas, Soy (edamame)

SOY FOODS

Foo Jook (dried bean curd), Seitan

(vital wheat gluten), Tempeh, Tofu*,

Veggie Burger or meat-substitutes

EGG WHITES, EGGS*

FISH & SEAFOOD*

Ahi, Aku, Akule, Anchovies, Catfish,

Crab, Clams, Iriko (dried fish), Mackerel,

Mahimahi, Opelu, Ophi, Poke, Saba,

Salmon, Sardines, Scallops, Shrimp,

Squid, Tako, Tilapia, Tuna

LEAN MEATS & POULTRY*

Loin or round cuts of beef or pork,

skinless chicken and turkey, uncured

lean sandwich meats

DAIRY OR SOY (NON-FAT OR 1%)

Milk, Cheese*, Cottage Cheese*,

Ricotta Cheese*, Yogurt

* **Contain few carbohydrates**

HEALTHY FATS

1 tablespoon fat=100 calories.
Limit fried foods.

USE THESE HEALTHY OILS

SPARINGLY:

Canola, Flax Seed,

Macadamia, Olive, Walnut

SALAD DRESSINGS

Spritzers, Vinaigrette

NON-STICK COOKING SPRAY

NUTS & NUT BUTTERS

Almond, Cashew, Macadamia,

Peanut, Pecan, Pine, Pistachio,

Walnut

SEEDS

Chia, Flax, Pumpkin, Sesame,

Sunflower

OTHER FOODS

Avocado, Olives

Avoid trans fats and partially hydrogenated oils.

Read ingredient list on nutrition labels.

THE HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier.

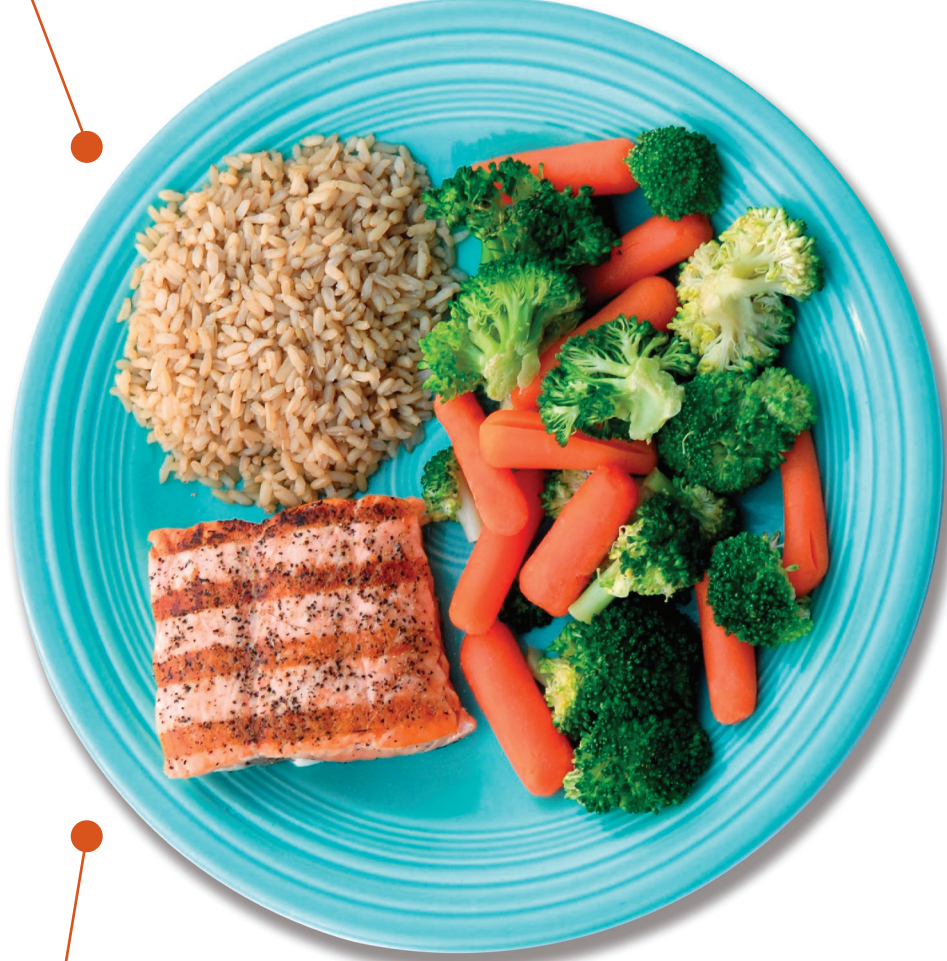
Use an 8 to 9 inch plate.



Fill one-quarter of your plate with a healthy protein source, such as fish, chicken, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches such as brown rice, whole-wheat pasta, poi, taro, corn, peas, whole-grain bread, corn or whole-wheat tortilla



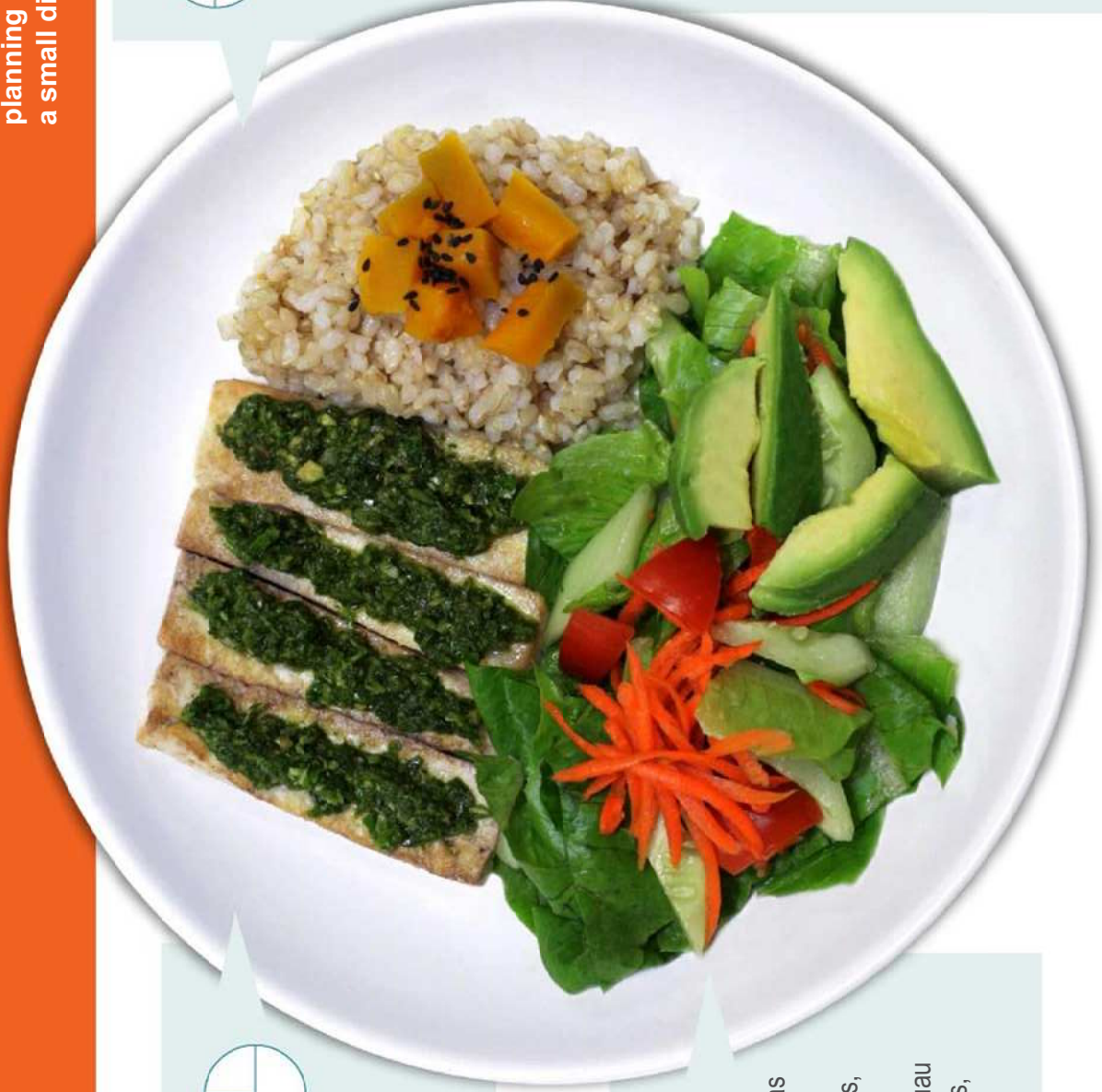
Fill half of your plate with non-starchy vegetables, such as green beans, asparagus, tomatoes, or romaine or Manoa lettuce.

For good nutrition also choose each day:

- 2 to 3 small servings of fruit, such as an orange, banana, papaya, apple, or berries or melon.
- 2 to 3 cups of nonfat, low-fat, or non-dairy milk or yogurt.
- A small amount of healthy fats, such as olive or canola oil, trans-fat-free margarine, or a small handful of nuts.

THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.



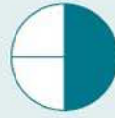
Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill one-quarter of your plate with whole grains or starchy vegetables such as barley, brown rice, corn, poi, taro (kalo), breadfruit (ulu), quinoa, whole-wheat pasta, sweet potatoes, pumpkin, whole grain bread, or corn tortillas.



Fill half of your plate with non-starchy vegetables such as carrots, broccoli, Chinese cabbage, eggplant, greens, spinach, long beans, marungay, mushrooms, luau leaves, peppers, tomatoes, seaweed, or zucchini.



For good nutrition also choose each day:

- 2-3 servings of fruit. A serving is a small orange, banana, or apple
- 1/2 medium papaya, 1/2 cup pineapple or 1 cup of berries, or melon
- 2 to 3 cups of a milk substitute, such as almond, hemp, oat, or soy
- A small amount of healthy fats, such as avocado, extra virgin olive or canola oil

Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below and follow the tips on the other side. Create your favorite combinations! Portions vary from person to person and can be adjusted based on your needs.

Breakfast

<ul style="list-style-type: none"> • 2 slices sprouted grain or 1 small whole wheat bagel with nut butter or cashew cheese • 1 cup diced melon 	<ul style="list-style-type: none"> • 1/4 cup scrambled soft tofu and 1 cup spinach • 1 sprouted-grain English muffin or 2 corn tortillas • 1/4 avocado • 1/2 cup mango
<ul style="list-style-type: none"> • 1 cup whole-grain cereal • 1/2 banana, 1/2 cup berries • 10 walnuts • 1 tbsp. ground flaxseed • 1 cup nondairy free milk 	<ul style="list-style-type: none"> • 2 slices sprouted grain or wheat toast and 2 tbsp. “natural” nut butter • 1 cup nondairy milk • 1/2 medium papaya
<ul style="list-style-type: none"> • 1 cup chia pudding and 1/2 cup diced fruit • 1/4 cup nuts • 1 tbsp. ground flaxseed 	<ul style="list-style-type: none"> • 2/3 cup brown rice • 1/2 cup beans • 1 cup cooked vegetables • 1/2 cup salsa • 1/2 cup avocado
<ul style="list-style-type: none"> • 2 slices sprouted grain or wheat toast • 1 cup berries • 1 cup nondairy milk 	<ul style="list-style-type: none"> • 1 cup oatmeal with 1 tbsp. pumpkin seeds and 2 tbsp. raisins • 1 cup nondairy milk

Snacks

<ul style="list-style-type: none"> • 1/2 cup baked sweet potato (uala) 	<ul style="list-style-type: none"> • Raw vegetables with hummus
<ul style="list-style-type: none"> • 2 tbsp. dried fruit or nuts 	<ul style="list-style-type: none"> • 1 1/2 oz. cashew cheese
<ul style="list-style-type: none"> • Fresh fruit 	<ul style="list-style-type: none"> • Medium apple with 1–2 tbsp. “natural” peanut butter
<ul style="list-style-type: none"> • 3 cups air-popped or light microwave popcorn 	<ul style="list-style-type: none"> • Rye crackers with 1 1/2 oz. cashew or nut cheese
<ul style="list-style-type: none"> • 1/2 cup roasted garbanzo beans 	<ul style="list-style-type: none"> • Fresh non-starchy vegetables

Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

<ul style="list-style-type: none"> • 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1–2 tbsp. avocado, lettuce or spinach, tomato, and onion • Carrots or broccoli • 1 orange 	<ul style="list-style-type: none"> • 2 cups stir-fried vegetables with tofu or tempeh (sautéed with 1 tsp. olive oil and garlic) • 1 cup quinoa, yam, or whole-grain pasta
<ul style="list-style-type: none"> • 1 cup tofu poke with lomi tomato, onions, and fern shoots (ho'i'o or warabi) • 1 -1 1/2 cup poi or kalo or ulu • guava 	<ul style="list-style-type: none"> • 1 1/2 cups vegetarian chili or 3 bean salad • 2 tbsp. pumpkin seeds or avocado • 1 cup cabbage slaw with lime juice • 1/3 cantaloupe
<ul style="list-style-type: none"> • 3–4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun • Garden salad with avocado and 1–2 tbsp. oil and vinegar dressing • Diced peaches or pear 	<p>Chinese cuisine</p> <ul style="list-style-type: none"> • 1/2 -1 cup brown rice or quinoa • 1 cup-2 cups broccoli tofu (sautéed in broth) • 1 cup vegetarian hot-and-sour soup
<p>Watercress tofu salad</p> <ul style="list-style-type: none"> • Watercress, cubed tofu, diced tomatoes, sliced sweet onions, shoyu, and sesame sauce • Lychee • Pineapple 	<p>Indian cuisine</p> <ul style="list-style-type: none"> • 1 cup lentil soup (dal) or chickpeas (Chana Masala) • 1 whole-grain flatbread or basmati rice • 1 cup medley of vegetables with garam masala
<p>Vegetable Lau Lau or Luau</p> <ul style="list-style-type: none"> • Luau leaves with uala, carrots, shitake mushroom, gobo, or ulu • Grapes 	<p>Mexican cuisine</p> <ul style="list-style-type: none"> • 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes • Diced mango

Healthy meals start at the store. Use this shopping list to help you prepare.

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> ✓ Fruits—fresh, frozen, canned in their own juice, or dried ✓ Vegetables—fresh, frozen, or low-sodium canned ✓ Kimchee, sauerkraut, or other pickled vegetables ✓ Nondairy, unsweetened milk (fortified hemp, soy, oat, or almond) ✓ Unsweetened nondairy yogurt (soy or almond) ✓ “Natural” peanut or another nut butter | <ul style="list-style-type: none"> ✓ Whole beans (dried or low sodium canned), or lentils ✓ Hummus or bean spreads ✓ Tofu (silken, firm), tempeh, or natto ✓ Avocado, olives, or sun-dried tomatoes ✓ Whole grains and starchy vegetables — in addition to those listed on front page include oats, whole wheat tortillas (no hydrogenated oils), orange colored squash, corn, mixed vegetables, and popcorn (air popped) | <ul style="list-style-type: none"> ✓ Fats and oils, such as extra virgin olive, or avocado oils, nuts and nut butter, seeds (e.g. chia, flax, hemp, pumpkin, sesame, sunflower, or tahini) ✓ Frozen vegetarian entrées or vegan burritos and soups (keep some on hand for a quick meal) ✓ Seasonings — light soy sauce, tamari, vegetable broth, or Bragg’s liquid amino nutritional yeast ✓ Spices — assorted ✓ Vinegars — balsamic or rice |
|--|--|---|

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Healthy Eating









Consistent Carbohydrates for Blood Sugar Management

Eat the right amounts













- Have about the same amount of carbohydrate (“carbs”) at each meal.
- A carb controlled meal could have 2 to 4 carb servings
- A carb controlled snack could have 1 to 2 carb servings.
- 1 carb serving = 15 grams of carbohydrate
- Keep a blood sugar and food log so you can see how many carbs work for you
- Medications and your activity level can change how many carbs you should have
- Carbohydrate Servings – example of 1 carb servings:

Basic Carbohydrate Servings






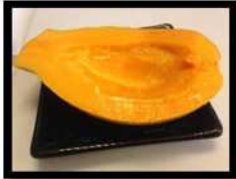






Milk 1 carb serving			
Milk or Soy Milk 1 cup 	Chocolate milk* ½ cup 	Low-Sugar Yogurt ¾ cup (6 ounces) 	Greek Yogurt 1 ¾ cup 













Starches/ Starchy Vegetables/ Grains 1 carb serving			
Whole Wheat Bread* 1 slice (1 oz.) 	Oatmeal* ½ cup 	Pancake* 4” diameter 	Unsweetened Cereal* ¾ cup 
Pasta* ⅓ cup 	White Rice* ⅓ cup 	Brown Rice* ⅓ cup 	Saimin Noodles ⅓ cup 


Starches/ Starchy Vegetables/ Grains continued
1 carb serving

<p>Legumes* 1/3 cup</p> 	<p>Corn* 1/2 cup</p> 	<p>Peas* 1/2 cup</p> 	<p>Baked Potato* 1/2 medium</p> 
<p>Popcorn 3 cups</p> 	<p>Breadfruit 1/4 cup</p> 	<p>Macaroni Salad* 1/2 cup</p> 	<p>Crackers 5 crackers</p> 
<p>Mashed Potato 1/2 cup</p> 	<p>Sweet potato 1/2 cup</p> 	<p>Poi 1/2 cup</p> 	<p>Taro 1/3 cup</p> 

Fruit
1 carb serving









<p>Banana* Small apple banana</p> 	<p>Blueberries 3/4 cup</p> 	<p>Apple 1 small or 1/2 medium</p> 	<p>Grapes 15 medium (3 ounces)</p> 
<p>Orange* 1 small</p> 	<p>Papaya 1/2 medium</p> 	<p>Mango 1/2 medium</p> 	<p>Pineapple 3/4 cup</p> 
<p>Canned fruit (no sugar added)* 1/2 cup</p> 	<p>Raisins 2 tablespoons</p> 	<p>Juice 1/2 cup</p> 	<p>Cantaloupe 1 cup, cubed</p> 

Other 1 carb choice			
Brownie* Unfrosted 2" 	Cookie* Unfrosted 2" 	Guava Jam 1 tablespoon 	Vanilla Ice Cream ½ cup 
Cake* Unfrosted 2" 	Potato Chips 1 ounce (about 1 cup) 	Chocolate bar* 2 mini bars 	Mochi 1"x1"x3" 
Arare About ¼ cup 	Smoothie ¼ cup 	Malasada* 1 item 	Honey 1 tablespoon 

Combination Foods*	Read Nutrition Labels for carbohydrate content and serving size																				
<ul style="list-style-type: none"> • 1 cup Portuguese bean soup 1carb • 1 cup beef stew 1 carb • 1 slice medium thin crust pizza 2 carbs • 1 cup oyaku donburi 2 carbs • 1 cup chili with beans 2 carbs • 1 cup spaghetti with meat sauce 2 carbs • 1 pork manapua 3 carbs • 1 cup lasagna 3 carbs <p>*Carb counts vary depending on portion size and preparation.</p>	<ul style="list-style-type: none"> • 1 carb serving = 15 grams of carbohydrate • Choose foods with at least 3 grams of fiber per serving 																				
<p>For more nutrition information:</p> <ul style="list-style-type: none"> • kp.org/diabetes • diabetes.org • eatright.org <p>*Food photos from hawaiifoods.hawaii.edu</p>	 <p>Nutrition Facts Serving Size (74g) Servings Per Container</p> <hr/> <p>Amount Per Serving</p> <p>Calories 170 Calories from Fat 60</p> <hr/> <table border="0"> <tr> <td></td> <td style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 7g</td> <td style="text-align: right;">11%</td> </tr> <tr> <td> Saturated Fat 0.5g</td> <td style="text-align: right;">3%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 180mg</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>Total Carbohydrate 25g</td> <td style="text-align: right;">8%</td> </tr> <tr> <td> Dietary Fiber 3g</td> <td style="text-align: right;">12%</td> </tr> <tr> <td> Sugars 10g</td> <td></td> </tr> <tr> <td>Protein 4g</td> <td></td> </tr> </table>		% Daily Value*	Total Fat 7g	11%	Saturated Fat 0.5g	3%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 180mg	8%	Total Carbohydrate 25g	8%	Dietary Fiber 3g	12%	Sugars 10g		Protein 4g	
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Dietary Fiber 3g	12%																				
Sugars 10g																					
Protein 4g																					

Foods with very little carbohydrates

Protein

Chicken 	Fish 	Lean Beef 	Lean Pork 
Tofu 	Cheese 	Eggs 	Peanut butter 

Healthy Fat

Avocado 	Nuts 	Vegetable oil or dressing 	Light mayonnaise or buttery spread 
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Examples of carbohydrate choices in a meal



2 Carbohydrate Servings



3 Carbohydrate Servings



4 Carbohydrate Serving

Reading food labels

Nutrition Facts	
Serving Size (74g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1. Check serving size
2. Choose foods with:

- Saturated fat: _____ grams or less
- Trans fat: 0 grams and no hydrogenated oils
- Sodium: 140 milligrams or less
- Total carbohydrate: 15 grams for a snack
- Dietary fiber: _____ grams or more
- Sugar: _____ grams or less; 14 grams if milk product

Recipe resources

- kp.org/foodforhealth (recipes and food blog)
- [facebook/KPHawaii/photos/healthygrinds](https://www.facebook.com/KPHawaii/photos/healthygrinds)
- culinary.kapiolani.hawaii.edu/cooking-up-a-rainbow
- diabetes.org – search “recipe videos”
- eatright.org – search “recipes”
- hawaiifoods.hawaii.edu
- healthyhawaii.com
- heart.org – search “cooking videos”



Fiber Facts:

Why fiber is important

Why is fiber important?

Including fiber in your diet is good for your health in lots of ways. It can:

- Reduce the risk of heart disease and type 2 diabetes.
- Lower the risk of several forms of cancer.
- Improve cholesterol and blood pressure.
- Help regulate your digestion.
- Help you feel fuller, so you may eat less.

What is fiber?

Fiber is the part of plant foods that our bodies can't digest or absorb. It is found in fruits, vegetables, beans, peas, lentils, nuts, seeds, and whole grains.

There are 2 kinds of dietary fiber: insoluble and soluble. We benefit from both.

Soluble fiber comes from fruit, some vegetables, oats, beans, peas, lentils, and barley. When mixed with liquid, it forms a gel, which helps control blood sugar and reduces cholesterol.

Insoluble fiber comes from fruits, grains, and vegetables. It adds bulk and acts like a brush to clean out the colon. It helps food pass through the digestive tract more quickly and prevents constipation.

What is a whole grain?

A **whole grain** has all three of its original parts:

- The bran (fiber-rich outer layer).
- The endosperm (middle layer).
- The germ (inner layer). Whole grains are rich in nutrients, including fiber.

Whole wheat, oatmeal, rye, cornmeal, bulgur, barley, brown rice, and even popcorn are all whole grains.

A **refined grain** has been milled, so only the middle layer (endosperm) is left. Milling removes much of the vitamins. "Enriched" flour has had some of the nutrients added back, but not the fiber.

How much fiber do I need?

The American Heart Association recommends between 25 and 38 grams of fiber a day in a well-balanced diet. Since most people only consume about half that amount of fiber, try these suggestions to increase the fiber in your diet.

Adding more fiber to your diet

- Eat at least 5 servings of fruits and vegetables every day.
- Try more recipes with beans, peas, barley, lentils, quinoa, bulgur, or brown rice.
- Choose breads, cereals, tortillas, and crackers that list a whole grain as the first ingredient on the label.
- Make at least half of your grain servings whole grains.
- Add fiber to your diet slowly, over 2 to 3 weeks. If you add it too fast, you may feel bloated or have gas pains.
- Unless your doctor has told you not to, drink 6 to 8 cups of water and other fluids a day to aid digestion.
- If you eat wheat bran to keep your bowels moving, start with 1 teaspoon per meal. Increase slowly to 2 to 4 tablespoons a day. If you use psyllium fiber supplements, be

sure to follow the directions and drink enough fluids to remain hydrated.

- Buy unprocessed foods when you can. Food processing often removes fiber.

Read food labels

Look for the "dietary fiber" content on food labels. Good sources of fiber have at least 10% of the "percent daily value" for fiber. To find whole-grain foods, look for the words whole wheat or whole grain in the ingredient list. "Multigrain," "wheat," and "enriched flour" do not mean whole grain. If you are eating gluten-free foods, be sure to check the label for fiber content.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 160mg	7 %
Total Carbohydrate 37g	12 %
Dietary Fiber 4g	16 %
Sugars 1g	
Protein 3g	
Vitamin A	10 %
Vitamin C	8 %
Calcium	20 %
Iron	45 %
* Percent Daily Values are based on a 2,000-calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Fiber Content of Foods

Vegetables	Serving Size	Dietary Fiber (g)
Asparagus, cooked*	½ cup	2g
Avocado*	½ cup	6g
Baked potato with skin	1 medium	4g
Beets	½ cup	2g
Breadfruit (ulu)	½ cup	3g
Broccoli cooked	½ cup	3g
Brussel sprouts*	½ cup	3g
Cabbage, cooked	½ cup	1g
Carrots, raw	1 medium	2g
Cauliflower, cooked	½ cup	1g
Chinese mustard greens	½ cup	2g
Corn, cooked	½ cup	2g
Eggplant, cooked*	½ cup	2g
Green beans, cooked	½ cup	2g
Kabocha pumpkin*	½ cup	2g
Lettuce, Romaine	2 cups	2g
Onions, chopped	½ cup	1g
Peas, cooked	½ cup	4g
Poi	½ cup	1g
Spinach or luau leaves, cooked	½ cup	3-4g
Sweet potato* or taro (kalo)*, cooked	½ cup	4g
Tomato, raw	1 medium	2g
Turnips, cooked	½ cup	2g

Beans, Nuts, and Seeds	Serving Size	Dietary Fiber (g)
Almonds	¼ cup	4g
Black beans, cooked*	½ cup	8g
Black, kidney, or pinto beans*	½ cup	8g
Chia seeds*	2 tbs	6g
Flaxseed, ground*	2 tbs	4g
Lentils, cooked*	½ cup	8g
Lima beans, cooked*	½ cup	7g
Macadamia nuts	¼ cup	3g
Mungo beans*	¼ cup	8g
Navy beans, cooked*	½ cup	10g
Peanuts	¼ cup	3g
Pecans, chopped	¼ cup	3g
Pistachios	¼ cup	3g
Soybeans (Edamame)*	½ cup	5g

*High in soluble fiber. Source: USDA National Nutrition Database for Standard Reference.

Fruits	Serving Size	Dietary Fiber (g)
Apple, with peel*	1 medium	3g
Apricots*	1 medium	1g
Asian pear*	1 medium	4g
Banana	1 medium	3g
Cantaloupe	½ cup	1g
Cherries	10 medium	1g
Figs, raw	1 medium	1g
Guava	½ cup	4g
Honeydew	½ cup	2g
Mango*	1 medium	4g
Nectarine	1 medium	2g
Orange*	1 medium	3g
Papaya	½ cup	1g
Peach, with skin	1 medium	2g
Pear, with skin*	1 medium	5g
Pineapple	½ cup	1g
Prunes*	½ cup	6g
Raisins	½ cup	3g
Raspberries	½ cup	4g
Strawberries, sliced	½ cup	2g

Cereal	Serving Size	Dietary Fiber (g)
All bran (varies with brand)	½ cup	10-14g
Bran flakes (varies with brand)	1 cup	7g
Bulgar, whole wheat, cooked	1 cup	6.5g
Cheerios	1 cup	4g
Fiber One	½ cup	14g
Oats, old fashioned, cooked*	1 cup	4.5g
Oats, steel cut, cooked*	1 cup	5.5g
Popcorn	3 cups	3g
Raisin bran	1 cup	7g
Shredded wheat	1 cup	6g
Wheat bran	2 tbs	3g
Wheaties	1 cup	3g

Grains	Serving Size	Dietary Fiber (g)
Barley, cooked*	1 cup	6g
Brown rice, cooked	1 cup	4g
Farro, cooked	1 cup	5g
Quinoa, cooked	1 cup	5g
Rice noodles	1 cup	2g
Rye bread	1 slice	2g
Whole wheat bread	1 slice	3g
English muffin, whole grain	½ muffin	3g
Pasta, whole wheat, cooked	1 cup	4g

Additional resources

Visit Kaiser Permanente's Center for Healthy Living at kphealthyme.com or contact your Prevention and Health Education Department for health information, programs, and other resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.

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Seven Day Food & Activity Diary With Blood Sugar Record

Name _____

1. Write everything you eat and drink – include the amounts.
2. Write your activity.
3. Record your blood sugar and time in the shaded box.

Date	Blood Sugar (Time)	Morning Food and Amount	Time	Blood Sugar (Time)	Afternoon Food and Amount	Time	Blood Sugar (Time)	Evening Food and Amount	Time	Blood Sugar (Time)	Notes
Sample Day 1/30	145 6:15 am	½ papaya 2 scrambled eggs 2 slices wheat toast 1 Tbsp. butter 1 cup coffee & Equal	7 am	178 11:30 am	1 Chicken Whopper 1 medium fries 1 large Diet Coke 1 small apple 1 cup Crystal Light	noon 3pm	173 5:30 pm	1 cup white rice 1 cup Kalua Cabbage ¼ block tofu & shoyu 1 cup canned corn Water	6 pm 8 pm	249	Gave blueberry muffins away to avoid being tempted
Activity		30 minute walk after breakfast			1 hour walk at the mall			Watched TV after dinner			
Day 1											
Activity											
Day 2											
Activity											
Day 3											
Activity											



Seven Day Food & Activity Diary With Blood Sugar Record

Date	Blood Sugar (Time)	Morning Food and Amount	Time	Blood Sugar (Time)	Afternoon Food and Amount	Time	Blood Sugar (Time)	Evening Food and Amount	Time	Blood Sugar (Time)	Notes
Day 4											
Activity											
Day 5											
Activity											
Day 6											
Activity											
Day 7											
Activity											

It's time to take action

Name: _____

Medical record number: _____

Physician: _____

Date: _____



1. My current health condition includes:

- Diabetes
- High blood pressure
- High cholesterol/LDL
- Other : _____

2. When it comes to taking care of my health condition, I would say I'm doing:

- Excellent
- Very good
- Good
- Fair
- Poor

3a. I am DOING WELL with:

- Exercise
- Taking my medication
- Maintaining a healthy weight
- Eating better foods
- Reducing my stress
- Cutting down on smoking
- Self blood glucose monitoring
- Blood pressure monitoring

3b. I want to DO BETTER with:

- Exercise
- Taking my medication
- Maintaining a healthy weight
- Eating better foods
- Reducing my stress
- Cutting down on smoking
- Self blood glucose monitoring
- Blood pressure monitoring

4. When it comes to my health, this is how ready I am to make any changes. (Circle a number between 1 and 10)

1 2 3 4 5 6 7 8 9 10

(1= not ready to change 10= totally ready)

I'm ready to make a lifestyle change. Over the next week, I will:

What: _____

How often: _____

When: _____

How much/many: _____

Examples of lifestyle change:

- I will walk (what), 3 times a week (how often) for 15 minutes (how much), before breakfast (when).
- I will eat half a bowl of rice (what/how much) instead of a full bowl, on five days (how often), at dinner (when).
- I will sign up for **kp.org** (what) today (when) and do 2 things (how much) such as refill my medication and check my lab results.

Hints for success: Start with a small goal that YOU are interested in working on. Selecting something that is doable, realistic and reachable in a week's time will help insure success!

Diabetes

Follow-up care and resources



Your primary care doctor will manage your medical care. Be sure to keep all your appointments.

Follow-up care

For help with diabetes control, call Patient Support Services (PSS) at 808-643-3784. The PSS team of nurses and pharmacists will:

- Answer your questions
- Help you meet your health targets
- Order labs and tests
- Review and change your medicine when needed

Resources

Kaiser Permanente

- **Integrated Behavioral Health**
 - Oahu.....808-432-7600
 - Neighbor Islands.....1-888-945-7600
- **Lifestyle Coaching**.....808-432-2260
- **Nutrition Services**
 - Kauai.....808-432-2360
 - Oahu.....808-432-2000
 - Maui.....808-243-6000
 - Hawaii Island.....808-334-4400
- **Prevention & Health Education**.....808-432-2260
- **Tobacco Cessation**.....808-643-4622
- **Kp.org/classes**
- **Kp.org/diabetes**

Other

- **American Diabetes Association**.....808-947-5979
- **Diabetes.org**
- **Hawaii State Tobacco Quitline**.....1-800-QUIT-NOW

Videos and webinars

- **Kphealthyme.com**
 - What is Type 2 Diabetes?
 - Diabetes Medications and Blood Sugar Monitoring
 - Goal-Setting and Self-Care
 - Food Choices and Portion Control
 - Carbohydrates and Meal Planning
 - Heart Healthy Eating
 - Meal Timing and Healthy Snacks
 - Diabetes: Managing Carbohydrates eLearning
- **Kphealthyme.com** – search “plant based diet”
- **Kp.org/watch**