

# DIABETIC

My Name:

---

Address:

---

---

Phone:

---

Emergency Contacts:

---

---

Physician:

---

Monitoring your blood sugar (also called glucose) is important in managing diabetes. It will help you stay healthy and prevent or delay diabetic complications.

## Blood Sugar Levels:

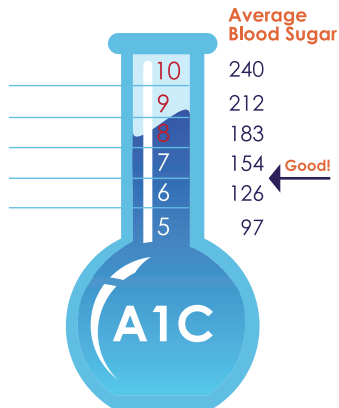
### DIABETIC

Fasting/before meals 80-130  
2 hours after meals <180

### NORMAL

Fasting <100  
2 hours after meals <140

## WHAT'S MY A1C?



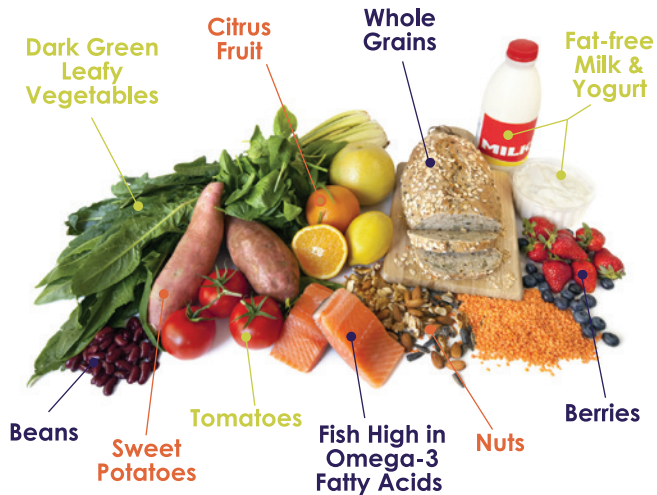
Be your BEST,  
Get the TEST!

# LIVING WELL with DIABETES

 **Natividad**  
MEDICAL CENTER

## DAILY SUPERFOODS

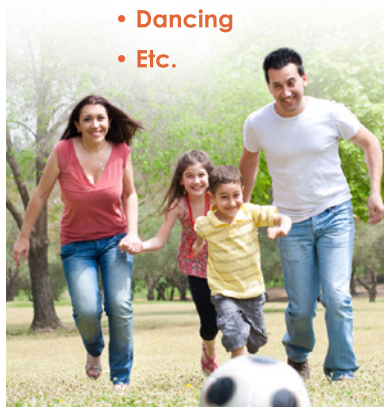
Include these nutritious foods in your daily diet:



## DAILY EXERCISE

Any type, 30 minutes per day:

- Walking
- Bike Riding
- Light Weights
- Dancing
- Etc.



## EMERGENCY FOODS

Simple, fast acting sugar:



Juice 4 oz



Regular Soda 4 oz



Hard Candy 2-3



Milk 8 oz



Glucose Tablets 3-4