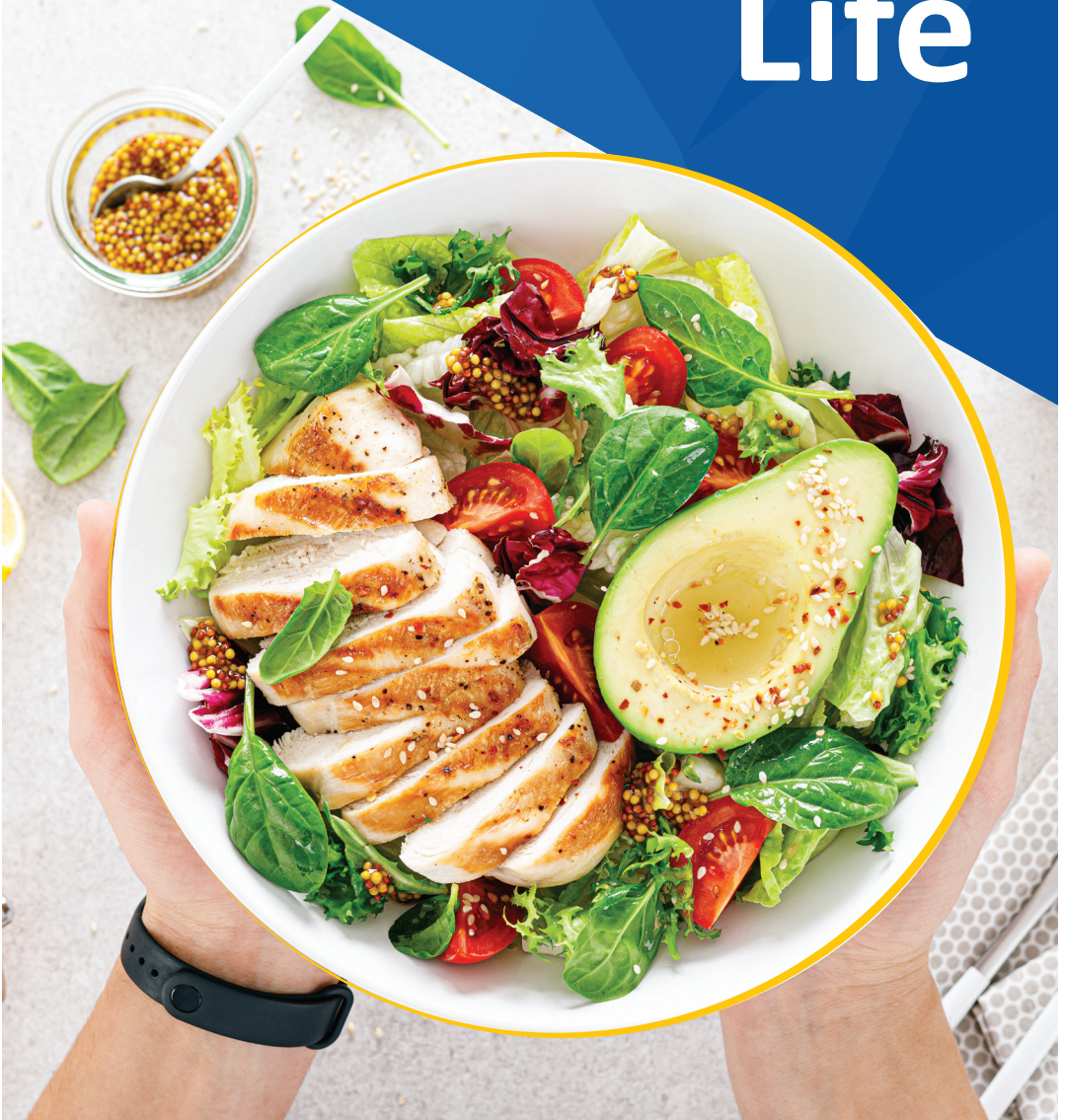




TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

# Food for Life



**LIVING WELL WITH PREDIABETES OR DIABETES**





























# How to Read a Food Label

Reading food labels can help you make healthier food choices.

- Check the list of ingredients if you have any allergies or food restrictions.
- Check the amount per serving or servings per container. Containers often carry more than one serving.

**Nutrition Facts**

8 servings per container  
**Serving size** 2/3 cup (55g)

**Amount per serving**  
**Calories** 230

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Healthy Living Tips

## **Eating healthy can help you reduce the risk of developing Type 2 diabetes or manage Type 2 diabetes.**

- A diabetes meal plan isn't very different from a regular, healthy meal plan. The food you eat should fit in with what the rest of your family is eating.
- Eat a variety of foods from all food groups.
- Don't skip meals! Make time for healthy eating.
- Eat breakfast. Try to eat within one to two hours of waking up.
- Eat your meals and snacks at the same time every day. This will help keep your blood sugar in balance.
- Have fresh foods and home cooked meals more often.
- If having a dessert or sweet, try to have it with or right after a meal. Try having fresh fruit as a naturally sweet treat.
- Avoid drinks with added sugars, like regular sodas, juices, and sports drinks. Have water or sugar-free, calorie-free drinks more often.

## **Here are some tips for living well:**

- Do at least 30 minutes of physical activity most days of the week. Go on regular walks, work in the yard, ride a bike, swim, dance, or play with your family.
- Talk to your doctor about drinking alcohol and how your medications may be affected by alcohol. Never drink alcohol on an empty stomach.
- Aim to offer everyone the same foods and eat family meals together as often as possible.
- Make a grocery shopping list and try shopping only from that list. Don't go shopping when hungry.
- Keep a food diary for at least one week at a time. A food diary can help you pay attention to when you eat, what you eat, and how different foods make you feel. Take note of how certain foods affect your blood sugar level.
- If you eat at a restaurant and the portions are too large, ask for a to-go container.
- Stay hydrated: be sure to drink plenty of water throughout the day!





# Low Blood Sugar

## What to do when your blood sugar is low:

When your blood sugar drops below normal, you may begin to feel bad. Your doctor or health care provider should explain what your blood sugar levels should be, and what is considered a low blood sugar. Your blood sugar can go down when you skip a meal, exercise more than usual, or take too much medicine, to name a few causes.

**Be prepared.** Always carry fast-acting sugars (carbohydrates), like candies, sugar or honey packets, or glucose tablets/gels with you. Depending on what other medications you are prescribed, you may also be prescribed a Glucagon Emergency Kit.

Low blood sugar can make you feel shaky, sweaty, dizzy, weak, or confused. You may also look pale, or your lips will feel numb or tingly.

## Follow the 15-15 Rule

If you are experiencing low blood sugar, you can treat it by eating or drinking 15 grams of fast-acting sugar. Then check your blood sugar after 15 minutes. Some examples of 15 grams of fast-acting sugar include any of the following:

- 1/2 cup of fruit juice or regular soda
- 1 tablespoon of sugar, honey, or corn syrup
- 6 to 7 hard candies
- 3 to 4 glucose tablets or glucose gel  
(see instructions on the packaging)

Repeat the steps of the 15-15 Rule as needed until your blood sugar is at a normal level. Once your blood sugar is raised and you start to feel better, take time to rest. If it is near your regular mealtime, eat a meal.

If you feel faint or if you are not able to eat or drink and need additional help, **call 9-1-1**. You may need to go to the hospital. Do not try to drive yourself anywhere.

Tell your doctor or health care provider about any low blood sugar levels you have. They may need to make changes to your medications.





# Food Diary

Food Group	What did you eat?	How many servings?
<b>Breakfast</b>		
Bread/Grains/Beans/ Starchy Vegetables		
Non-Starchy Vegetables		
Fruit		
Milk/Dairy		
Meat/Meat Substitute		
Fat		
<b>Lunch</b>		
Bread/Grains/Beans/ Starchy Vegetables		
Non-Starchy Vegetables		
Fruit		
Milk/Dairy		
Meat/Meat Substitute		
Fat		
<b>Dinner</b>		
Bread/Grains/Beans/ Starchy Vegetables		
Non-Starchy Vegetables		
Fruit		
Milk/Dairy		
Meat/Meat Substitute		
Fat		





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*10-24 Food For Life Booklet  
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