

HEALTHY TOOLS

Start Here: Your Food Diary

To be successful in reversing diabetes forever, it's essential to start by having a baseline of what you take in everyday. Write down everything you eat and drink, the estimated portion size, and the estimated calories (check the calorie counts at www.caloriecontrol.org). At the end of the week, look over your food diary for patterns and opportunities. Do you skip fruits or vegetables at breakfast or lunch? Do you snack late at night? Where are you overdoing the calories? Copy these two pages to keep track week after week. In addition to any notes about food, feel free to include any other comments that can help you (and your doctor) look back to examine trends.

monday	tuesday	wednesday
breakfast		
lunch		
dinner		

thursday	friday	saturday	sunday

Reverse Diabetes Forever Daily Diet and Lifestyle Goals

Record what you eat for a week, then compare that to how you should eat. This diary provides an easy-to-use self-assessment. By circling a few numbers and checking some boxes, you can track your progress every day. The numbers in bold are the goal you should shoot for. Copy these pages and post them in a visible place for a daily diet and lifestyle record.

1 monday

My numbers:

weight _____
 blood sugar (time/level) _____ / _____
 _____ / _____ • _____ / _____

Servings I ate today:

vegetables 0 1 2 3 4 **5 6 7**
fruit 0 1 2 **3**
whole grains 0 1 2 3 **4 5 6**
calcium-rich foods 0 1 2 **3**

Times I ate out of boredom, stress, or habit:

0 1 2 3 4 5

How I took charge:

eat right

- ate a healthy breakfast
- had protein at every meal
- avoided refined carbohydrates and sugary drinks
- swapped saturated fats for good fats

exercise more

- walked _____ minutes / _____ steps
- got other exercise _____

live well

- got enough sleep (_____ hours)
- kept TV time under 2 hours
- found time for relaxation and/or socializing

My attitude today:

- excellent
- pretty good
- not my best day; I'll do better tomorrow

1 tuesday

My numbers:

weight _____
 blood sugar (time/level) _____ / _____
 _____ / _____ • _____ / _____

Servings I ate today:

vegetables 0 1 2 3 4 **5 6 7**
fruit 0 1 2 **3**
whole grains 0 1 2 3 **4 5 6**
calcium-rich foods 0 1 2 **3**

Times I ate out of boredom, stress, or habit:

0 1 2 3 4 5

How I took charge:

eat right

- ate a healthy breakfast
- had protein at every meal
- avoided refined carbohydrates and sugary drinks
- swapped saturated fats for good fats

exercise more

- walked _____ minutes / _____ steps
- got other exercise _____

live well

- got enough sleep (_____ hours)
- kept TV time under 2 hours
- found time for relaxation and/or socializing

My attitude today:

- excellent
- pretty good
- not my best day; I'll do better tomorrow

1 wednesday

● My numbers:

weight _____
 blood sugar (time/level) _____ / _____
 _____ / _____ • _____ / _____

● Servings I ate today:

vegetables 0 1 2 3 4 5 6 7
fruit 0 1 2 3
whole grains 0 1 2 3 4 5 6
calcium-rich foods 0 1 2 3

● Times I ate out of boredom, stress, or habit:

0 1 2 3 4 5

● How I took charge:

eat right

- ate a healthy breakfast
- had protein at every meal
- avoided refined carbohydrates and sugary drinks
- swapped saturated fats for good fats

exercise more

- walked _____ minutes / _____ steps
- got other exercise _____

live well

- got enough sleep (_____ hours)
- kept TV time under 2 hours
- found time for relaxation and/or socializing

● My attitude today:

- excellent
- pretty good
- not my best day; I'll do better tomorrow

1 thursday

● My numbers:

weight _____
 blood sugar (time/level) _____ / _____
 _____ / _____ • _____ / _____

● Servings I ate today:

vegetables 0 1 2 3 4 5 6 7
fruit 0 1 2 3
whole grains 0 1 2 3 4 5 6
calcium-rich foods 0 1 2 3

● Times I ate out of boredom, stress, or habit:

0 1 2 3 4 5

● How I took charge:

eat right

- ate a healthy breakfast
- had protein at every meal
- avoided refined carbohydrates and sugary drinks
- swapped saturated fats for good fats

exercise more

- walked _____ minutes / _____ steps
- got other exercise _____

live well

- got enough sleep (_____ hours)
- kept TV time under 2 hours
- found time for relaxation and/or socializing

● My attitude today:

- excellent
- pretty good
- not my best day; I'll do better tomorrow

1 **friday**

● **My numbers:**

weight _____
blood sugar (time/level) _____ / _____
_____ / _____ • _____ / _____

● **Servings I ate today:**

vegetables 0 1 2 3 4 5 6 7
fruit 0 1 2 3
whole grains 0 1 2 3 4 5 6
calcium-rich foods 0 1 2 3

● **Times I ate out of boredom, stress, or habit:**

0 1 2 3 4 5

● **How I took charge:**

eat right

- ate a healthy breakfast
- had protein at every meal
- avoided refined carbohydrates and sugary drinks
- swapped saturated fats for good fats

exercise more

- walked _____ minutes / _____ steps
- got other exercise _____

live well

- got enough sleep (_____ hours)
- kept TV time under 2 hours
- found time for relaxation and/or socializing

● **My attitude today:**

- excellent
- pretty good
- not my best day; I'll do better tomorrow

1 **saturday**

● **My numbers:**

weight _____
blood sugar (time/level) _____ / _____
_____ / _____ • _____ / _____

● **Servings I ate today:**

vegetables 0 1 2 3 4 5 6 7
fruit 0 1 2 3
whole grains 0 1 2 3 4 5 6
calcium-rich foods 0 1 2 3

● **Times I ate out of boredom, stress, or habit:**

0 1 2 3 4 5

● **How I took charge:**

eat right

- ate a healthy breakfast
- had protein at every meal
- avoided refined carbohydrates and sugary drinks
- swapped saturated fats for good fats

exercise more

- walked _____ minutes / _____ steps
- got other exercise _____

live well

- got enough sleep (_____ hours)
- kept TV time under 2 hours
- found time for relaxation and/or socializing

● **My attitude today:**

- excellent
- pretty good
- not my best day; I'll do better tomorrow

1 sunday

● My numbers:

weight _____

blood sugar (time/level) _____ / _____

_____ / _____ • _____ / _____

● Servings I ate today:

vegetables 0 1 2 3 4 5 6 7

fruit 0 1 2 3

whole grains 0 1 2 3 4 5 6

calcium-rich foods 0 1 2 3

● Times I ate out of boredom, stress, or habit:

0 1 2 3 4 5

● How I took charge:

eat right

- ate a healthy breakfast
- had protein at every meal
- avoided refined carbohydrates and sugary drinks
- swapped saturated fats for good fats

exercise more

- walked _____ minutes / _____ steps
- got other exercise _____

live well

- got enough sleep (_____ hours)
- kept TV time under 2 hours
- found time for relaxation and/or socializing

● My attitude today:

- excellent
- pretty good
- not my best day; I'll do better tomorrow

1 the week in review

● Successes and confessions

● My numbers:

weight loss: _____ pounds

waist measurement: _____ inches

● Next week's goals

eat right

Dinner should be 450-550 calories. This may be quite a bit less than you're eating now. To help bring your calories in line, start dinners this week with either a green salad or a bowl of clear soup to help fill you up.

exercise more

You should have started the walking plan by now. Next week, walk for 15 minutes at least 5 days a week. Put your walks on your calendar, and be sure to keep all your "appointments."

live well

Enlist a support team. Ask your spouse to join you in your walks next week. Tell all your friends and family that you've started to improve your diet and ask for their encouragement.

HEALTHY TOOLS

Weekly Blood-Sugar Log

Use this chart to log the results of your blood-sugar checks for an overall snapshot of your blood-sugar control over the course of a day and a week. Bring these log sheets to your doctor.

Beginning date: _____

BLOOD-SUGAR LEVELS									
Day	Medication	Breakfast		Lunch		Dinner		Bedtime	Other
Sun.		Before	After*	Before	After*	Before	After*		
Mon.		Before	After*	Before	After*	Before	After*		
Tues.		Before	After*	Before	After*	Before	After*		
Wed.		Before	After*	Before	After*	Before	After*		
Thurs.		Before	After*	Before	After*	Before	After*		
Fri.		Before	After*	Before	After*	Before	After*		
Sat.		Before	After*	Before	After*	Before	After*		

*Take your after-meal readings two hours after the start of the meal.

Calories, Carbohydrates, and Fiber

Item	Amount	Calories	Carb grams	Fiber grams
BEEF				
Beef, chuck	3 oz	293	0	0
Corned beef	3 oz	213	0.8	0
Ground beef, 75% lean	3 oz	236	0	0
Ground beef, 85% lean	3 oz	213	0	0
Beef, rib	3 oz	304	0	0
Beef, bottom round	3 oz	210	0	0
Beef, top sirloin	3 oz	207	0	0

BEVERAGES				
Beer, light	12 fl oz	103	5.2	0
Beer, regular	12 fl oz	138	10.7	0
Chocolate milk	1 cup	226	31.7	1.1
Club soda	12 fl oz	0	0	0
Coffee	6 fl oz	2	0	0
Cola	12 fl oz	155	39.8	0
Diet cola	12 fl oz	4	0.4	0
Espresso	2 fl oz	1	0	0
Fruit punch	8 fl oz	117	29.7	0.5
Hot cocoa	1 cup	113	24	1
Ginger ale	12 fl oz	124	32.1	0
Instant coffee	6 fl oz	4	0.6	0
Lemonade	8 fl oz	112	34.1	0.2
Liquor (rum, gin, vodka, whiskey)	1.5 fl oz	110	0	0
Piña colada	4.5 fl oz	245	32	0.4
Soy milk	1 cup	127	12.08	3.2
Tea	6 fl oz	2	0.5	0
Wine, red	3.5 fl oz	74	1.8	0
Wine, white	3.5 fl oz	70	0.8	0

BREAD, BAGELS, ROLLS				
Bagel, plain	4"	245	48	2
Bagel, cinnamon raisin	4"	244	49	2
Bagel, egg	4"	247	47.2	2
Biscuit, buttermilk	4"	358	45.1	1.5
Bread, French	1/2" slice	69	13	0.8

Item	Amount	Calories	Carb grams	Fiber grams
Bread, Italian	1 slice	54	10	0.5
Bread, white	1 slice	67	12.7	0.6
Bread, wheat	1 slice	69	12.9	1.9
Bread, rye	1 slice	83	15.5	1.9
Bread, pumpernickel	1 slice	80	15.2	2.1
Bread, raisin	1 slice	71	13.6	1.1
Croissant	1	231	26.1	1.5
Corn bread	1 piece	173	28.3	1.4
Pita	4"	77	15.6	0.6

CEREALS				
All Bran	1/2 cup	79	23	9.7
Apple Cinnamon Cheerios	3/4 cup	118	25	1.6
Cap'n Crunch	3/4 cup	108	22.9	0.7
Cheerios	1 cup	111	22.2	3.6
Chex, Corn	1 cup	112	25.8	0.6
Chex, Honey Nut	3/4 cup	117	26	0.4
Chex, Multi-Bran	1 cup	165	41	6.4
Cornflakes	1 cup	101	24.4	0.7
Cream of Wheat	1 cup	126	26.9	1
Froot Loops	1 cup	118	26.2	0.8
Frosted Flakes	3/4 cup	114	28	1
Frosted Mini-Wheats	1 cup	173	42	5.5
Honey Nut Cheerios	1 cup	115	24	1.6
Life	3/4 cup	121	25	2
Oatmeal, regular	1 cup	147	25.3	4
Oatmeal, instant, apples and cinnamon	1 packet	130	26.5	2.7
Puffed Rice	1 cup	56	12.6	0.2
Puffed Wheat	1 cup	44	10	0.5
Raisin Bran	1 cup	195	46.5	7.3
Rice Krispies	1 1/4 cups	119	28	0.1
Special K	1 cup	117	22	0.7
Shredded Wheat	2 biscuits	155	36.2	5.5
Total	3/4 cup	105	24	2.6

HEALTHY TOOLS

Item	Amount	Calories	Carb grams	Fiber grams
Trix	1 cup	122	26	0.7
Wheaties	1 cup	107	26.7	3

DAIRY AND EGGS

Butter	1 Tbsp	102	0	0
Cheese food, American	1 oz	94	2.2	0
Cheesecspread	1 oz	82	2.5	0
Cheese, blue	1 oz	100	0.7	0
Cheese, cheddar	1 oz	114	0.4	0
Cheese, cottage, regular	1 cup	216	5.6	0
Cheese, cottage, 2% milk fat	1 cup	203	8.2	0
Cheese, cottage, 1% milk fat	1 cup	163	6.2	0
Cheese, cream	1 Tbsp	51	0.4	0
Cheese, feta	1 oz	75	1.2	0
Cheese, mozzarella, part skim milk	1 oz	72	0.79	0
Cheese, mozzarella, whole milk	1 oz	85	0.6	0
Cheese, Muenster	1 oz	104	0.3	0
Cheese, Parmesan	1 Tbsp	22	0.2	0
Cheese, American	1 oz	106	0.5	0
Cheese, provolone	1 oz	100	0.6	0
Cheese, ricotta, part skim milk	1 cup	339	12.6	0
Cheese, ricotta, whole milk	1 cup	428	7.5	0
Cheese, Swiss	1 oz	108	1.5	0
Cream, half and half	1 Tbsp	20	0.7	0
Cream, heavy whipping	1 Tbsp	52	0.4	0
Cream, light	1 Tbsp	29	0.6	0
Cream, sour	1 Tbsp	26	0.5	0
Cream, sour, reduced-fat	1 Tbsp	20	0.6	0
Cream, sour, fat-free	1 Tbsp	12	2	0
Egg, whole	large	74	0.8	0
Egg, white	large	17	0.2	0
Egg, yolk	large	53	0.6	0
Eggnog	1 cup	343	34.3	0
Ice cream, chocolate	1/2 cup	143	18.6	0.8

Item	Amount	Calories	Carb grams	Fiber grams
Ice cream, vanilla, soft-serve	1/2 cup	191	19.1	0.6
Ice cream, vanilla	1/2 cup	133	15.6	0.5
Milkshake, vanilla	11 fl oz	351	55.6	0
Buttermilk	1 cup	98	11.7	0
Milk, condensed, sweetened	1 cup	982	166.5	0
Milk, evaporated, nonfat	1 cup	200	29.1	0
Milk, nonfat	1 cup	83	12.1	0
Milk, 1% milk fat	1 cup	102	12.2	0
Milk, 2% milk fat	1 cup	102	11.4	0
Milk, whole	1 cup	146	11	0
Yogurt, fruit, low-fat	8 oz	232	43.2	0
Yogurt, plain, low-fat	8 oz	143	16	0

FATS AND OIL

Lard	1 Tbsp	115	0	0
Margarine	1 Tbsp	102	0.1	0
Margarine-like spread	1 Tbsp	51	0	0
Mayonnaise, regular	1 Tbsp	99	0	0
Mayonnaise, fat-free	1 Tbsp	12	2	0.6
Oil, canola	1 Tbsp	124	0	0
Oil, olive	1 Tbsp	119	0	0
Oil, peanut	1 Tbsp	119	0	0
Oil, sesame	1 Tbsp	120	0	0
Oil, vegetable or corn	1 Tbsp	120	0	0
Shortening	1 Tbsp	113	0	0

FISH AND SHELLFISH

Catfish, breaded and fried	3 oz	195	6.8	0.6
Crab	3 oz	82	0	0
Flounder	3 oz	99	0	0
Haddock, baked	3 oz	95	0	0
Halibut	3 oz	119	0	0
Lobster	3 oz	83	1.1	0
Ocean perch	3 oz	103	0	0
Orange roughy	3 oz	76	0	0

Item	Amount	Calories	Carb grams	Fiber grams
Pollock	3 oz	96	0	0
Rainbow trout	3 oz	144	0	0
Raw clams	3 oz	63	2.2	0
Raw oysters	6 med	57	3.3	0
Salmon, baked or broiled	3 oz	184	0	0
Salmon, canned	3 oz	118	0	0
Sardines	3 oz	177	0	0
Scallops, breaded	6 large	200	9.4	0
Shrimp, breaded	3 oz	206	5.2	0.2
Swordfish	3 oz	132	0	0
Tuna, baked or broiled	3 oz	118	0	0
Tuna, chunk white	3 oz	109	0	0

FRUIT AND JUICES

Apple juice	1 cup	117	29	0.2
Apple	1	72	19.1	3.3
Applesauce, sweetened	1 cup	194	51	3.1
Applesauce, unsweetened	1 cup	108	28	2.9
Apricot	1	17	3.9	0.7
Apricots, dried	1/4 cup	96	25	3.6
Apricots, canned in heavy syrup	1 cup	214	55	4.1
Apricots, canned in juice	1 cup	117	30	3.9
Apricot nectar, canned	1 cup	141	36	1.5
Asian pear	1 small	51	13	4.4
Avocado	1 oz	47	2.5	1.9
Banana	1	105	27	3.1
Blackberries	1 cup	75	18	7.6
Blueberries	1 cup	83	21	3.5
Cantaloupe	1 cup	107	28	3
Cherries, sour	1 cup	88	22	2.7
Cherries, sweet	10	49	11	1.6
Cranberries, dried, sweetened	1/4 cup	92	24	2.5
Cranberry juice cocktail	8 fl oz	144	36.4	0.3
Cranberry sauce, canned	1 slice	86	22	0.6
Currants, dried	1/4 cup	102	26.7	2.4

Item	Amount	Calories	Carb grams	Fiber grams
Dates, chopped	1/4 cup	122	32.7	3.3
Figs, dried	1/4 cup	127	32.5	5.8
Figs, fresh	1	37	9.6	1.7
Grape juice	1 cup	154	37.9	0.3
Grapefruit	1/2	39	9.9	1.3
Grapefruit juice	1 cup	96	22.7	0.2
Grapes, red or green	1 cup	110	29	1.4
Kiwi	1	46	11.1	2.3
Honeydew melon	1 cup	60	16	1
Lemon juice	juice of 1 lemon	12	4	0.2
Lime juice	juice of 1 lime	10	3.2	0.2
Mandarin oranges, canned in light syrup	1 cup	154	41	1.8
Mango	1 cup	107	28	3.7
Nectarine	1	67	16.0	2.2
Orange juice	1 cup	112	25.8	0.5
Orange	1	62	15.4	3.1
Papaya	1 cup	55	29.8	2.5
Peach	1	38	9.4	1.5
Peaches, canned in heavy syrup	1 cup	194	52	3.4
Peaches, canned in juice	1 cup	109	29	3.2
Pear	1 pear	96	25.7	5.1
Pears, canned in heavy syrup	1 cup	197	51	4.3
Pears, canned in juice	1 cup	124	32	4
Pineapple juice	1 cup	140	34.5	0.5
Pineapple	1 cup	74	19.6	2.2
Pineapple, canned in heavy syrup	1 cup	198	51	2
Pineapple, canned in juice	1 cup	149	39	2
Plantain, raw	1	218	57	4.1
Plantain, cooked slices	1 cup	179	48	3.5
Plum	1	30	7.5	0.9

HEALTHY TOOLS

Item	Amount	Calories	Carb grams	Fiber grams
Plums, canned in heavy syrup	1 cup	230	60	2.6
Plums, canned in juice	1 cup	146	38	2.5
Prunes, dried	5	100	26	3
Prunes, stewed	1 cup	265	70	16.4
Prune juice	1 cup	182	44.7	2.6
Raisins	1/4 cup	108	28.7	1.3
Raspberries	1 cup	64	14.7	8
Strawberries	1 cup	53	12.8	3.3
Tangerine	1	31	7.8	1.6
Watermelon	1 cup	56	11.5	0.6

GRAINS AND PASTAS

Couscous	1 cup	176	36.5	2.2
Barley, pearled and cooked	1 cup	193	44	6
Bulgur	1 cup	151	33	8.2
Cornmeal	1 cup	444	94	8.9
Egg noodles	1 cup	213	39.7	1.8
Kasha (buckwheat groats)	1 cup	155	33	4.5
Oat bran (raw)	1 cup	231	62.3	14.5
Rice, brown	1 cup	216	45	3.5
Rice, white	1 cup	205	45	0.6
Rice, instant	1 cup	162	35	1
Rice, wild	1 cup	166	35	3
Pasta, regular	1 cup	197	40	2.4
Pasta, whole-wheat	1 cup	174	37	6.3
Wheat flour, bleached (white)	1 cup	455	95	3.4
Wheat flour, whole-grain	1 cup	407	87	14.6
Wheat germ	1 Tbsp	27	3	0.9

LAMB, VEAL, AND GAME

Lamb, leg	3 oz	219	0	0
Lamb, loin	3 oz	265	0	0
Lamb, shoulder	3 oz	294	0	0

Item	Amount	Calories	Carb grams	Fiber grams
Veal, leg	3 oz	179	0	0
Duck	1/2 duck	144	0	0

LEGUMES

Baked beans	1 cup	239	53.9	10.4
Black beans	1 cup	227	40.8	15
Chickpeas	1 cup	185	32.7	7.9
Great northern beans	1 cup	209	37.3	12.4
Lentils	1 cup	230	39.9	15.6
Navy beans	1 cup	255	47.4	19.1
Pinto beans	1 cup	245	44.8	15.4
Red kidney beans	1 cup	225	40.4	13.1

NUTS AND SEEDS

Almonds	1 oz	164	5.6	3.3
Brazil nuts	1 oz	186	3.5	2.1
Cashews	1 oz	163	9.3	1
Chestnuts	1 cup	350	75.7	7.3
Hazelnuts	1 oz	178	4.7	2.7
Macadamia nuts	1 oz	203	3.6	2.3
Peanuts	1 oz	166	6.1	2.3
Pecans	1 oz	196	3.9	2.7
Pistachios	1 oz	161	7.6	2.9
Pumpkin seeds	1 oz	148	3.8	1.1
Sesame seeds	1 Tbsp	47	1.2	1
Sunflower seeds	1 oz	165	6.8	2.9
Walnuts	1 oz	185	3.9	1.9

PORK

Pork sausage	1 patty	92	0	0
Bacon	3 slices	103	0.3	0
Ham, roasted	3 oz	207	0	0
Pork, loin chops	3 oz	235	0	0
Pork, roast	3 oz	217	0	0
Pork, shoulder	3 oz	280	0	0
Pork, spareribs	3 oz	337	0	0

Item	Amount	Calories	Carb grams	Fiber grams
POULTRY				
Chicken roll	2 slices	87	1.4	0
Chicken, breast w/o skin	1/2 breast	142	0	0
Chicken, dark meat w/o skin	1 drumstick	76	0	0
Chicken, thigh w/o skin	1 thigh	109	0	0
Chicken, breast w/skin, batter-fried	1/2 breast	364	12.6	0.4
Chicken, dark meat w/skin, batter-fried	1 drumstick	193	6	0.2
Chicken, thigh w/skin, batter-fried	1 thigh	238	7.8	0.3
Turkey, roasted, dark	3 oz	157	0	0
Turkey, roasted, light	3 oz	132	0	0

SAUSAGE AND LUNCH MEAT				
Bologna	2 slices	175	3.1	0
Chicken, white meat	2 slices	72	1.3	0
Chicken breast, roasted, fat free	2 slices	48	0.9	0
Cooked salami	2 slices	142	1.3	0
Ham, regular	2 slices	91	2.1	0.7
Ham, extra lean	2 slices	60	0.4	0
Hard salami	2 slices	77	0.8	0
Sausage, pork or beef	2 links	103	0.7	0
Turkey breast	2 slices	55	1.8	0
Turkey breast, fat free	2 slices	47	2.52	0
Vienna sausage	1	37	0.4	0

SNACKS				
Chex Mix	1 oz	120	8.5	1.6
Cheese puffs	1 oz	157	15.3	0.3
Crackers, saltine	4	51	8.5	0.4

Item	Amount	Calories	Carb grams	Fiber grams
Granola bar, plain	1 bar	134	18.3	1.5
Olives	5 large	25	1.4	0.7
Pickles, dill	1	12	2.7	0.8
Popcorn, air-popped	1 cup	31	6.2	1.2
Popcorn, oil-popped	1 cup	55	6	1.1
Potato chips	1 oz	155	14.5	1
Pretzels	10	229	47.5	1.9
Rice cakes	1 cake	35	7.3	0.4
Tortilla chips	1 oz	142	17.8	1.8

SOUPS, GRAVIES, AND SAUCES				
Barbecue sauce	1 Tbsp	12	2	0.2
Beef bouillon	1 cup	29	1.8	0
Beef gravy	1/4 cup	31	2.8	0.2
Cheese sauce	1/4 cup	110	4.3	0.3
Chicken gravy	1/4 cup	47	3.2	0.2
Chicken noodle soup	1 cup	75	9.4	0.7
Country sausage gravy	1/4 cup	96	3.9	0.4
Cream of mushroom soup	1 cup	129	9.3	0.5
Hot pepper sauce	1 tsp	1	0.1	0
Lentil soup	1 cup	126	20.3	5
Manhattan clam chowder	1 cup	78	12.2	1.5
Minestrone	1 cup	82	11.2	1
Mushroom gravy	1/4 cup	30	3.3	0.2
New England clam chowder	1 cup	164	16.7	1.5
Onion soup	1 cup	27	5.1	1
Pasta sauce	1 cup	185	28.2	1
Pea soup	1 cup	165	26.5	2.8
Salsa	1 Tbsp	4	1	0.3
Teriyaki sauce	1 Tbsp	15	2.9	0
Tomato soup	1 cup	85	16.6	0.5

HEALTHY TOOLS

Item	Amount	Calories	Carb grams	Fiber grams
Turkey gravy	1/4 cup	30	3	0.2
Vegetable beef soup	1 cup	78	10.2	0.5

SWEETS

Brownies	1	227	35.8	1.2
Chocolate chip cookies	1 cookie	49	9.3	0.4
Cinnamon roll	1 roll	223	30.5	1.4
Cake, pound	1 piece	109	13.7	0.1
Cake, chocolate w/o frosting	1 piece	340	50.7	1.5
Coffee cake, crumb-type	1 piece	263	29	1.3
Doughnut, plain	1	198	23.4	0.7
Doughnut, glazed	1	242	26.6	0.7
Fudge	1 piece	70	13	0.3
Graham crackers	2	59	10.8	0.2
Hard candy	1 small piece	12	2.9	0
Jellybeans	10 large	106	26.5	0.1
Marshmallows	1 cup	159	40.7	0.1
Milk chocolate	1 bar	235	26.2	1.5
Pie, apple	1 piece	411	57.5	1.9
Pie, pecan	1 piece	503	63.7	4
Pie, pumpkin	1 piece	316	40.9	2.9
Pineapple upside down cake	1 piece	267	58	0.9
Pudding, chocolate	1/2 cup	154	27.8	0.6
Semisweet chocolate pieces	1 cup	805	106.1	9.9
Snickers	1 bar	266	36.8	1.4

VEGETABLES

Asparagus	4 spears	13	3.5	2.9
Beets	1 cup	75	16.9	3.4
Broccoli	1 cup	55	5.8	2.3
Brussels sprouts	1 cup	56	11	4.1

Item	Amount	Calories	Carb grams	Fiber grams
Cabbage	1 cup	17	3.9	1.6
Carrots	1 carrot	30	10.5	3.1
Cauliflower	1 cup	25	5.3	2.5
Celery	1 cup	17	3.6	1.9
Collard greens	1 cup	92	9	5.3
Corn	1 cup	133	31.7	3.9
Cucumbers	1 cup	16	3.8	0.8
Eggplant	1 cup	28	7	2.5
Endive	1 cup	9	2	1.6
Kale	1 cup	39	7	2.6
Leeks	1 cup	32	8	1
Lettuce, iceberg	1 cup	8	1.6	0.7
Lima beans	1 cup	170	32	9.9
Mushrooms	1 cup	15	2.3	0.8
Mustard greens	1 cup	21	3	2.8
Okra	1 cup	52	11	5.2
Onions	1 cup	67	16.2	2.2
Parsnips	1 cup	111	26.5	5.6
Potato w/ skin	1	118	27.4	2.4
Peas	1 cup	125	22.8	8.8
Peppers, green	1 cup	30	6.9	2.5
Radishes	1 radish	1	0.2	0.1
Red hot chili pepper	1	18	4	0.7
Romaine lettuce	1 cup	10	1.8	1.2
Soybeans	1 cup	254	20	7.6
Scallions	1 cup	32	7.3	2.6
Spinach	1 cup	7	1.1	0.7
Squash, summer	1 cup	18	3.8	2.5
Squash, winter	1 cup	76	18.1	2.5
Sweet potato	1	131	30.2	4.8
Tomatoes	1 cup	32	7.1	2.2
Turnips	1 cup	34	7.9	3.1
Water chestnuts	1 cup	70	17.2	3.5

Glycemic Loads

The glycemic load (GL) is a scale used to indicate how much one serving of a particular food raises a person's blood sugar. A GL of 10 or less is considered low. Check your blood sugar two hours after eating a food to find out how it affects your blood sugar, since your reaction might be different. The GL is closely tied to portion size; if you eat twice as much as the portion size indicated, the food will have double the effect on your blood sugar. (Keep in mind that these portion sizes aren't necessarily the same as those used in the food exchange system.) Work with your registered dietitian to figure out how to fit more low-GL foods into your eating plan.

LOW (GL = 10 OR LESS)

Breads, Tortillas, Grains	Serving size	GL	Fruits and Vegetables	Serving size	GL
Coarse barley bread (75% intact kernels)	2 slices	10	Prunes, pitted, chopped	1/3 cup (2 oz)	10
Soy and flaxseed bread	2 slices	10	Apricots, dried, chopped	1/3 cup (2 oz)	9
Whole-grain pumpernickel bread	2 slices	10	Peaches, canned in light syrup	1/2 cup (4 oz)	9
Pearled barley	1 cup	8	Grapes, medium bunch	(about 50) 4 oz	8
Popcorn	2 cups	8	Mango, sliced	2/3 cup (4 oz)	8
Wheat tortillas	2 6-inch	6	Pineapple, diced	2/3 cup (4 oz)	7
Breakfast Cereals	Serving size	GL	Apple	1 small	6
Alpen Muesli	1/3 cup (1 oz)	10	Kiwifruit, sliced	2/3 cup (4 oz)	6
Oatmeal, instant 1 cup prepared	(1 oz)	10	Beets, sliced	1/2 cup	5
All-Bran	1/2 cup (1 oz)	9	Orange	1 small	5
Bran Buds	1/3 cup (1 oz)	7	Peach	1 small	5
Oatmeal made from rolled oats 1 cup prepared	(1 oz)	7	Plums	2 small	5
Legumes	Serving size	GL	Pear	1 small	4
Lima beans	1 cup	10	Strawberries	about 6 medium	4
Pinto beans	1 cup	10	Watermelon, chopped	2/3 cup (4 oz)	4
Chickpeas	1 cup	8	Carrots, raw	1 large	3
Baked beans	1 cup	7	Cherries	about 16 (4 oz)	3
Kidney beans	1 cup	7	Grapefruit	1/2	3
Navy beans	1 cup	7	Beverages	Serving size	GL
Butter beans	1 cup	6	Orange juice, unsweetened	3/4 cup (6 oz)	10
Green peas	1 cup	6	Grapefruit juice, unsweetened	3/4 cup (6 oz)	7
Split peas, yellow	1 cup	6	Tomato juice	3/4 cup (6 oz)	4
Lentils, green or red	1 cup	5	Sweets	Serving size	GL
Dairy and Soy Drinks	Serving size	GL	M&Ms with peanuts	25 (1 oz)	6
Low-fat yogurt with fruit and sugar	7 oz	9	Nutella (chocolate hazelnut spread)	4 Tbsp	4
Soy milk	1 cup (8 oz)	7	Nuts	Serving size	GL
Low-fat chocolate milk, sweetened with aspartame	1 cup (8 oz)	3	Mixed nuts, roasted	1/3 cup (1.5 oz)	4
Low-fat yogurt with fruit, sweetened with aspartame	7 oz	2	Cashew nuts	about 13 (1.5 oz)	3
			Peanuts	1/3 cup (1.5 oz)	1

HEALTHY TOOLS

MEDIUM (GL = 11–19)

Bread, Tortillas, Crackers, Chips	Serving size	GL
Coarse barley bread (50% intact kernels)	2 slices	18
High-fiber white bread	2 slices	18
Corn chips	2 oz	17
100% whole-grain bread	2 slices	14
Sourdough rye bread	2 slices	12
Stone-ground wheat thins	4	12
Corn tortillas	2 6-inch	11
Grains	Serving size	GL
Converted long-grain white rice	2/3 cup cooked	16
Brown rice	2/3 cup cooked	18
Quinoa	2/3 cup cooked	16
Wild rice	2/3 cup cooked	18
Bulgur	2/3 cup cooked	12
Pasta	Serving size	GL
Spaghetti (cooked 15 minutes)	1 cup	17
Whole-wheat spaghetti	1 cup	13
High-protein spaghetti	1 cup	12

Beverages	Serving size	GL
Low-fat chocolate milk	8 oz	12
Pineapple juice, unsweetened	6 oz	12
Apple juice	8 oz	8

Fruits, Vegetables, Beans	Serving size	GL
Sweet corn	1 cup	18
Sweet potato	1 medium (5 oz)	17
Figs, dried, chopped	1/3 cup (2 oz)	16
Banana	1 small (4 oz)	11
Black-eyed peas	1 cup	11

Breakfast Cereals	Serving size	GL
Nabisco Cream of Wheat, regular	1 cup prepared (1 oz)	17
Post Grape-Nuts	1/2 cup (1 oz)	16
Cheerios	1 cup (1 oz)	15
Life	3/4 cup (1 oz)	15
Special K	1 cup (1 oz)	14

HIGH (GL = 20 OR HIGHER)

Potatoes	Serving size	GL
Baked russet Burbank potato	1 medium	26
French fries	5 oz	22
Grains	Serving size	GL
Sticky white rice	2/3 cup cooked	31
Couscous	2/3 cup cooked	23
Long-grain white rice	2/3 cup cooked	23
Pasta	Serving size	GL
Udon Japanese noodles	1 cup cooked	25
Spaghetti (cooked 20 minutes)	1 cup	22
Breads	Serving size	GL
French baguette	2 slices	30
Middle Eastern flatbread	1 large	30
Italian white bread	2 slices	22
Hamburger roll	1	21
Mini-bagel (Lender's)	1	20
Wonder Bread	2 slices	20

Breakfast Cereals	Serving size	GL
Kellogg's Cornflakes	1 cup (1 oz)	24
Rice Chex	1 1/4 cups (1 oz)	23
Nabisco Cream of Wheat, instant	1 cup prepared (1 oz)	22
Rice Krispies	3/4 cup (1 oz)	22
Corn Chex	1 cup (1 oz)	21

Dried Fruit	Serving size	GL
Raisins	1/3 cup	28
Dates, dried, chopped	1/3 cup	25

Beverages	Serving size	GL
Ocean Spray Cranberry Juice Cocktail	12 oz	36
Coca-Cola	12 oz	24

Sweets	Serving size	GL
Mars Bar	2 oz	26
Jelly beans	20	22

Diabetes Testing and Doctor's Visit Schedule

AT EVERY DOCTOR'S VISIT (USUALLY 4 TIMES PER YEAR)

TEST	DATE	RESULT	DATE	RESULT	DATE	RESULT	DATE	RESULT
A1C (goal is lower than 7)								
Blood pressure (goal is lower than 130/80)								
Foot check								

TWICE A YEAR

TEST	DATE	DATE
Dental cleaning and exam		

YEARLY (ON ANNIVERSARY OF LAST TEST)

TEST	LAST YEAR'S DATE	LAST YEAR'S RESULT	THIS YEAR'S DATE	THIS YEAR'S RESULT
Microalbumin urine test (for kidney function)				
Eye exam (with dilation)				
LDL cholesterol*				
HDL cholesterol**				
Triglycerides***				
Foot exam (from a podiatrist)				
Flu shot				

*Goal is lower than 100 mg/dL or lower than 70 mg/dL if you have known cardiovascular disease.

**Goal is higher than 40 mg/dL for men and higher than 50 mg/dL for women.

***Goal is lower than 150 mg/dL.

Numbers to Know

GENERAL BLOOD-SUGAR TARGETS

Fasting or before meal glucose 90–130 mg/dL

After-meal glucose (two hours after the start of your meal) >180 mg/dL

Bedtime glucose 100–140 mg/dL

HOW TO TRANSLATE A1C NUMBERS

A1C	Blood Glucose Level	
6.0%	135 mg/dL	7.5 mmol/L*
6.5%	153 mg/dL	8.5 mmol/L*
7.0%	170 mg/dL	9.5 mmol/L*
7.5%	188 mg/dL	10.5 mmol/L*
8.0%	205 mg/dL	11.4 mmol/L*
8.5%	223 mg/dL	12.4 mmol/L*
9.0%	240 mg/dL	13.3 mmol/L*
9.5%	258 mg/dL	14.3 mmol/L*
10.0%	275 mg/dL	15.3 mmol/L*
10.5%	293 mg/dL	16.3 mmol/L*
11.0%	310 mg/dL	17.2 mmol/L*
11.5%	328 mg/dL	18.2 mmol/L*
12.0%	345 mg/dL	19.1 mmol/L*

* Millimoles per liter, used outside the U.S.

HEALTHY WAIST CIRCUMFERENCE

Men up to 40 inches

Women up to 35 inches

If your waist is bigger than this, you are at increased risk for type 2 diabetes, high blood pressure, high cholesterol, and cardiovascular disease.

Plan for Your Next Doctor's Visit

Date and time of appointment: _____

Name of doctor: _____

Name of certified diabetes educator: _____

Name of registered dietitian: _____

I NEED TO BRING THE FOLLOWING TO MY APPOINTMENT:

- A list of my medications
- My glucose meter
- My weekly blood-sugar log sheets
- A record of any test or examination I had other than in my doctor's office
- My food diary
- My daily diet and lifestyle goals tracking sheets
- Other: _____

CHECK IF ANY TESTS NEED TO BE DONE PRIOR TO APPOINTMENT:

- A1C
- Urine test of protein to check kidney function
- Dilated eye exam
- Cholesterol and triglycerides
- Other: _____

QUESTIONS TO ASK:

1. _____

2. _____

3. _____

4. _____

Medication Record

Name: _____

What it's for: _____

Amount: _____ How often: _____

When to take: _____

Name: _____

What it's for: _____

Amount: _____ How often: _____

When to take: _____

Name: _____

What it's for: _____

Amount: _____ How often: _____

When to take: _____

Name: _____

What it's for: _____

Amount: _____ How often: _____

When to take: _____

Name: _____

What it's for: _____

Amount: _____ How often: _____

When to take: _____

Name: _____

What it's for: _____

Amount: _____ How often: _____

When to take: _____