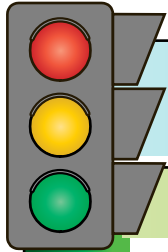


ZONES FOR DIABETES MANAGEMENT



Which Zone Are You In Today?

GREEN **YELLOW** or **RED**

GREEN ZONE — Great Control

Your Goal HbA1c:

- ☐ HbA1c is under 7
- ☐ Average blood sugars typically under 150
- ☐ Most fasting blood sugars under 150

Green Zone Plan:

- ☐ Check blood sugar as directed.
- ☐ Take daily medicine.
- ☐ Follow healthy eating habits.
- ☐ Monitor feet & skin.
- ☐ Keep all doctor's appointments .

YELLOW ZONE — Caution

Work closely with your health care team if you are going into the YELLOW ZONE:

- ☐ HbA1c between 7 and 8
- ☐ Average blood sugar between 150 - 185
- ☐ Most fasting blood glucose under 200

Call your doctor, nurse, or diabetes educator if changes in your activity level or eating habits don't **decrease** your fasting blood sugar levels.

Name: _____

Number: _____

Yellow Zone Plan:

- ☐ Doctor may need to adjust medication.
- ☐ Check and record blood sugars.
- ☐ Manage Stress.
- ☐ Monitor feet & skin daily.
- ☐ Improve eating habits. Consider seeing a dietitian.
- ☐ Other: _____

RED ZONE: Stop and Think

Call your doctor if you are going into the RED ZONE

- ☐ HbA1c 9 and above
- ☐ Average blood sugars 210 and above
- ☐ Most fasting blood sugars are well over 200

Call your doctor:

Name: _____

Number: _____

Red Zone Plan:

- ☐ Need to be evaluated by a doctor.
- ☐ If you have a blood glucose over _____ follow these instructions _____
- _____
- _____
- _____

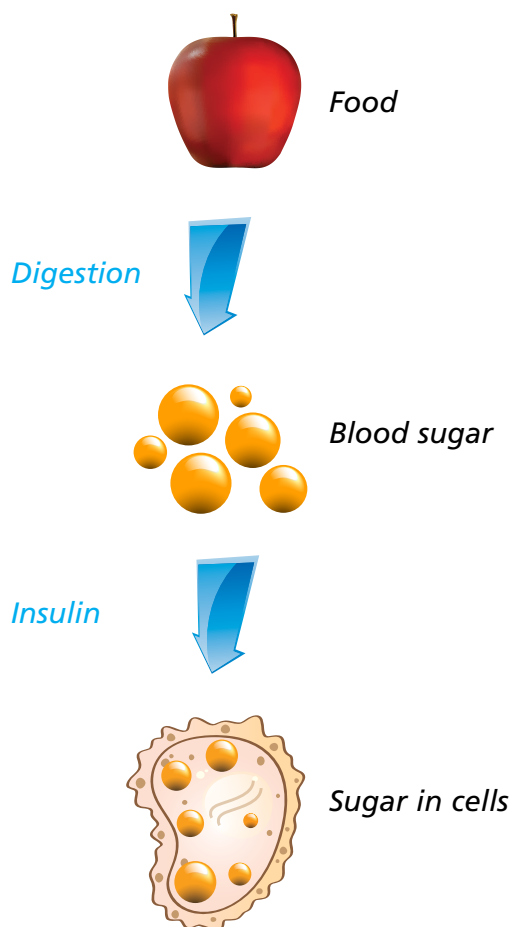


What is diabetes?

Cornerstones4Care™

Diabetes is a condition in which sugar levels in your blood are high. When you eat, some of your food is broken down into sugar (also called glucose). Sugar from food can be sugar itself, or it can be from carbohydrates that the body turns into sugar. Sugar travels in your blood to all your body's cells. Insulin helps sugar move from your blood into your cells. Insulin is a hormone that is made by the beta cells in your pancreas.

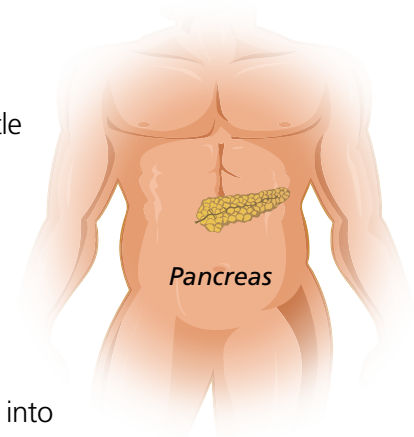
Your cells need sugar for energy. Sugar from food makes your blood sugar levels go up. Insulin lowers your blood sugar level by helping sugar move from your blood into your cells.



What happens when you have diabetes?

When you have diabetes:

- Your pancreas makes little or no insulin, and/or
- Your body prevents the insulin you do make from working right



As a result, sugar can't get into your cells. So it stays in your blood. That's why your blood sugar gets too high (also called hyperglycemia).

Types of diabetes

Three common types of diabetes are type 1, type 2, and gestational diabetes.

In type 1 diabetes, the body makes little or no insulin. So people with type 1 diabetes must take insulin every day. Type 1 diabetes usually occurs in children and young adults, but it can also appear in older adults.

In type 2 diabetes, your body prevents the insulin it does make from working right. Your body may make some insulin, but not enough. Most people with diabetes have type 2.

Gestational diabetes is high blood sugar that develops during pregnancy. Blood sugar levels usually return to normal after the baby is born. But gestational diabetes increases the risk of getting type 2 diabetes later in life.

What is diabetes?

Checking your blood sugar

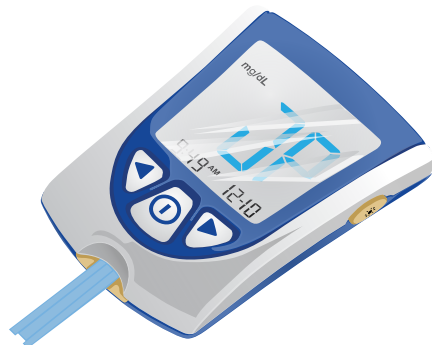
Checking your blood sugar is often the best way to be sure that your diabetes is under control. Checking often will tell you:

- If your insulin or other diabetes medicine is working
- How physical activity and the foods you eat affect your blood sugar

You'll usually feel better and have more energy when your blood sugar stays at or near normal. Managing your blood sugar can also reduce your risk of developing problems from diabetes.

Many different kinds of blood sugar meters are available today. Your diabetes care team can help you choose a meter and show you how to use it.

The table on this page lists blood sugar goals for people with diabetes. You and your diabetes care team will set the goals that are right for you. Write your goals in the last column.



Time	Goals for many adults with diabetes*	Your goals
Before meals	70 to 130 mg/dL	_____
1 to 2 hours after the start of a meal	Less than 180 mg/dL	_____
A1C	Less than 7%	_____

*Your individual goals may differ, so speak with your doctor about your specific goals.
Adapted from the American Diabetes Association. Standards of medical care in diabetes—2013. *Diabetes Care*. 2013;36(suppl 1):S11-S66.

Managing your diabetes every day

Diabetes cannot yet be cured, but it **can** be managed. You can manage it by taking good care of yourself. Your diabetes care team will help you develop a diabetes care plan that is right for you. If you have questions about your plan, be sure to let your team know!

For more information, visit
Cornerstones4Care.com

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High blood sugar (Hyperglycemia)

Cornerstones4Care™

Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems. High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

What to do about high blood sugar

The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.

Of course, the best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

Signs & Symptoms

Here's what may happen when your blood sugar is high:



Very thirsty



Needing to pass urine more than usual



Very hungry



Sleepy



Blurry vision



Infections or injuries heal more slowly than usual

For more information, visit Cornerstones4Care.com

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HYPOGLYCEMIA

Hypoglycemia (low blood glucose) happens when blood glucose drops below optimal levels. A blood glucose of 70 mg/dl or less is considered hypoglycemia.

Low Blood Sugar symptoms:

- Shakiness, dizziness
- Sweating, pale skin color
- Hunger
- Headache
- Sudden Mood Change
- Clumsy or jerky movements
- Confusion, hard time paying attention
- Tingling around the mouth
- Blurred vision
- Weakness or fatigue

Hypoglycemia may result from one or more of the following:

- Taking too much diabetes medication
- Delaying or skipping a meal
- Not eating enough carbohydrate at your meal
- Exercising harder or more than usual
- Drinking alcohol without food

What to do:

①. Check your blood sugar. If it is less than 70mg/dL, eat or drink 15 grams of carbohydrate.

a. 3-4 glucose tablets

b. 15-gram tube of glucose gel or liquid

c. ½ cup juice or regular soda

d. 4 pieces of hard candy

e. 1 tablespoon of honey

f. 2 tablespoons of cake icing

②. Wait 15 minutes. It will take this much time to feel better no matter how much carbohydrate you use to treat your low blood sugar.

③. Check your blood sugar again. Repeat these steps if it is still below 70mg/dL.

****After 2 treatments with BG still less than 70, call 911 and give your self the 3rd dose of quick acting glucose.****

④. Eat a meal or snack within the hour.

report All Hypoglycemic Events to Your Health Care Provider

Treat — But Don't Over-treat!

It's easy to over-treat low blood glucose. You will likely feel anxious and want your symptoms to disappear as soon as possible. However, if you eat or drink too much, your blood glucose can rise too high. Regularly over-treating a low blood glucose level may also make managing your weight more difficult. Follow the steps above to help you treat your low blood glucose, without over-treating. Portion-controlled glucose products (e.g., glucose tablets and gels) can also help you avoid over-treatment.

Low blood sugar (Hypoglycemia)

Cornerstones4Care™

Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates, or skip or delay a meal
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual

Signs and Symptoms

Here's what may happen when your blood sugar is low:



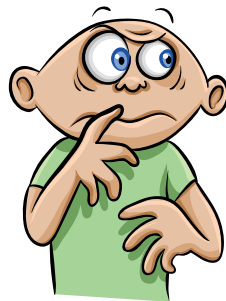
Shaky



Sweaty



Dizzy



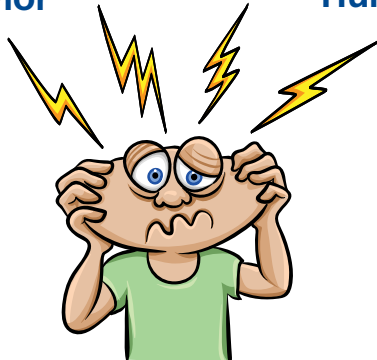
Sudden behavior change



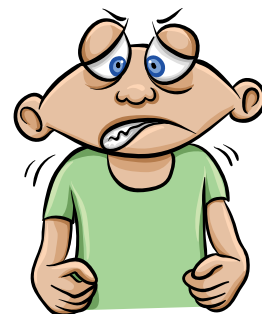
Hungry



Weak or tired



Headache



Nervous or upset

If low blood sugar is not treated, it can become severe and cause you to pass out.
If low blood sugar is a problem for you, talk to your doctor or diabetes care team.

Low blood sugar (Hypoglycemia)

What to do if you think you have low blood sugar

Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low but cannot check it at that time, treat anyway.



Treat by eating or drinking 15 grams of something high in sugar, such as:

- 4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)
- 4 ounces (½ cup) of regular soda pop (not diet)
- 3 or 4 glucose tablets
- 5 to 6 hard candies that you can chew quickly (such as mints)



Wait 15 minutes and then check your blood sugar again. If it is still low, eat or drink something high in sugar again. Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back.



For more information, visit
Cornerstones4Care.com

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Create Your Dinner Plate

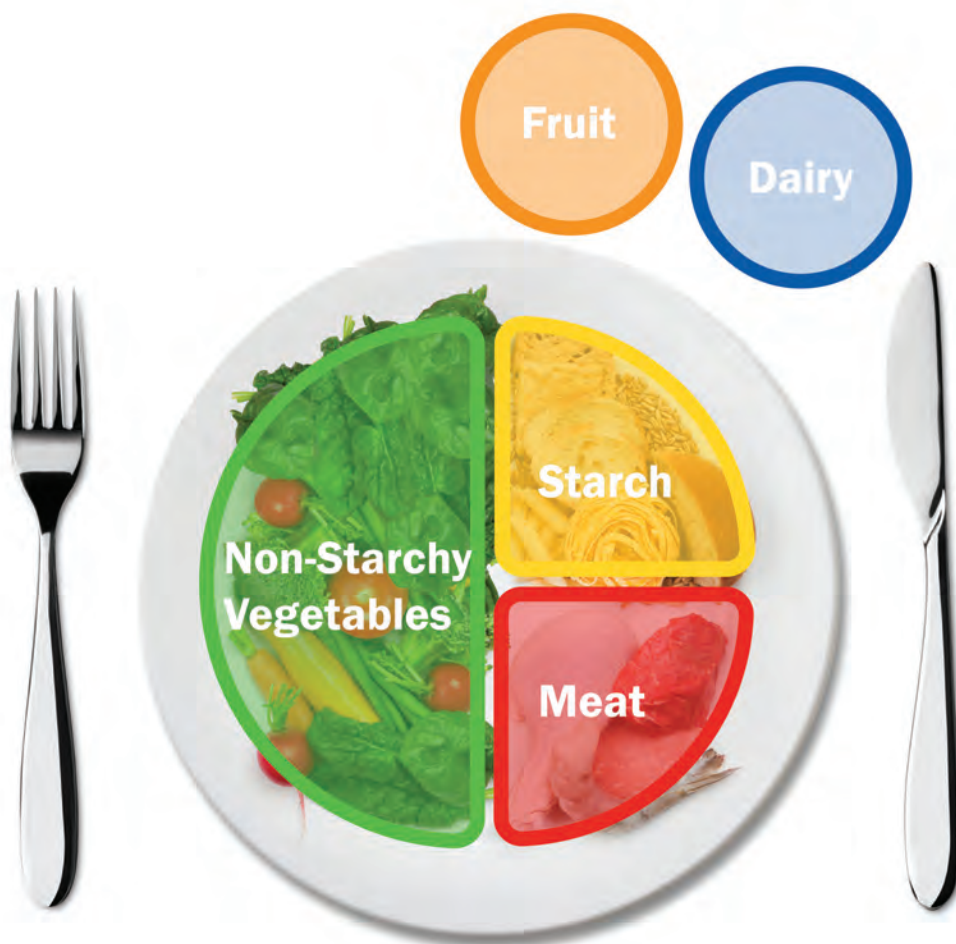
Quick and Healthy Diabetes-Friendly Dinner Ideas

The American Diabetes Association's create your plate model gives you an easy way to help manage your carbohydrates and keep blood sugar levels under control. Plus, it's a great guideline for healthy meals the entire family can enjoy!

How to Create Your Plate

Serving sizes are based on a 9-inch dinner plate.

1. Draw a line down the center of your dinner plate, creating two sections.
2. Split one section into two equal sections to create three sections on the plate: two small, one large.
3. Fill $\frac{1}{2}$ the plate with non-starchy vegetables, such as broccoli, mushrooms or spinach.
4. Fill one $\frac{1}{4}$ -plate section with starchy foods, such as whole-grain breads, beans, potatoes or rice.
5. Fill the other $\frac{1}{4}$ -plate section with meat, seafood, eggs, low fat cheese or other lean protein.
6. Add a serving of fruit and/or low fat dairy on the side as your calorie or carbohydrate budgets allow. Do not avoid carbohydrates or skip meals, because your blood sugar could drop dramatically.





Month/Year

Diabetes Forecast®

MY DOCTOR

Name:

Phone:

[illegible]

Healthy & Handy Grocery List

GLUCOCARD® *YouChoose™*
Wellness & Support Program



FRUITS & VEGETABLES

Buy fresh and frozen most often

Low-Carb Veggies

- | | |
|---|---|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Baby carrots | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Snow peas |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Romaine/spinach |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Fresh or canned tomatoes | <input type="checkbox"/> 100% vegetable juice |
| <input type="checkbox"/> Frozen veggies | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Other: _____ | |

Wholesome Fruit

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Frozen fruit |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Canned fruit (in own juice) | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Other: _____ | |



LOW-FAT DAIRY

Pick yogurts that have less than 20 grams carbs per cup

- | | |
|---|---|
| <input type="checkbox"/> Skim/1% milk | <input type="checkbox"/> Plain, nonfat yogurt |
| <input type="checkbox"/> Plain, calcium-fortified soymilk | <input type="checkbox"/> Light, flavored yogurt |
| <input type="checkbox"/> Light, flavored milk and soymilk | <input type="checkbox"/> Light smoothies |
| <input type="checkbox"/> Other: _____ | |

FIBER-RICH CARBS

Choose cereal with 4 or more grams of fiber

Cereal

- | | |
|---|--|
| <input type="checkbox"/> Bran flakes | <input type="checkbox"/> Plain/light instant oatmeal |
| <input type="checkbox"/> Cinnamon oatmeal squares | <input type="checkbox"/> Shredded wheat |
| <input type="checkbox"/> Kashi® GOLEAN | <input type="checkbox"/> Steel-cut oatmeal |
| <input type="checkbox"/> Other: _____ | |

Breads, Crackers, Other Whole

- | |
|---|
| <input type="checkbox"/> All Bran® crackers |
| <input type="checkbox"/> Arnold® sandwich thins |
| <input type="checkbox"/> RyKrisp® crackers |
| <input type="checkbox"/> Whole-grain mini bagels |
| <input type="checkbox"/> Whole-grain pitas |
| <input type="checkbox"/> Whole-wheat breads and rolls |
| <input type="checkbox"/> Whole-wheat tortillas |
| <input type="checkbox"/> Whole-wheat waffles |
| <input type="checkbox"/> Other: _____ |

Pasta, Rice and Starchy Veggies

- | | |
|---|---|
| <input type="checkbox"/> Brown/wild rice | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Corn and peas | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Dreamfields® pasta | <input type="checkbox"/> 100% whole-wheat pasta |
| <input type="checkbox"/> Other: _____ | |



HEALTHY FATS

Eat with colorful fruits and veggies

- | | |
|--|---|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Light salad dressing |
| <input type="checkbox"/> Nuts | <input type="checkbox"/> Light tub margarine |
| <input type="checkbox"/> Canola oil | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Ground flaxseed | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Light mayo | |
| <input type="checkbox"/> Other: _____ | |

LEAN PROTEIN

Choose beef with "loin" or "round" on the label

Beans, Nuts, Vegetarian Choices

- | | |
|--|--|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Lentil soup |
| <input type="checkbox"/> Black beans | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Boca® burgers | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Kidney beans | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Other: _____ | |

Fish and Seafood

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Cod | <input type="checkbox"/> Salmon |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Rainbow trout | <input type="checkbox"/> Canned Tuna |
| <input type="checkbox"/> Other: _____ | |

Beef, Chicken, Other Animal

- | | |
|---|---|
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Skinless, chicken breast |
| <input type="checkbox"/> Lean, extra lean ground turkey | <input type="checkbox"/> Skinless, turkey breast |
| <input type="checkbox"/> Reduced-fat cheese | <input type="checkbox"/> Turkey hot dogs, bacon and burgers |
| <input type="checkbox"/> Pork loin, tenderloin | <input type="checkbox"/> 90-95% lean ground beef |
| <input type="checkbox"/> Sirloin | <input type="checkbox"/> 2% Cottage cheese |
| <input type="checkbox"/> Other: _____ | |

SWEETS & TREATS

Choose snacks with 2 or more grams of fiber

- | | |
|--|--|
| <input type="checkbox"/> Dry roasted peanuts | <input type="checkbox"/> Low-sugar jelly |
| <input type="checkbox"/> Light ice cream | <input type="checkbox"/> String cheese |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Mini pizza |
| <input type="checkbox"/> Baked chips | <input type="checkbox"/> 100-calorie popcorn |
| <input type="checkbox"/> Kashi® bars | <input type="checkbox"/> Frozen peaches |
| <input type="checkbox"/> Other: _____ | |



FLAVORFUL ADDITIONS

Use these instead of the salt shaker

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Balsamic vinegar | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Low-fat mayo |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Salsa |



OTHER ITEMS

- | | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |



Planning out meals and snacks ahead of time makes writing a grocery list a breeze.

"Ask Mary's"™ Shopping Tips



- Reach for whole-wheat pasta over regular pasta
- Fill your cart with more colorful fresh or frozen fruits and veggies—shop on sale and in season
- Buy lean or extra-lean ground turkey for tacos, meatloaf and burgers
- Stick to your list and avoid shopping hungry
- When buying frozen dinners, choose those with less than 600mg sodium per meal
- Choose plain, nonfat yogurt and add your own fruit
- Shop the outside edges of the grocery store for fresher choices

High in Omega 3s

Albacore tuna
Lake trout
Herring
Mackerel
Salmon
Walnuts

**Strengthens
your heart and
your mind!**

Soluble Fiber Foods

Apples
Carrots
Kidney beans
Lentils
Oats/Oatmeal
Pears

**Helps to lower
blood glucose and
cholesterol!**

Best Organic Picks

Apples
Pears
Peaches
Bell peppers
Spinach
Potatoes

**High in
pesticides—
try organic or
wash and scrub
before eating!**

Superfood Choices

Plain, nonfat yogurt
Berries
Beans
Tomatoes
Salmon
Green tea

**Loaded with
nutrients to control
your weight and
fight disease!**

