

# Understanding Your Screening Numbers

## Glucose (“Blood Sugar”)

### What is glucose?

Glucose is also known as “blood sugar.” A fasting glucose test measures the amount of sugar in your blood when fasting (no food or drink for at least 8 hours prior). If you have been diagnosed with type 2 diabetes, it’s important to follow up with your doctor on a regular basis and monitor you glucose as recommended.

### Adults diagnosed with diabetes\*

	When you wake up and before meals	2 hours after starting a meal
Desirable	80 to 130 mg/dl	Less than 180 mg/dl

*Source: ADA Standards of Medical Care - 2019*

### American Diabetes Association general recommendations for individuals diagnosed with Type 2 Diabetes\*

A1c <7%

Blood pressure <140/80 mmHg

LDL cholesterol <100 mg/dl; triglycerides <150 mg/dl; HDL cholesterol >40 mg/dl for men; HDL cholesterol >50 mg/dl for women

*\*Glucose, A1c, blood pressure, and cholesterol goals should be individualized based on age, duration of diabetes, health history, and other present health conditions. Speak with your doctor for specific targets.*

### Managing Type 2 Diabetes



#### Test Blood Sugar Regularly

#### Follow-Up with Your Doctor Routinely

#### Take Medications as Prescribed



#### Weight Loss

Excess weight is a major contributing factor to insulin resistance and type 2 diabetes. For individuals with weight categorized as overweight or obese, **reducing weight by 5-10% over 6 months can help improve blood sugar numbers.** Even weight loss of just 5-10 pounds can make an impact.

#### Routine Exercise



Engaging in routine exercise is not only beneficial for weight loss, but it can also help manage your blood sugar by boosting your body’s sensitivity to insulin (a hormone that helps regulate blood sugar). In addition, your muscles can pull sugar from the blood stream to use for energy during exercise, naturally lowering blood sugar levels. **Recommendations are 150 minutes of moderate-intensity aerobic exercise and 2 full-body strength training sessions per week.**

#### Follow a Healthy Eating Pattern



Manage weight by **reducing overall daily calories** and improving the quality of food you eat. **Focus on eating a plant-based diet with plenty of fruits, vegetables, beans, whole grains, nuts, and seeds.** These foods are rich in fiber which helps improve blood sugar control and supports weight management efforts. **Sugar-sweetened beverages and food with added sugar should be strictly limited or eliminated if possible.** Although sugar does not *cause* diabetes, excess added sugar contributes empty calories and can make it difficult to manage weight.

# Carbohydrate Counting for People with Diabetes



Canada Eat Well Plate

## Carbohydrate Counting Basics

**1 carbohydrate serving = 15 grams of carbohydrate**

Men: Aim for 4-5 carbohydrate servings (60-75 grams) per meal

Women: Aim for 3-4 carbohydrate servings (45-60 grams) per meal

Both men and women: Optional 1-2 carbohydrate servings (15-30 grams) per snack

## Food Lists

All servings in these lists contain about 15 grams of carbohydrate.

Foods that have less than 20 calories and 5 grams of carbohydrates are considered "free" foods.

### Grains

- 1 slice bread
- 1 tortilla (6-inches)
- ¼ large bagel
- ½ cup cooked pasta, rice, quinoa
- ½ hamburger or hot dog bun
- ¾ cup unsweetened cold cereal
- ½ cup hot cereal
- 3 cups popcorn
- ¾ ounces pretzels\*
- 8 baked chips\* (potato, pita)
- 13 regular chips\* (tortilla, potato)
- 4-6 crackers\*

\*check nutrition facts label

### Milk and Dairy Products

- 1 cup fat-free, reduced-fat, or whole milk
- 1 cup soymilk
- 6 ounces unsweetened nonfat or low-fat plain or Greek yogurt

### Fruits

- 1 small fresh fruit
- ½ medium fruit (apple, banana)
- ½ cup canned fruit in 100% fruit juice
- 1 cup melon
- 1 cup raspberries and blackberries
- 1 ¼ cup strawberries
- ¾ cup blueberries
- ½ cup (4 oz.) fruit juice
- 2 tablespoons dried fruit

### Vegetables

- ½ cup potato, sweet potato, peas, corn
- ¼ large baked potato with skin
- ½ cup cooked beans, legumes (chickpeas, black beans, lentils)
- 1 cup winter squash
- ½ plantain

1 cup raw vegetables or ½ cup cooked non-starchy vegetables (those not listed above) are considered "free" foods and can be counted as zero carbohydrate servings. If you eat 3 or more servings at one meal, count them as 1 carbohydrate serving.

### Sweets

- 2 small or 1 large cookie
- 1 medium donut
- 1 tablespoon sugar, honey, jam, jelly, syrup
- ½ cup ice cream

## Tips for Reading the Nutrition Facts Label

**1** Look at the standard serving size.

Nutrition Facts	
about 6 servings per container	
<b>Serving size</b>	<b>1 cup (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 8g Added Sugars	16%
<b>Protein</b> 2g	

**3** Compare and adjust the total grams of carbohydrate based on how many servings you will eat.

**2** Check the grams of total carbohydrates in one serving.

**4** Divide total grams of carbohydrates by 15 to calculate the number of carbohydrate servings.

## Notes

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Example: If you plan to eat 1 ½ cups of this food item, multiply total grams of carbohydrates by 1.5 (22 x 1.5 = 33g). To calculate carbohydrate servings, then divide total carbohydrate grams by 15 (33 ÷ 15 = 2.2). There are 2.2 carbohydrate servings in 1.5 cups of this food.