

Managing Your Blood Sugar

What you should eat

1 Protein rich-foods



Lean meats, skinless poultry



Low-fat cheese



Egg whites, tofu



Glucerna Advance™

2 Whole grain and high-fiber carbs



Whole grain breads, cereals, pasta, brown rice



Beans, nuts, chickpeas, peas, nuts



Fruits, berries (especially those with edible skin)

3 Low-fat dairy



Low-fat or skim milk, low-fat yogurt (plain or artificially sweetened)

4 Non-starchy vegetables – including vegetables such as



Green

Asparagus, broccoli, collards, kale, spinach, cabbage, lettuce, celery



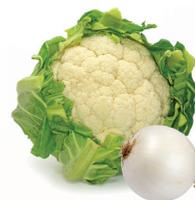
Yellow and orange

Carrots, summer squash



Red

Tomatoes, peppers, beets



White

Onions, cauliflower

5 Drink 6 to 8 cups of water (or other very low or zero-calorie fluids) every day



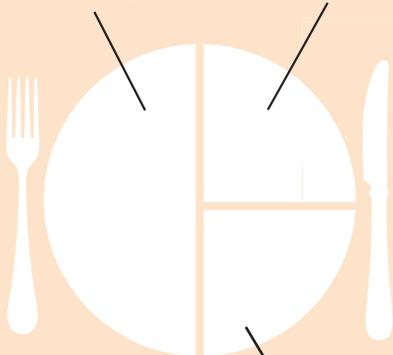
Food and diabetes

- Use sugar substitutes instead of regular sugar
- Watch for added sugar in juice and powdered drinks
- Stop eating when you feel satisfied, not after you're stuffed
- The protein content of one 8 fl oz Glucerna Advance™ is equivalent to the protein content in 2 slices or 1½ ounces of lean meat.

Plan meals following the Healthy Plate Method:

Fill up your plate with the right balance of healthy foods.

½ plate of non-starchy vegetables ¼ plate of a low-fat protein food



Eat a piece of fruit for dessert

Eating only a part of your meal can result in less nutrition



Adding a nutrition drink can help fill the nutrition need



¼ plate of a starchy food

Drink a glass of low or non fat-milk with your meal

It may be difficult to eat enough of the right foods when you don't feel well.

If skipping a meal or eating less than your nutrition requirements, add Glucerna Advance™ to your daily meal plan.

1 Diabetes eating tips:

- Eat meals and snacks about the same time and in the same amount each day
- Eat a lean protein food at each meal
- Eat foods high in vitamins, minerals, and fiber (whole grains, vegetables and fruits)
- Choose nonfat milk and yogurt, and low-fat cheeses
- Limit salt, sugar, sweets, and high-fat foods

2 Signs of high blood sugar:

- **Early signs:** Feeling thirsty, tired, or sluggish, needing to urinate often, blurred vision, nausea
- **Severe signs:** Stomach pain and vomiting, deep sleep or losing consciousness

3 Signs of low blood sugar:

- **Early signs:** Feeling shaky, nervous, cranky or irritable; breaking into a cold sweat or feeling your heart is beating too fast
- **Severe low blood sugar:** Trouble thinking straight, slurring speech, acting “drunk” or passing out

4 Talk to your doctor or nurse if:

- Your blood glucose is too high much of the time, or you have symptoms of high blood glucose: You may need a change in your diabetes medicines or meal plan
- You have problems with your eyes or vision
- You experience tingling or numbness in your hands or feet
- You experience increased thirst or urination



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For diabetes
Glucerna Advance™
Our most advanced nutrition for people with diabetes



For extra calories
Ensure Complete™
Balanced nutrition for targeted muscle, heart, immune system and bone support



For clear diet
Ensure Clear™



Helps build lean body mass which supports wound healing
Juven®



For renal diet
Nepro®

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