

**Dear Patient:**

**Welcome to NorthShore University HealthSystem (NorthShore). We are committed to supporting you in your educational process.**

**This packet has been designed to provide you with important basic information about diabetes, to get you started, and to introduce you to our team of Certified Diabetes Educators who are the experts in the field of diabetes and are available to provide service to you. If your Doctor has requested that you test your blood sugars, our educators may provide you with a free blood glucose monitor, as well as demonstrate to you how to use it.**

**The following phone numbers are provided for you to call if you have any questions or to make an appointment:**

**847-926-5032 Educators at Highland Park Hospital and Glenbrook Hospital  
847-663-8540 Educators at Old Orchard Office (endocrinologist visit required)  
847-570-2016 Educators at Evanston Hospital**

**We thank you for choosing NorthShore.**

## Type 2 Diabetes: Recently Diagnosed

### What is type 2 diabetes?

The cells in your body need insulin to change glucose, the sugar that comes from the food you eat, into energy you need to live. Without insulin, this sugar cannot get into your cells to do its work. It stays in your blood instead. Your blood sugar level then gets too high.

Type 2 diabetes usually begins with insulin resistance. This means that your pancreas is making enough insulin, but your cells are not able to use it. When your cells don't get the sugar they need, your pancreas works harder at first to make more insulin. But after a while, your pancreas stops being able to make enough insulin.

High blood sugar can harm many parts of the body. It can damage blood vessels and nerves throughout your body. You will have a bigger chance of getting eye, heart, blood vessel, nerve, and kidney disease.

Your weight, level of physical activity, and family history affect how your body responds to insulin. People who are overweight, get little or no exercise, or have diabetes in the family are more likely to get type 2 diabetes.

Type 2 diabetes is usually found in adults, which is why it used to be called adult-onset diabetes. But now more and more children and teens are getting it too.

Type 2 diabetes is a disease that you will always have, but you can live a long and healthy life by learning how to manage it.

### What are the symptoms?

Many people have symptoms such as increased thirst and urination, weight loss, and blurred vision. Some people do not have symptoms, especially when diabetes is diagnosed early.

### How is type 2 diabetes diagnosed?

Most likely you found out that you have diabetes when you saw your doctor for a regular checkup or for some other problem. Your doctor probably diagnosed type 2 diabetes by examining you, asking about your health history, and looking at the results of blood sugar tests.

### How is it treated?

A healthy diet helps keep your blood sugar under control and helps prevent heart disease. Eating the right amount of carbohydrate at each meal is very important. Carbohydrate is found in sugar and sweets, grains, fruit, starchy vegetables and milk and yogurt. A dietitian or a certified diabetes educator can help you plan your meals.

Eating right and getting more exercise are enough for some people to control their blood sugar levels. Others also need to take one or more medicines, including insulin.

You may need to take other steps to prevent other problems from diabetes. These problems are called complications. People with diabetes are more likely to die from heart and blood vessel problems like heart attack and stroke. If you are 30 or older, talk to your doctor about taking a low-dose aspirin each day to help prevent these or other large blood vessel diseases. You may also need medicine for high blood pressure or high cholesterol. If you smoke, quitting may help you avoid problems with your heart and large blood vessels.

### What kind of daily care do you need?

The key to managing your diabetes is to keep your blood sugar level as close to normal as you can. You do this by eating right, exercising, and checking your blood sugar level every day. Some people also need to take medicine. Learning the skills you need to manage your diabetes will take time, but soon they will become part of your daily routine.

It can be hard to accept that you have diabetes, especially if you have no symptoms. Feeling angry or frightened can prevent you from following your treatment plan. Talking about your feelings may help. Your doctor or other health professionals can help you cope with your diagnosis.

## General Nutrition Guidelines for Individuals with Diabetes

- Achieve or maintain a reasonable body weight.
- Eat at least 3 well-balanced meals each day. Try not to skip meals.
- Eat at consistent times every day.
- Spread carbohydrates evenly throughout the day because carbohydrates have the greatest affect on blood sugar levels.
- Control portions sizes of carbohydrate rich foods to help control blood sugar levels.
- Practice weighing and measuring foods to determine correct portion sizes and amounts.
- Look for the “Total Carbohydrate” grams on Nutrition Facts Labels to determine carbohydrate content. Do not look at “Sugar” because sugar is included in the total carbohydrate. Be aware that “Sugar Free” and “Fat Free” foods almost always contain carbohydrate which will need to be worked in to your meal plan.
- Limit or avoid sweets such as candy and regular soda pop. Remember that these foods contain high amounts of carbohydrate so if you would like to work them into your meal plan, keep the portion sizes small.
- Include fiber-rich foods in your meal plan by choosing whole grain breads and cereals, fresh fruits and vegetables. High fiber diets help to lower your risk for heart disease.
- Avoid too much total fat, saturated fat and cholesterol by reading the Nutrition Facts Labels on food items. Also choose lean cuts of meat (look for the words “loin” or “round” and try baking, broiling, roasting, steaming, or grilling meats to reduce the fat content. Low fat diets help to prevent weight gain and lower your risk for heart disease.
- Use unsaturated fats (like oils, nuts, and seeds) when cooking and baking instead of saturated fats like butter and lard to help raise your good cholesterol and lower your bad cholesterol.
- Foods and beverages with less than 5 grams of carbohydrate per serving are considered free foods. Black coffee, unsweetened sugar-free carbonated beverages, broth, sugar-free gelatin are in this category.

## **WHAT IS A CARBOHYDRATE?**

Carbohydrates are the sugar, starch, and fiber in foods and they are the body's main energy source. As one of the three "macronutrients" carbohydrates (along with protein and fat) give a food Calories. According to the Dietary Reference Intakes published by the USDA, 45% - 65% of calories should come from carbohydrate.

The Five Main Categories of Food that Contain Carbohydrate Are:

- Grains – This Category includes: bread, pita, waffles, pancakes, tortillas, cereals, oats, rice, flour, pasta/noodles, buns, rolls, grits, bulgur, muffins, crackers, chips, energy bars popcorn, etc.
- Starchy Vegetables – This Category includes: corn, baked beans, lima beans, peas, potatoes, sweet potatoes/yams, lentils, plantains, chickpeas/garbanzo beans, kidney beans, pinot beans, black beans.
- Milk and Yogurt – This Category includes: Skim/Fat-free milk, 1% milk, 2% milk, whole milk, soy milk, buttermilk, evaporated milk, kefir, goat's milk, rice milk etc. and all types of yogurt.
- Fruits and Fruit Juice – This Category includes: all fruit and all fruit juices (even light or no sugar added juices)
- Sweets – This Category includes: sugar, honey, jelly/jam, syrup, cake, brownies, candy, cookies, doughnuts, fruit cobbler, fruit snacks, ice cream, pudding, gelatin.

## **HOW MUCH SHOULD I EAT?**

How much carbohydrate you need to eat each day is based upon your physical activity, age, gender, weight goals and nutritional needs. Although everyone has slightly different carbohydrate needs, it is important for all people with diabetes to spread the carbohydrate that they eat evenly throughout the day. Even though carbohydrate increases blood sugar, remember that you need to eat carbohydrate at each meal everyday to feed your cells.

## **WHY DO WE COUNT CARBOHYDRATES**

100% of the carbohydrates that we eat turn into blood sugar within 15 minutes to 2 hours after eating. It is important to remember that the total amount of carbohydrate eaten is more important than the source of carbohydrate. This means that a piece of chocolate cake that contains 15 grams of carbohydrate and a slice of whole wheat bread that contains 15g of carbohydrate will have the same affect on your blood sugar. However, portion sizes for sweets are usually smaller because they are more concentrated sources of carbohydrate. For example, 1 tablespoon of honey has the same amount of carbohydrate as 4 ounces of orange juice or a cup of cubed cantaloupe.

## **HOW DO I COUNT CARBOHYDRATES**

Once you know how many grams of carbohydrate you need each day, you just need to learn the carbohydrate values for the foods you eat to start counting carbohydrates. To learn the carbohydrate content of foods that have a Nutrition Facts Label, look at Total Carbohydrate grams. For foods that do not have a Nutrition Facts Label ask your dietitian about sources for this information.

# My Plate Planner

Please refer to meal planning guidelines on the back.



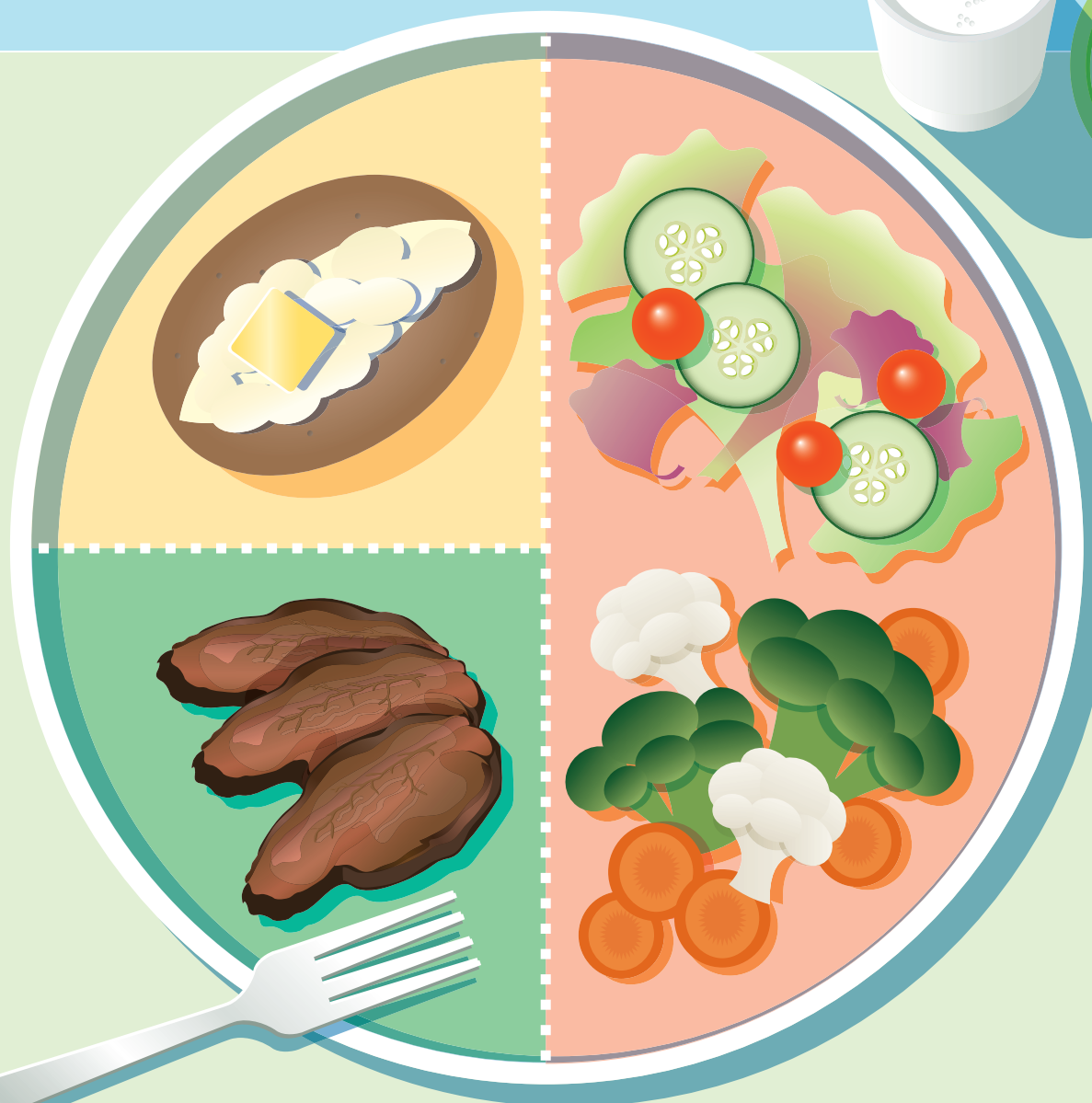
## My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.
- Add 1 serving of fruit.
- Choose 1 serving of milk.
- Add margarine or oil for preparation or addition at the table.

Add other portions as needed to round out your meal plan.

**For breakfast**, use only half the plate.

**For lunch and dinner**, use the whole plate.



8-ounce  
glass of milk



Free foods



9-inch plate



## Meal Planning Guidelines

### Carbohydrates

Choose any 3 servings at each meal.\*

Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.

Examples of one serving of carbohydrates:

#### Breads and starches

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

#### Fruits

- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

#### Milk

- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

### Meats and proteins

Choose 1–3 servings per meal.\*

Examples of one serving:

- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

### Fats

Choose 1–2 servings per meal.\*

Examples of one serving:

- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

### Free foods

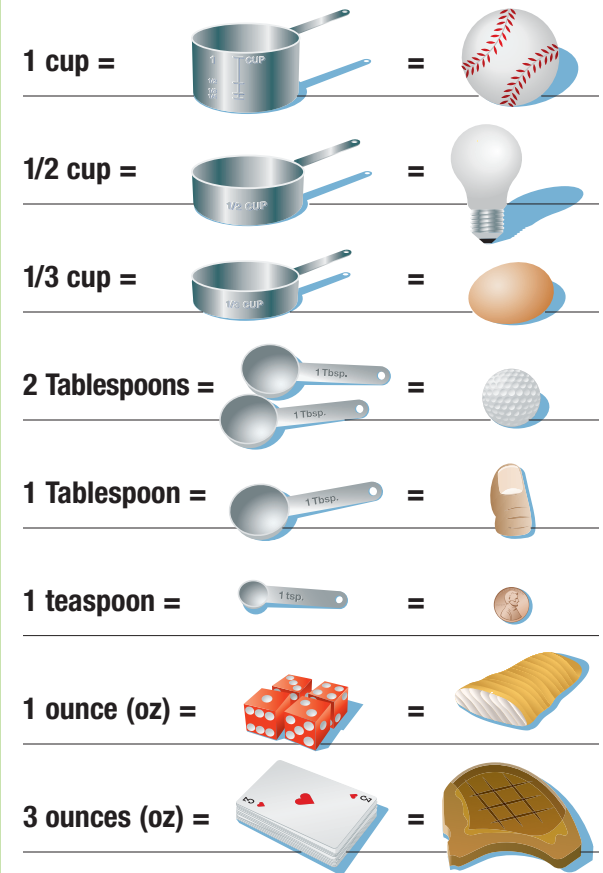
Foods with less than 20 calories per serving

Use as desired:\*

- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

\*Note: If you have a personalized meal plan, the number of servings you choose per meal may be different.

## Visual Tips for Portion Sizes



### For more information

Medicare Part B and Medicare Advantage customers:

Call 1-877-231-5199 and mention reference code ED06500 to order supplies.

Website: [www.PrescriptionSolutions.com/diabetes](http://www.PrescriptionSolutions.com/diabetes)

PrescriptionSolutions®

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The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician.

Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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HEALTH CARE PROFESSIONALS: Place your information here.

# Daily Food Intake Record

**Directions:**

- Please write down EVERYTHING that you eat and drink for 24 hours.
- Be sure to record the AMOUNT eaten for each food.
- Be SPECIFIC, for example, 1c 2% milk, 3oz sirloin patty, 1 tsp. margarine, 2 Tbsp. reduced fat ranch salad dressing, etc.
- Whenever possible include BRAND NAMES or RESTAURANTS for each item listed, for example, 1c Cheerios® cereal, 1 container Light n’ Fit® yogurt, 1 McDonald’s® Hamburger, 1 Subway® 6” tuna sandwich, etc.

**Total Daily Calories:** \_\_\_\_\_ **Total Daily Carbohydrate Grams:** \_\_\_\_\_

Meal/Snack	Food Item(s) /Amount(s)	Carbohydrate Grams	Calories/ Comments
<b>Breakfast</b>			
<b>Snack</b>			
<b>Lunch</b>			
<b>Snack</b>			
<b>Dinner</b>			
<b>Snack</b>			





**LOW BLOOD SUGAR – HYPOGLYCEMIA 15/15 RULE**

If you experience:

- Shakiness
- Sweatiness
- Sudden hunger
- Hunger
- Headache
- Confusion
- Nervousness
- Numbness or tingling  
around the mouth or lips

**CONSUME 15 GRAMS OF CARBOHYDRATE**

- 3 squares of glucose tablets
- 8 ounces of milk
- ½ c fruit juice
- 1 tablespoon of sugar/honey/syrup
- 8 lifesavers
- 1 roll of Smartee Candy
- 1 small tube of cake decorator frosting

Wait 15 minutes. If the symptoms have not gone away: eat or drink another serving from this list. If your meal is more than 30 minutes away, eat ½ sandwich or crackers with cheese or peanut butter.

**Low blood sugar might occur if:**

*You miss or delay a meal or eat less than usual.*

*You are more physically active than usual.*

*You take too much insulin or other diabetes medication.*



## Diabetes Care Checklist

<p style="text-align: center;">Take this checklist when you see your doctor. Know your numbers and discuss your goals at each visit.</p>	<p style="text-align: center;">Enter information below each time you visit your doctor.</p>						
<p style="text-align: center;">Schedule visit with doctor for diabetes four times a year</p>	<p style="text-align: center;"><b>Enter date of visit</b></p> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>						
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<p><b>Schedule Diabetes Education</b>  <b>Call HPH and GBH at 847-926-5032 or Old Orchard Office at 847-663-8540</b>          ~ Learn to test your blood sugar and record results          ~ Learn your best food choices          ~ Learn how to check your feet daily          ~ Learn to recognize and treat low and high blood sugar levels - record your blood sugar goals on back          ~ Learn healthy ways to exercise</p>	<p style="text-align: center;"><b>As needed:</b></p> <p style="text-align: center;"><b>Enter date of diabetes education</b></p> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>						
<p><b>Do not use tobacco products and avoid secondhand smoke. If you currently use tobacco products, ask your doctor for help to stop. For additional help, contact the Quitline 1-800-639-7848.</b></p>	<p style="text-align: center;">Enter dates smoking and/or second hand smoke discussed with doctor</p> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>						
<p><b>Schedule dilated eye exam.</b>  <b>Request that a copy of the exam be sent to your doctor.</b>          ~ Protect your vision</p>	<p style="text-align: center;">Once a year: Enter date of eye exam</p>						
<p><b>Request urine test to detect early kidney disease</b>          ~ Protect your kidneys</p>	<p style="text-align: center;">Once a year: enter test results</p>						
<p><b>Request complete foot exam from your doctor</b>          ~ Protect your feet</p>	<p style="text-align: center;">Once a year: enter date of exam</p>						
<p>Get a flu shot every year. Ask your doctor if you need a pneumonia vaccine</p>	<p style="text-align: center;">Once a year: enter date of flu shot and date of pneumonia vaccine</p>						
<p>If you are in childbearing years, discuss contraception and pregnancy planning with your doctor</p>							
<p><b>Take an 81 mg aspirin daily if:</b>          ~ you are at least 21 years old          ~ your doctor says it is safe for your          ~ to help prevent heart attack or stroke</p>							
<p><b>Keep your weight within recommended limits</b>          ~ Goal numbers _____</p>							