



Diabetes Skills and Basics Class Packet

CENTER FOR HEALTHY LIVING





Healthy Eating

Tips for Better Blood Sugar Control

Eat at regular times

- Allow 2 to 3 hours between meals and/or snacks so your blood sugar can return to your target levels.
- To prevent low blood sugar, do not skip or delay meals especially if you have taken your insulin or Glipizide. If your meal is late, have a small snack.

Control your carbohydrate intake

- Carbohydrates affect your blood sugar. They include the following:
 - Bread, 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 pasta, 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 ½ 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 ¼ 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 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

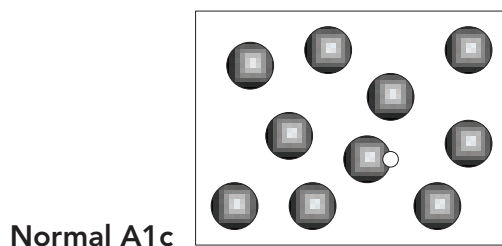
- kp.org/diabetes
- diabetes.org
- ndep.nih.gov

BLOOD SUGAR TARGETS

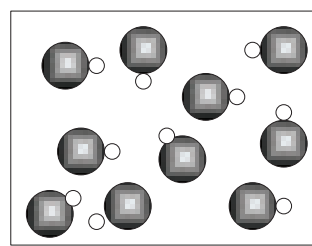
Talk with your health care team about your personal targets.

	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.



Normal A1c



High A1c

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

Do you have trouble falling or staying asleep? You may have the sleep disorder called insomnia. Poor sleep can show its effects during the day. You may have a hard time doing everyday tasks, be less alert, and be more likely to have accidents. Poor sleep has also been linked to high blood pressure, heart problems, stroke, diabetes, and obesity.

Tips for healthy sleep

- Try to maintain the same sleep and wake schedule every day, including weekends and holidays.
- Try to get an average of 7 to 9 hours of sleep every night.
- If you must nap, keep it to 30 minutes or less and as far from bedtime as possible.
- Get regular exercise. 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. Alcohol 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 need to eat before bedtime, have a light snack not a heavy meal.
- Do not drink a lot of water close to bedtime. The need to urinate may wake you up.
- Reserve the bedroom only for sleep and sexual activity. Keep other activities such as watching TV, reading, computer work, etc., outside of the bedroom.
- Get into a bedtime routine a few hours before going to bed. Complete nighttime activities such as watching TV, listening to music, etc., and turn down the lights. Try meditation or other relaxation practices 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 of going to bed, get out of bed and do something relaxing outside of the bedroom. Go back to bed only 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 doctor or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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



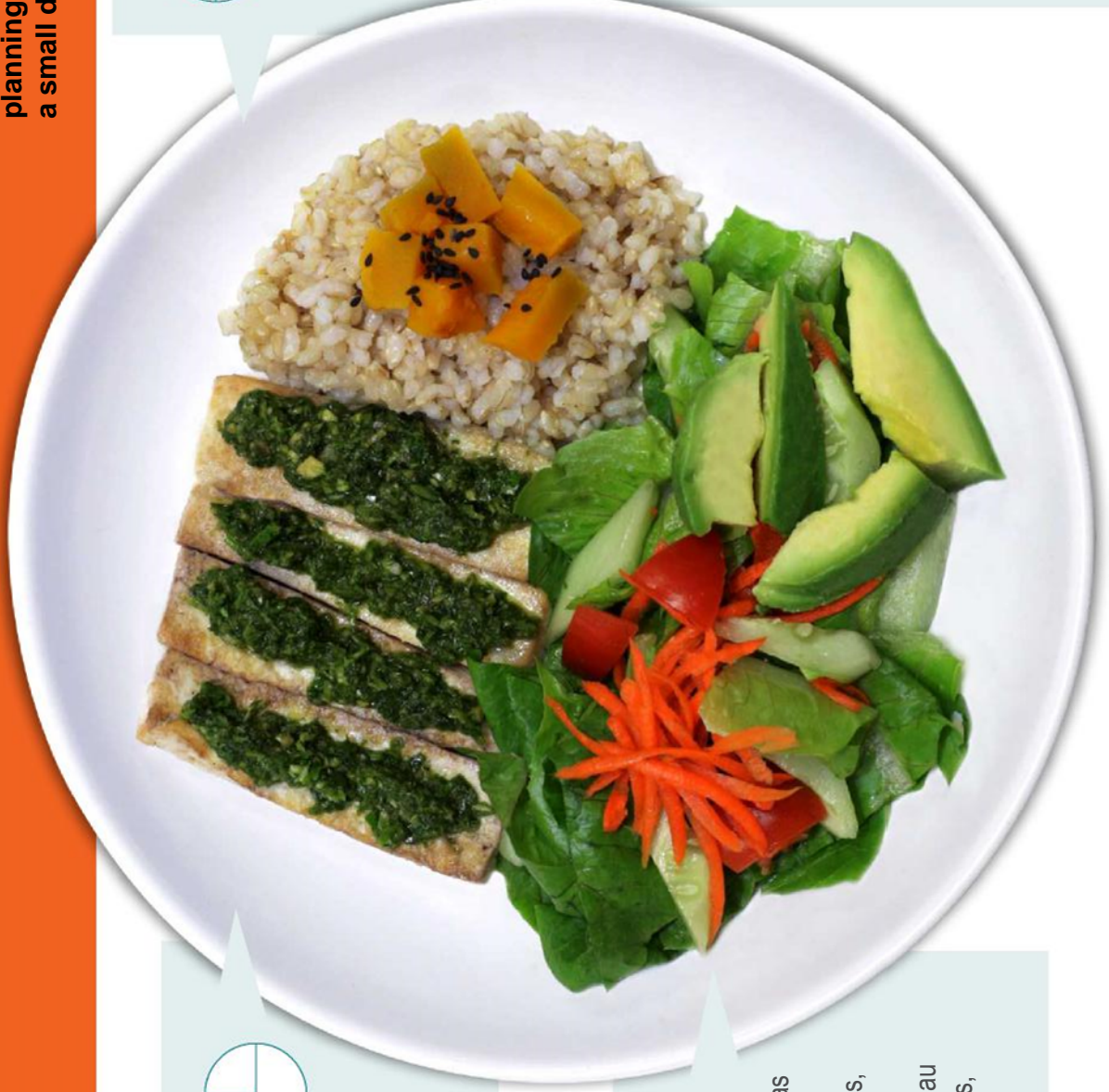
Fill half of your plate with non-starchy vegetables, such as green beans, asparagus, tomatoes, or romaine or Manoa lettuce.

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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
- $\frac{1}{2}$ medium papaya, $\frac{1}{2}$ cup pineapple or 1 cup of berries, or melon
- 2 to 3 cups of milk substitute, such as almond, hemp, oat, or soy
- A small amount of healthy fats, such as avocado, extra virgin olive or canola oil



KAISER PERMANENTE

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




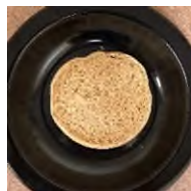










- Have about the same amount of carbohydrates (“carbs”) at each meal.
- 1 carb serving = 15 grams of carbs.
- A carb-controlled meal could have 30 to 60 grams of carbs.
- A carb-controlled snack could have 15 to 30 grams of carbs.
- Keep a blood sugar and food log so you can see how the amount and type of carbs affect your blood sugar levels.
- Medications and your activity level can change how many carbs you should have.

Carbohydrates (*Preferred choices)

Milk 15 grams of carbs			
Unsweetened milk alternatives (Almond, Rice, Oat, Soy) have less carbs. Check the product's Nutrition Facts label.			
			
Skim or 1% Milk* (1 cup)	Plain Greek Yogurt* (1¾ cup)	Chocolate Milk (½ cup)	Light Yogurt* (¾ cup)

Starches (*Preferred choices; ♦May contain added fat)

Whole Grains 15 grams of carbs			
			
Whole wheat bread* (1 slice or 1 ounce)	Oatmeal* (½ cup)	Quinoa* (1/3 cup)	Whole Grain Cereal* (¾ cup)

Whole Grains cont. 15 grams of carbs			
			
Whole Wheat Pasta* ($\frac{1}{3}$ cup)	Buckwheat Soba* ($\frac{1}{3}$ cup)	Brown Rice* ($\frac{1}{3}$ cup)	Corn Tortilla* (small)
Other Starches 15 grams of carbs			
			
Pancake♦ (4-inch diameter)	White Noodles (Saimin, pasta) ($\frac{1}{3}$ cup)	White Rice ($\frac{1}{3}$ cup)	Crackers (5 pieces)
			
Macaroni Salad ($\frac{1}{3}$ cup)♦		Popcorn, plain* (3 cups popped)	
Starchy Vegetables 15 grams of carbs			
			
Bean/Lentils, cooked* ($\frac{1}{2}$ cup)	Peas* ($\frac{1}{2}$ cup)	Mung Beans, cooked* ($\frac{1}{2}$ cup)	Mashed potato♦ ($\frac{1}{2}$ cup)

**Starchy Vegetables cont.
15 grams of carbs**



Taro (Kalo)*
($\frac{1}{3}$ cup)



Corn*
($\frac{1}{2}$ cup)



Baked Potato
($\frac{1}{2}$ medium)



Sweet Potato*
($\frac{1}{2}$ medium)



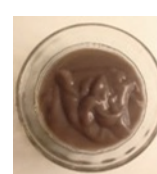
Breadfruit (Ulu)*
($\frac{1}{4}$ cup)



**Pumpkin / Winter
Squash***
($\frac{3}{4}$ to 1 cup)



Pa'i'ai*
($\frac{1}{4}$ cup)

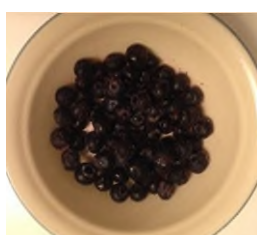


Poi*
($\frac{1}{2}$ cup)

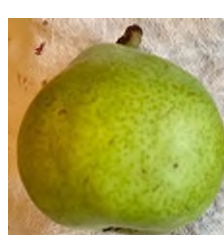
**Fruit
15 grams of carbs**



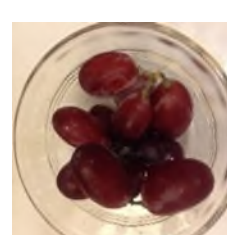
Banana*
(Small apple banana)



Berries*
($\frac{3}{4}$ cup)



Pear / Apple*
(Small, tennis ball
size)



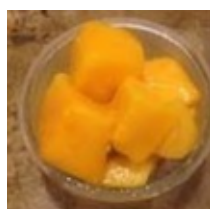
Grapes*
(15 medium or 3
ounces)



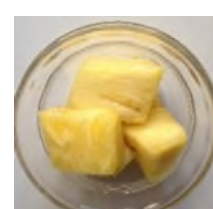
Orange*
($\frac{1}{2}$ cup or 1 small)









Papaya*
($\frac{1}{2}$ medium)











Mango*
($\frac{1}{2}$ cup)







Pineapple*
($\frac{3}{4}$ cup)

Fruit cont. 15 grams of carbs			
			
Canned fruit, no sugar added (½ cup)	Raisins / dried fruit (2 tablespoons)	Lychee* (7 pieces)	Melon* (1 cup)
			
Strawberries (1 cup, sliced)		Juice (½ cup)	









Foods low in carbs (*Preferred choices)

Protein			
			
Skinless Chicken* (1 palm per meal)	Fish* (1 palm per meal)	Lean Beef / Pork* (1 palm per meal)	Tuna / Sardines* (3 ounces)
			
Tofu* (1 to 1½ cups)	Low-Fat Cheese* (1 ounce)	Egg* (1 small)	Unsweetened Nut Butter* (1 tablespoon)

Healthy Fats			
			
Avocado* (¼ cup)	Nuts* (⅓ cup)	Vegetable Oil* (1 teaspoon)	Light Mayonnaise or Buttery Spread or Salad Dressing* (1 tablespoon)








Non-Starchy Vegetables (*Preferred choices)

- Aim for at least 3 to 5 servings a day
- 1 cup of raw leafy greens or ½ cup other vegetables, raw or cooked




Non-Starchy Vegetables			
			
Flowers* (Broccoli, Cauliflower, Choi Sum)	Roots* (Carrots, Daikon, Turnip, Beets)	Bulbs* (Garlic, Onion, Shallots)	Leafy Greens, Seaweed*
			
Fungi* (White, Portobello, Enoki Mushrooms)	Stems* (Asparagus, Celery)	Leaves* (Cabbage, Brussel Sprouts, Bok Choy)	Other* (Cucumber, Tomato, Eggplant)


Foods to limit

- Choose foods from this group less often.
- These foods are not as nutritious and are low in fiber, high in calories and fat.

Sweets, Desserts, or Snacks 15 grams of carbs			
			
Brownie / Cake (Unfrosted 2-inches)	Cookie (Unfrosted 2-inches)	Jam / Honey (1 tablespoon)	Ice Cream (½ cup)
			
Arare / Mochi Crunch (¼ cup)	Potato Chips (1 cup)	Chocolate Bar (1 ounce)	Mochi (1x1x3 inch piece)
			
Malasada (1 piece)			

Examples of carbohydrate choices in a meal

		
2 carbs	3 carbs	4 carbs

Combination Foods*	Read Nutrition Labels for carbohydrate content and serving size
<ul style="list-style-type: none"> Portuguese Bean Soup (1 cup) 15 grams Beef Stew (1 cup) 15 grams Medium thin crust pizza (1 slice) 30 grams Oyaku Donburi (1 cup) 30 grams Chili with Beans (1 cup) 30 grams Spaghetti with Meat Sauce (1 cup) 30 grams Pork Manapua (1) 45 grams Lasagna (1 cup) 45 grams <p>*Carb counts vary depending on portion size and preparation.</p>	<p>Targets per serving size:</p> <ul style="list-style-type: none"> Saturated Fat: 2 grams or less Trans Fat: 0 (no hydrogenated oils, check ingredients list) Total Carbohydrates: 15 grams for a snack Dietary Fiber: 3 grams or more Added Sugar: 5 grams or less
<p>For more nutrition information:</p> <ul style="list-style-type: none"> kp.org/diabetes kp.org/recipes diabetes.org/food-nutrition eatright.org kphealthyme.com 	<p>New Label / What's Different?</p> 

Source for some food photos: nutritioncenter.ctahr.hawaii.edu/hawaii-foods/ and pixabay.com.



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 food 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, 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 word's 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 kpinhawaii.org/centerforhealthyliving or call 808-432-2260 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 professionals. 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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Name _____

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

Date	Blood Sugar (Time)	Morning Food and Amount <u>Time</u>	Blood Sugar (Time)	Afternoon Food and Amount <u>Time</u>	Blood Sugar (Time)	Evening Food and Amount <u>Time</u>	Blood Sugar (Time)	Notes
Sample day	145 6:15 am	½ papaya 2 scrambled eggs 2 slices wheat toast 1 Tbsp. butter 1 cup coffee & Equal <u>7 am</u>	178 11:30 am	1 Chicken Whopper 1 medium fries 1 large Diet Coke 1 small apple 1 cup Crystal Light <u>noon</u> <u>3pm</u>	173 5:30 pm	1 cup white rice 1 cup Kalua Cabbage ¼ block tofu & shoyu 1 cup canned corn Water <u>6 pm</u>	249 8 pm	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								



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

PERSONAL ACTION PLAN

It's time to
take action!



A **goal** is something you want to accomplish but may take a while to achieve, such as losing weight or decreasing your blood pressure.

Action plans are short-term plans that help you reach your goal. They must include a specific action or behavior that you want to do and know that you will be able to accomplish. Your plan must answer the questions:

- *What* are you going to do?
- *How much* are you going to do?
- *When* are you going to do it?
- *How many* days a week are you going to do it?

Your **confidence level** is a measure of how certain you are that you will succeed with your action plan. You must attach a confidence level of 0 to 10 to your plan. A confidence level of 7 or more will help you to succeed. If your confidence level is lower than 7, think about changing your action plan.

Action plan examples:

- This week I will walk (*what*) for 20 minutes (*how much*) before lunch (*when*) three days (*how many*).
- This week I will take my medications as prescribed before breakfast, lunch, and dinner every day.
(over)



My goal is:

My action plan

This week I will:

(what)

(how much)

(when)

(how many)



How **confident** are you that you will succeed with your plan?

0

1

2

3

4

5

6

7

8

9

10

(0 = not at all confident

10 = totally confident)

Your confidence level should be a 7 or higher.

Things that could make it difficult to fulfill my action plan:

My plan for overcoming these challenges:

Support and resources I will need to fulfill my action plan:

My reward: _____

Review date: _____ With: _____

My signature: _____

Discuss your health goals and options for next steps with a Wellness Coach. Call 808-432-2260.

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

- **Integrated Behavioral Health**

Oahu 808-432-7600

Neighbor Islands... 1-888-945-7600

- **Wellness Coaching**.....808-432-2260

- **Nutrition Services**.....808-432-2260

- **Center for Healthy Living**.....808-432-2260

- **Tobacco Cessation**..... 808-643-4622

- **kp.org/classes**

- **kp.org/diabetes**

- **kphealthyme.com** for diabetes resources including nutrition and plant-based eating information

- **kp.org/watch** for videos that can help improve your health

- **American Diabetes Association**..... 808-947-5979

- **Diabetes.org**

- **Hawaii State Tobacco Quitline**.....1-800-QUIT-NOW

