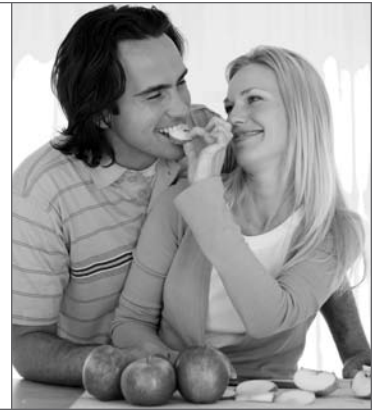


Food and Activity Diary

Keeping a food diary can double your weight loss. Use this tool to help you reach your weight loss goals.



NAME _____

DATE _____

INSTRUCTIONS

1. List all food and drinks that you had today, including water, in the diary below. For each item, include the amount as well as the time and place. Try to be as specific as possible.
2. Record your calories for the day using the information from food labels, a calorie-counting book such as *Calorie King: Calorie, Fat & Carbohydrate Counter* by Allan Borushek sold at most Kaiser Permanente pharmacies or Health Stores, or from websites such as calorieking.com or nutritiondata.com.
3. Rate how hungry you felt before you ate or drank on a scale from 1 (starving, feeling weak) to 10 (uncomfortably full or sick). Rate how full you felt after you ate (before you ate/after you ate).
4. List your feeling/mood such as happy, sad, angry, tired, or depressed.
5. List all of your daily physical activity and length of time at the bottom of the diary in the "Daily Activity" section.
6. List other information, such as total calories eaten, in the "Comments" section.

PLACE	TIME	FOOD/BEVERAGE	AMOUNT	CALORIES	HUNGER RATING (1-10)	FEELINGS/ MOOD
home	7:30 a.m.	Strawberry yogurt	6 oz.	170	3/7	happy

DAILY ACTIVITY (type and duration)	COMMENTS
Brisk walk for 30 minutes.	



Maintain a healthy weight and stay active.

What is prediabetes?

Prediabetes is a condition where your blood sugar (glucose) is higher than normal. This is verified by the following blood test results:

- Fasting blood sugar of 100 to 125 mg/dl.
- Hemoglobin A1c of 5.7 to 6.4 percent.

The hemoglobin A1c test measures your average blood sugar level over the past 2 to 3 months.

Persons with prediabetes are at higher risk for developing:

- Diabetes
- Heart disease
- Stroke

Maintaining a healthy weight and being active can help you reverse prediabetes and delay or prevent type 2 diabetes.

What is type 2 diabetes?

Diabetes makes it hard to turn the food you eat into energy. When your body does not make enough of the hormone called insulin – or it does not use insulin well – sugar builds up in your blood. High blood sugar can damage your nerves and blood vessels. This may lead to a heart attack, stroke, or other serious health problems.

What are other risk factors for diabetes?

- Age 45 and older.
- Have a family member with type 2 diabetes.
- High blood pressure over 140/90 mmHg.
- Low HDL cholesterol (35 mg/dl or lower) or high triglycerides (250 mg/dl or higher).
- African American, Alaskan Native, American Indian, Asian American, Hispanic/Latino, or Pacific Islander.
- Had diabetes during pregnancy (gestational diabetes) or have given birth to a baby weighing more than 9 pounds.

What can I do to delay or prevent type 2 diabetes?

Reduce your risk of type 2 diabetes by making healthy changes in your lifestyle. Small changes can have big effects on your health. Talk to your doctor about checking your blood sugar regularly to address any increases in blood sugar levels early.

1. Move more: Be physically active every day.

Physical activity is one of the most effective ways to delay or prevent type 2 diabetes. It can also decrease your blood pressure, cholesterol and risk for heart disease, osteoporosis, and some cancers.

Adults should aim for 150 minutes a week or at least 30 minutes on most days. Children and teens need 60 minutes on most days of the week.

- Go for walks or hikes or swim at the beach or pool with family or friends.
- Get exercise DVDs or exercise equipment for home use.
- Take the stairs instead of the elevator.
- Use a pedometer (step-counter) to track your steps. Count the steps you are currently walking in a day. Increase average daily steps each week by 500 per day until you can easily average 10,000 per day.
- Try strength training by lifting light weights on alternating days every week.

Eat more . . .

- Baked, boiled, broiled, or steamed food, fish, tofu, beans, legumes
- Fruits and vegetables
- Whole wheat bread or pasta, brown rice, taro/sweet potato, poi
- Nonfat or 1% milk or low fat yogurt, soy or almond milk

Eat less . . .

- Pan fried or deep-fat fried foods, luncheon meat, portuguese sausage, ribs
- French fries, chips, crackers
- White rice and bread, packaged saimin, sweet bread, croissants
- High-fat dairy foods, such as whole milk, cheese, cream, and ice cream

2. Eat healthier: Make wise food choices.

Get started with small changes:

- Choose smaller portions.
- Drink plenty of water.
- Try to eat slowly. It takes your stomach 20 minutes to tell your brain that it is full.
- Cut back on sugar by limiting sweetened beverages, like soda and fruit juice, or by switching to sugar-free drinks.
- Choose foods that are lower in fat and calories.

3. Maintain a healthy weight

Losing weight and keeping it off can improve blood sugar levels. The key to maintaining weight is balancing the amount of calories you eat and

drink with the amount you burn through regular physical activity. If you are overweight, losing 5 to 10 percent of your current body weight will improve your health.

Other resources

- Go to kp.org to access health and drug encyclopedias, interactive programs, health classes, and much more.
 - For more information on preventing diabetes, visit kp.org/healthyliving.
 - Contact Kaiser Permanente Prevention & Health Education on Oahu, Maui, and Hawaii island for programs, and other resources.
- | | |
|------------|--------------|
| Oahu | 808-432-2260 |
| Maui | 808-243-6484 |
| Big Island | 808-933-4510 |

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 talk to your doctor.

February 2015. Kaiser Permanente Hawaii Region, Prevention & Health Education.

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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

THE HEALTHY PLATE

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

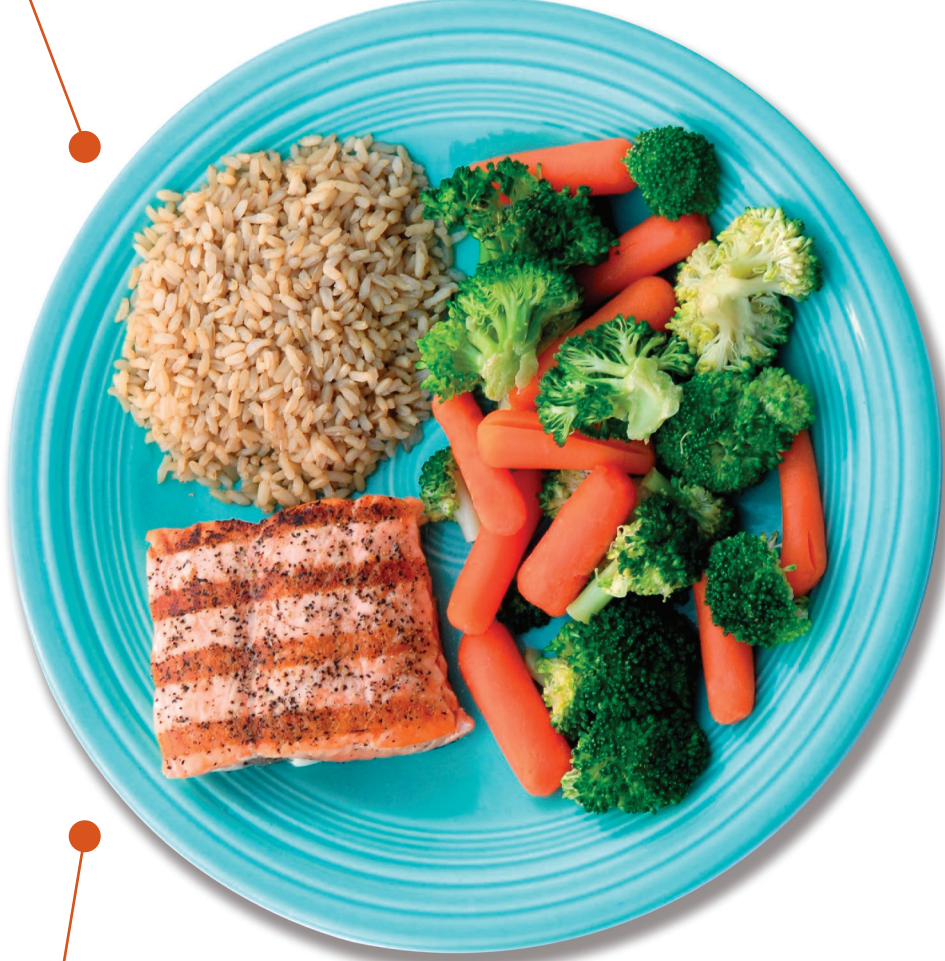
Use an 8 to 9 inch plate.



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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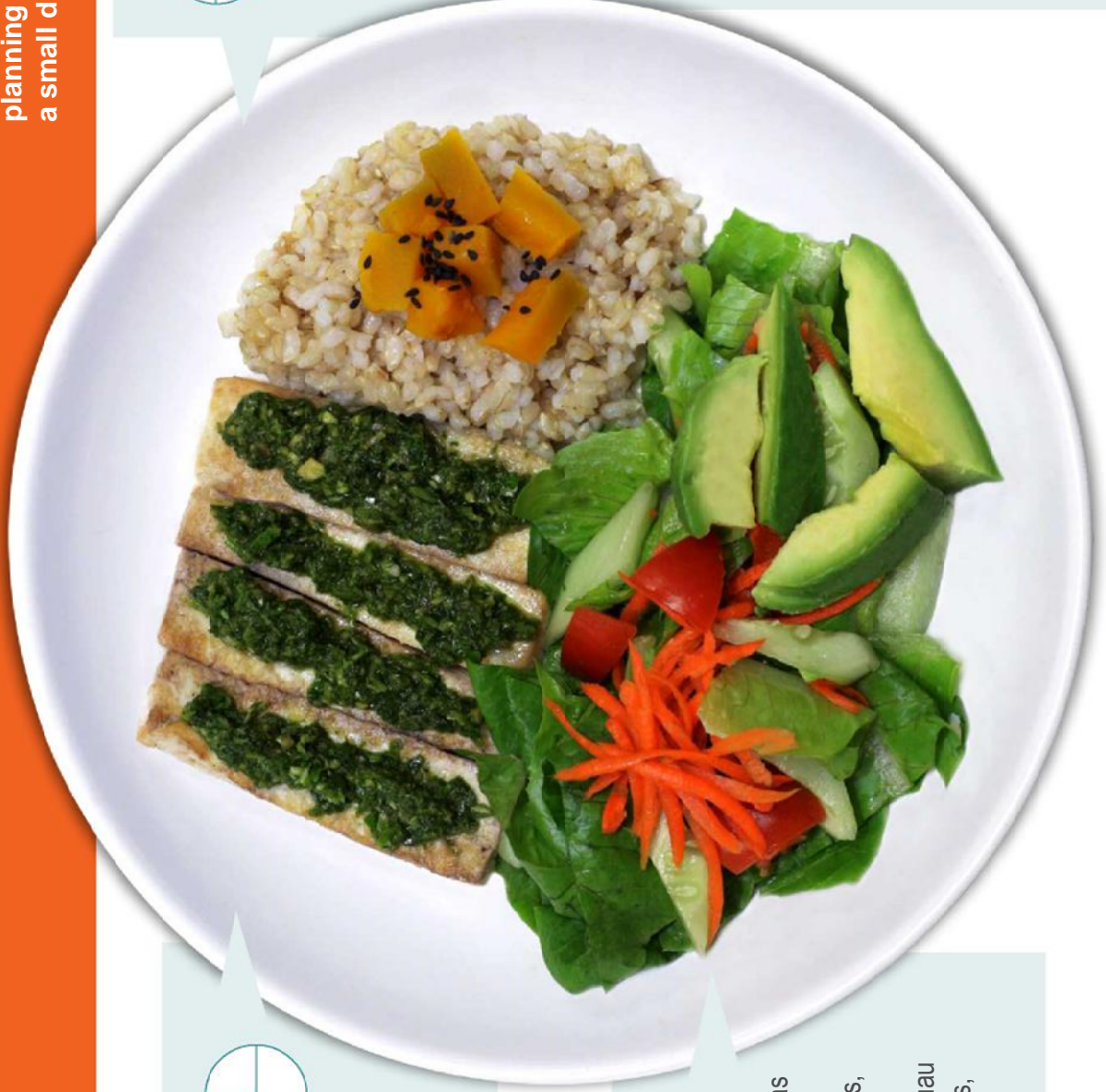
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THE PLANT-BASED HEALTHY PLATE

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
- 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 |
|--|--|---|

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 medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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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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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!