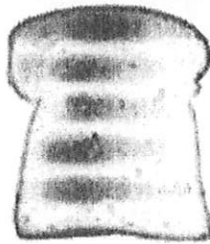
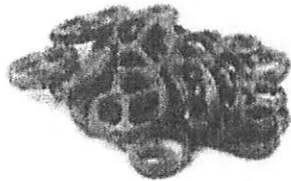


GLYCEMIC INDEX CHART

Low Glycemic (55 or Below)

High Glycemic (70 or Higher)



SNACKS	G.I.	STARCH	G.I.	VEGETABLES	G.I.	FRUITS	G.I.	DAIRY	G.I.
Pizza	33	Bagel, Plain	33	Broccoli	10	Cherries	22	Yogurt, Plain	14
Chocolate Bar	49	White Rice	38	Pepper	10	Apple	38	Yogurt, Low Fat	14
Pound Cake	54	White Spaghetti	38	Lettuce	10	Orange	43	Whole Milk	30
Popcorn	55	Sweet Potato	44	Mushrooms	10	Grapes	46	Soy Milk	31
Energy Bar	58	White Bread	49	Onions	10	Kiwi	52	Skim Milk	32
Soda	72	Brown Rice	55	Green Peas	48	Banana	56	Chocolate Milk	35
Doughnut	76	Pancakes	67	Carrots	49	Pineapple	66	Yogurt, Fruit	36
Jelly Beans	80	Wheat Bread	80	Beets	64	Watermelon	72	Custard	43
Pretzels	83	Baked Potato	85	Onions	75	Dates	103	Ice Cream	60

DISCOVERING THE PLATE METHOD

PORTIONS, PORTIONS, PORTIONS.

There is no such thing as a "diabetes diet." A healthy diet for a person with diabetes is actually a healthy diet for anybody.

You can still enjoy most of the foods you love. The trick is knowing how

those foods affect your blood sugar and making smart decisions about serving sizes.

Millions are healthier because they watch what, when, and how much they eat. A really helpful tool is something called the Plate Method. It's a simple rule of thumb as per the ADA website: roughly half of your meal should be made up of non-starchy vegetables, a quarter should be healthy grains and starches, and the other quarter should be lean meats and other healthy proteins. This goes for lunch and dinner, as well as breakfast. The food on your plate should also be approximately the thickness of a deck of cards.

When choosing vegetables, try to eat green, leafy veggies as opposed to those that are starchy. Starchy vegetables should actually be lumped in with your grains, due to how many carbohydrates they can contain. If you do nothing else, increase how many green, leafy veggies you eat. Your body will thank you!

Be sure to speak to your healthcare provider before beginning any new meal plan.

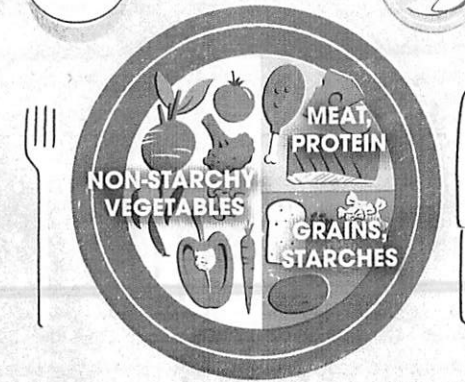
QUICK RECAP

- Try to make each meal half non-starchy vegetables, a quarter starches and grains and a quarter lean meats and other healthy proteins
- Try to avoid eating too many carbs as they can raise your levels the most
- Talk to your healthcare provider before you start a new meal plan

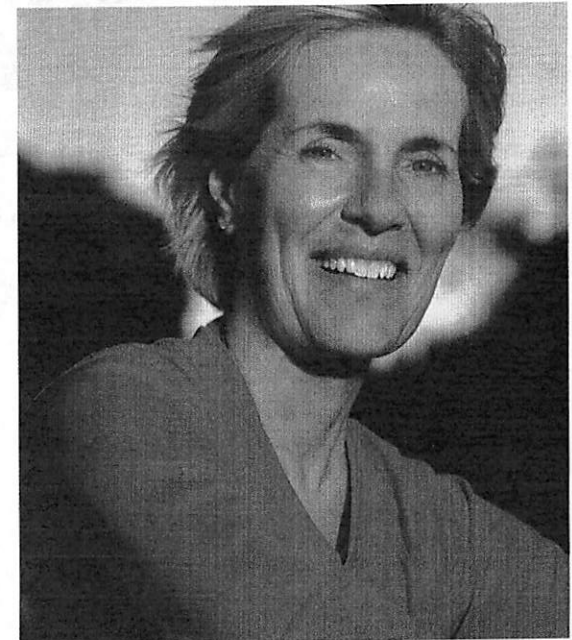
8 OZ GLASS



1/2 CUP



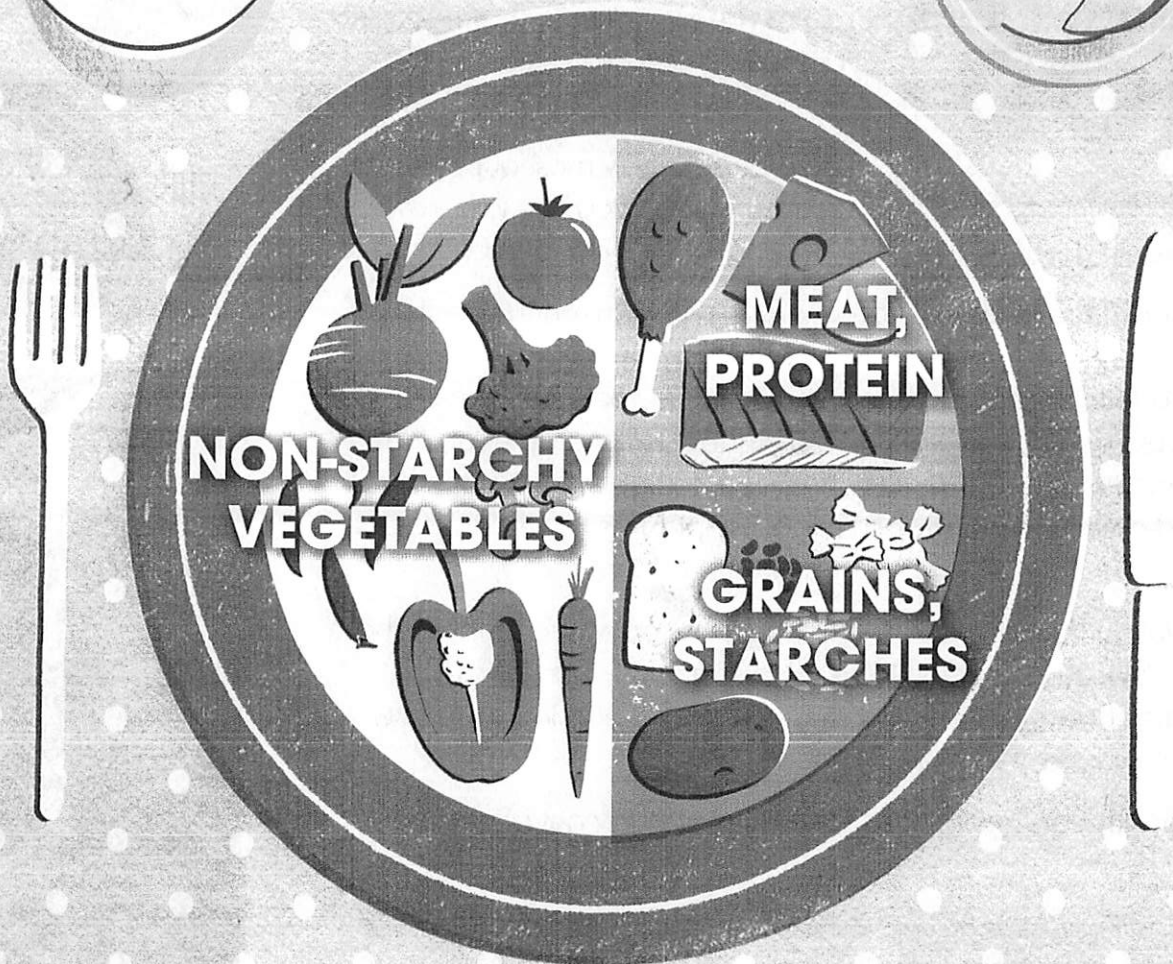
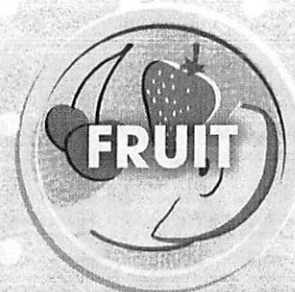
9" PLATE



(continued on back)

8 OZ GLASS

1/2 CUP



9" PLATE

AADE FAVORABLY REVIEWED
 American Association of Diabetes Educators 11/2/11
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THE PLATE METHOD



Grains & Starchy Vegetables	Fruit	Dairy	Non-Starchy Vegetables	Protein	Healthy Fats	Snacks
<p>One serving is ¾ to 1 cup:</p> <p>Grains</p> <ul style="list-style-type: none"> Whole wheat flour Whole oats/oatmeal Popcorn Brown rice Whole rye Whole grain barley Whole farro Wild rice Buckwheat Millet Quinoa Sorghum <p>Starchy Vegetables</p> <ul style="list-style-type: none"> Parsnip Plantain Potato Pumpkin Acorn squash Butternut squash Green peas Corn <p>Legumes/Beans</p> <ul style="list-style-type: none"> Lentils Black beans Pinto beans 	<p>One serving is 1 small piece of whole fruit or ½ cup:</p> <ul style="list-style-type: none"> Apple Apricots Banana Blackberries Blueberries Cherries Fruit cocktail Grapefruit Grapes Kiwi Mango Melon Nectarine Orange Peaches Pears Pineapple Raspberries Plums Strawberries Watermelon 	<p>One serving is 1 cup:</p> <p>Milk/Yogurt</p> <ul style="list-style-type: none"> Fat free milk Low fat milk Plain non-fat yogurt Non-fat light yogurt Soy milk Rice milk Almond milk <p>Cheeses</p> <ul style="list-style-type: none"> Hard cheese (1½ oz.) Shredded cheese (⅓ cup) Ricotta cheese (½ cup) Processed cheese (2 oz.) Cottage cheese (2 cups) 	<p>One serving is ½ cup cooked or 1 cup raw:</p> <ul style="list-style-type: none"> Asparagus Artichoke Beans (green/wax) Brussel sprouts Beets Broccoli Cabbage Carrots Cauliflower Celery Cucumber Eggplant Greens (collard, kale, mustard, spinach) Mushrooms Onions Pea pods Peppers Salad greens (romaine, arugula) Tomatoes Turnips Zucchini 	<p>One serving is 3 - 4 oz. of meat or seafood:</p> <ul style="list-style-type: none"> Beef Chicken Fish Ham Lamb Pork Seafood Veal <p>Meat Substitutes (check label for serving size)</p> <ul style="list-style-type: none"> Almond butter Cottage cheese Cheese Edamame Egg Egg substitute Egg whites Hummus Peanut butter Tempeh Tofu Albacore tuna Lentils Black beans Pinto beans 	<p>Check label for serving size</p> <p>Monounsaturated Fats</p> <ul style="list-style-type: none"> Avocado Canola oil Nuts (almonds, cashews) Olives Olive oil Peanut butter Peanut oil Sesame seeds <p>Polyunsaturated Fats</p> <ul style="list-style-type: none"> Corn oil Sunflower oil Walnuts Pumpkin seeds Sunflower seeds Mayonnaise Soft margarine Salad dressing <p>Omega-3 Fatty Acids</p> <ul style="list-style-type: none"> Soybean products Flaxseed oil Flaxseed Canola oil Salmon Albacore tuna Sardines 	<p>Less than 5 grams of carbs:</p> <ul style="list-style-type: none"> 15 almonds 3 celery sticks & 1 tbsp. of peanut butter 5 baby carrots 5 cherry tomatoes & 1 tbsp. of ranch dressing 1 hard-boiled egg ¼ cup of fresh blueberries 1 cup light popcorn 2 saltine crackers ½ cup sugar free jello <p>About 10 - 20 grams of carbs:</p> <ul style="list-style-type: none"> ¼ cup of dried fruit & nut mix 1 cup chicken noodle soup 1 small apple or orange 3 cups light popcorn ⅓ cup hummus & 1 cup raw fresh cut veggies 2 rice cakes & 1 tbsp. of peanut butter <p>About 30 grams of carbs:</p> <ul style="list-style-type: none"> 6 oz. light yogurt & ¾ cup of berries 1 English muffin & 1 tsp. low fat margarine ¾ cup whole grain cereal & ½ cup of fat free milk 1 medium banana & 1 tbsp. peanut butter

Through better meal planning, you can start living a healthier lifestyle. Above is a food list to help guide you at each meal. It is important to plan your choices and use the Plate Method to create healthy and well balanced meals. Don't forget to think about portion sizes too. Sometimes the portion you're planning to eat may not be the same as the recommended serving size. Serving sizes are not exact and do not indicate the carb counts.

USING THE PLATE METHOD FOR A BALANCED MEAL PLAN

Eating healthy can be a challenge. The Plate Method helps you balance your nutrients so you can eat healthier. It is a simple tool that can make meal planning easier

Divide your plate into sections


- 1/2 non-starchy vegetables (spinach, broccoli)
- 1/4 lean, low-fat protein (chicken or other poultry, fish, eggs, tofu)
- 1/4 carbohydrates (breads, grains)

Add

- Low-calorie drink, such as water, unsweetened tea or coffee
- Serving of fruit, a serving of dairy or both as your meal plan allows; or salad (beware of high calorie dressings)

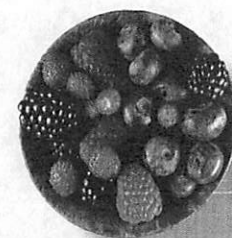
Work with your healthcare provider to set up a meal plan that's right for you

Healthy Portion Sizes

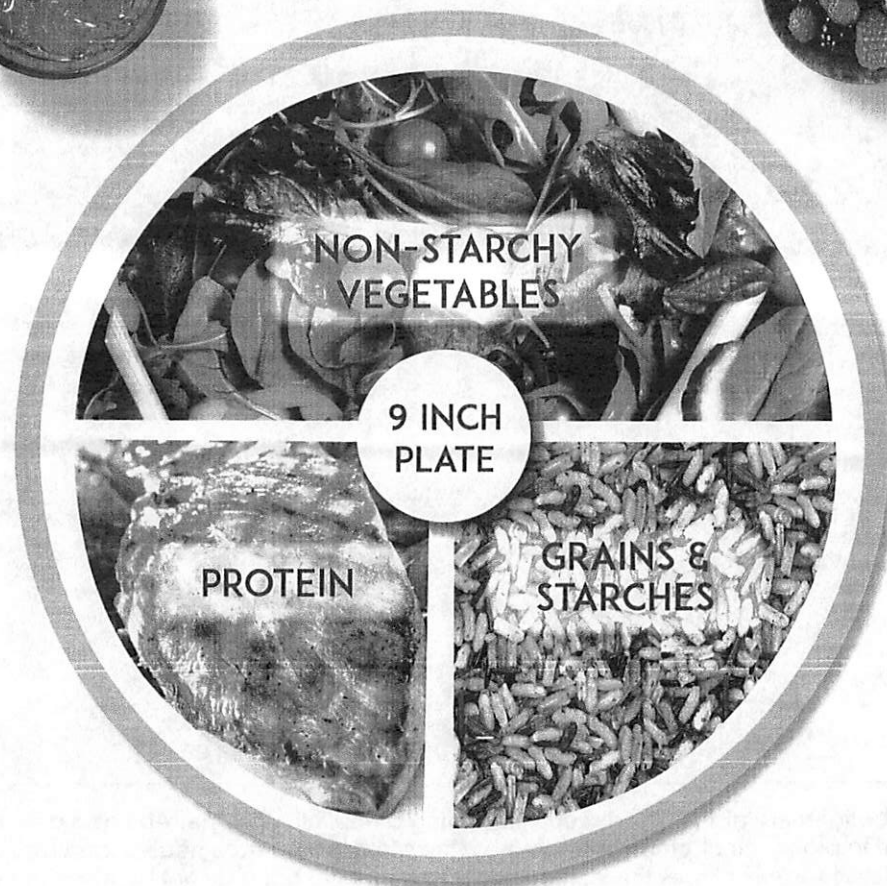
	1 OZ. CHEESE	=	4 DICE
	3 OZ. MEAT	=	A DECK OF CARDS
	1 TSP. BUTTER	=	A THUMB TIP
	1 TBSP. PEANUT BUTTER	=	A WHOLE THUMB
	1 CUP SALAD GREENS	=	A BASEBALL
	1/2 CUP COOKED RICE	=	HALF OF A BASEBALL



8 OZ. LOW CALORIE DRINK



1/2 CUP FRUIT



$\frac{1}{2}$ Non-Starchy Vegetables + $\frac{1}{4}$ Grains & Starches + $\frac{1}{4}$ Lean Protein
= 1 Great Plate

SANOFI 

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

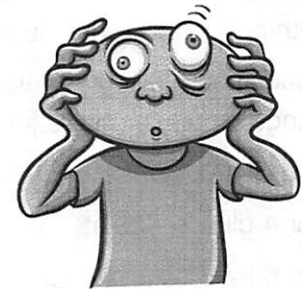
Here's what may happen when your blood sugar is low:



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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