

Diabetes Placemat

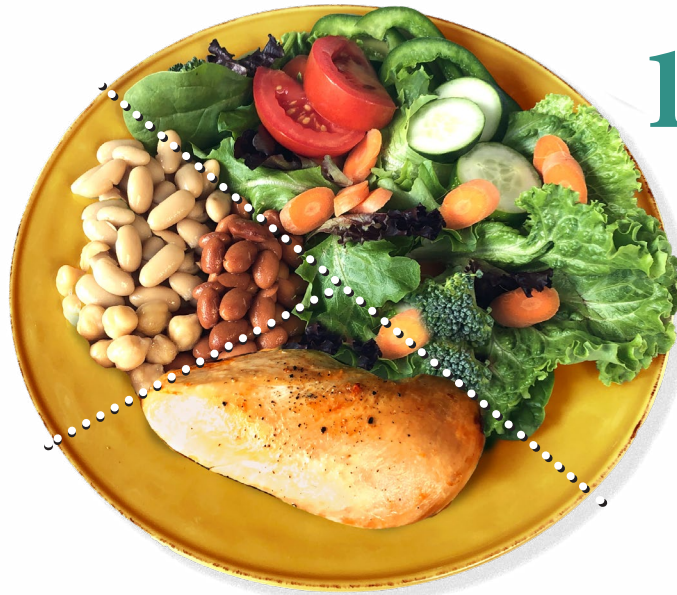
Eat balanced meals of healthy foods from all the food groups spread evenly throughout the day.

Diet

Follow a low to moderate carbohydrate diet (for example, a Mediterranean/DASH-style eating pattern) for improving blood glucose, weight, cholesterol, and blood pressure. To control portions, use a 9-inch plate.

$\frac{1}{4}$ = Whole grains, legumes and starches

$\frac{1}{4}$ = Lean protein (such as poultry, fish, tofu, or a healthy meat substitute)



$\frac{1}{2}$ = Non-starchy vegetables

Carbohydrates

Carbohydrates (starches, fruits, milk, and sweets) supply energy and have the greatest impact on blood glucose.

Starches include bread, pasta, starchy vegetables (corn, potatoes, peas, and some beans), cereal, and grains.

You should limit the amount of sweets you eat.



Fiber

Eating dietary fiber (a type of carbohydrate) is beneficial for your blood glucose and overall health.

Increase fiber slowly by adding whole grain products, skin-on fruits and vegetables, and legumes. Aim for about 25-30 grams fiber each day.

Drink 6-8 glasses of water each day. Limit beverages to sugar-free options. Limit fruit juice and sweetened drinks.

Read the Labels

Note the serving size.

Saturated Fat and Trans Fat = Unhealthy Fat

Lower your risk for heart disease by limiting unhealthy fats.

Recommended amount of saturated fats:

Women: less than 12 grams per day
Men: less than 15 grams per day

Total Carbohydrates = Starch + Sugar + Fiber

Look at the amount of carbohydrates by gram in one serving.

Fiber

Aim for foods with at least 3 grams fiber per serving.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hyperglycemia

High Blood Glucose

Signs

Some signs of high blood glucose include thirst, having to urinate often, hunger, dry skin or mouth, or slow healing of wounds. You may also feel tired, nauseous, or have a headache.

Prevent High Blood Glucose

To prevent and treat high blood glucose, take your diabetes medication correctly every day. Your provider will tell you if it is the kind you can adjust at home on your own.

- Exercising may help your blood glucose come down. Your provider can give you more information on whether and when you should exercise to lower your blood glucose. In cases of very high blood glucose, exercise may not be safe.
- Carbohydrates in foods will raise your blood glucose. If your premeal blood glucose is already high, eating fewer carbohydrates than you normally eat may help lower it.

If you have High Blood Glucose

If your blood glucose is higher than the target range, you may need adjustments in your medication, diet, activity level, or a combination of these. If you notice a trend of high blood glucose, you should contact your provider.

If you are sick and have High Blood Glucose

Illness and infection can also cause your blood glucose to become too high. This is because the stress of illness and infection make the liver put extra glucose into your blood. Other kinds of stress can also cause your blood glucose to go higher. If your blood glucose stays high due to illness, you need to contact your provider right away.

High Blood Glucose can lead to injuries to your:

- Eyes
- Nerves
- Heart
- Kidneys
- Feet
- Brain

For more information, see the 2023 VA/DoD Clinical Practice Guideline for the Management of Type 2 Diabetes Mellitus tools at <https://www.health.mil/Military-Health-Topics/Access-Cost-Quality-and-Safety/VADOD-CPGs> or healthquality.va.gov/healthquality/guidelines/CD/diabetes



Hypoglycemia

Low Blood Glucose

Signs

Common signs and symptoms of low blood glucose include sweating, shakiness, confusion, hunger, tiredness or weakness and even headache.



Causes of Low Blood Glucose

Low blood glucose is caused when there is more insulin in the blood than needed to balance out the glucose. This can be the result of too much of certain diabetes medications, not enough food (such as in skipping or delaying a meal) or greater-than-normal activity. Other issues like illness or kidney problems may also cause low blood glucose.

If you have Low Blood Glucose

Treatment for low blood glucose is based on the “**Rule of 15**”.

- If your blood glucose is **55mg/dl - 70mg/dl**:
 - Eat or drink **15 grams of carbohydrates** (½ cup/4 ounces of fruit juice or regular soda, 4 glucose tablets, 1 tube of glucose gel, 5 pieces hard candy or 5 jellybeans).
- If your blood glucose is **below 55mg/dl**:
 - Eat or drink double the amount, **30 grams of carbohydrates** (1 cup/8 ounces of fruit juice or regular soda, 8 glucose tablets, 2 tubes of glucose gel, 10 pieces hard candy or 10 jellybeans).
- **Wait 15 minutes** and check your blood glucose again.
- Repeat the steps if your blood glucose is still less than 70 mg/dL.
- Check every 15 minutes until your blood glucose is within the goal range.

Severe Low Blood Glucose Events

In extreme cases of low blood glucose, it is possible to become unconscious.

- Your support persons should not try to give you anything by mouth which may cause choking.
- Use a **glucagon kit** if prescribed by your provider. Be sure to **refill your prescription** for glucagon if you do use it, to always have an emergency kit available.

Additional Resources

- www.Myplate.gov
- <https://medlineplus.gov/diabetismellitus.html>
- <https://commissaries.com/recipes/all-recipes>
- [https://www.nutrition.va.gov/Healthy Teaching Kitchen.asp](https://www.nutrition.va.gov/Healthy_Teaching_Kitchen.asp)