Live Well With Diabetes

An Educational Manual for the Person with Type 2 Diabetes

Capital Health
Welcome to the Diabetes Management Centre (DMC)
The staff at the DMC will help you, and your family and friends learn about diabetes. The members of the staff at the DMC are listed below. Your family doctor may also want you to see one of the doctors who specialize in diabetes (called an endocrinologist).
During the education program, the Health Care Team will help you learn to live well with diabetes. The program uses lectures, videos, presentations and group activities. You will be able to ask questions and share your experiences with diabetes.

The Diabetes Management Centre staff consists of:

Medical Director – Division of Endocrinology
Team Leader
Receptionists
Dietitians
Nurses
Social Worker
Psychologist
Physiotherapist
Volunteers

Your community pharmacist can also be very helpful when caring for your diabetes.
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## Words to Know

A list of common words used throughout this manual

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A1C</strong></td>
<td>A blood test that tells you how well your diabetes has been controlled over the last 2 – 3 months.</td>
</tr>
<tr>
<td><strong>Aerobic Exercise</strong></td>
<td>Exercise that uses your large muscles and raises your heart and breathing rates.</td>
</tr>
<tr>
<td><strong>Blood Glucose</strong></td>
<td>Blood sugar.</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td>Another word for sugar. Includes starch and sugars such as those found in bread, fruit, some vegetables and milk.</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>A wax-like substance made by your liver, also found in some foods such as egg yolks and liver. Your body makes 2 types.</td>
</tr>
<tr>
<td><strong>Cholesterol/HDL Ratio</strong></td>
<td>The amount of good cholesterol (HDL) compared to the total.</td>
</tr>
<tr>
<td><strong>LDL Cholesterol</strong></td>
<td>A bad type of cholesterol which can lead to a blockage in your blood vessels and may cause heart and circulation problems.</td>
</tr>
<tr>
<td><strong>HDL Cholesterol</strong></td>
<td>A good type of cholesterol that helps to remove the bad cholesterol from your blood vessels. Because of this, it helps to lower your risk for heart and circulation problems.</td>
</tr>
<tr>
<td><strong>Creatinine</strong></td>
<td>A blood test which tells you about the function of your kidney.</td>
</tr>
<tr>
<td><strong>Diabetes Mellitus</strong></td>
<td>Diabetes is a condition in which your body cannot use sugar. This is caused by a lack of insulin or because the insulin made by the body does not work properly.</td>
</tr>
<tr>
<td><strong>Fibre</strong></td>
<td>The part of a plant that is not digested. Fibre is found in whole grain breads and cereals, fruits and vegetables.</td>
</tr>
<tr>
<td><strong>Hyperglycemia</strong></td>
<td>High blood sugar.</td>
</tr>
<tr>
<td><strong>Hypoglycemia</strong></td>
<td>Low blood sugar.</td>
</tr>
<tr>
<td><strong>Insulin</strong></td>
<td>A hormone made by the pancreas. The pancreas sends insulin into your blood stream when the blood sugar rises after eating. Insulin helps the sugar enter the body cells where it can be used for energy.</td>
</tr>
<tr>
<td><strong>Insulin Resistance</strong></td>
<td>This happens when insulin does not connect to the cells as well as it should causing blood sugar to go up.</td>
</tr>
<tr>
<td><strong>Lipid Profile</strong></td>
<td>A number of blood tests which help to determine your risk of heart disease. The tests include: total cholesterol, HDL cholesterol, LDL cholesterol and triglyceride.</td>
</tr>
</tbody>
</table>
Non-prescription Drugs | These are drugs that do not require a doctor's prescription or “over the counter” medications.
---|---
Physiotherapist | An expert trained to help you safely start an exercise program that will meet your needs.
Pancreas | A small organ which makes insulin. It is found near your stomach.
Podiatrist | A foot care specialist.
Protein | A nutrient required by all body cells. Protein is found in meat, fish, poultry, eggs, cheese, peanut butter and milk.
Proteinuria | Protein in the urine. When protein is found in the urine it must be investigated because it may mean kidney function is affected.
Psychologist | An expert trained to help you cope with emotional and behavioural problems which may affect your health.
Self Blood Glucose Monitoring (SBGM) | Testing your blood sugars on our own.
Starch | This form of sugar is found in breads, cereals, dried peas and beans and some vegetables such as potatoes and corn.
Triglyceride | The fat found in your blood. Too much fat in your blood is a risk factor for heart disease and other health problems.
Visualizations | Picturing pleasant scenes in your mind – this is a way to lower stress.
Waist Circumference | This measures the amount of abdominal fat.

<table>
<thead>
<tr>
<th>Lab Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting Blood Glucose</td>
</tr>
<tr>
<td>A1C</td>
</tr>
<tr>
<td>Triglycerides</td>
</tr>
<tr>
<td>HDL (good) Cholesterol</td>
</tr>
<tr>
<td>LDL (bad) Cholesterol</td>
</tr>
<tr>
<td>Cholesterol/HDL Ratio</td>
</tr>
<tr>
<td>Proteinuria</td>
</tr>
</tbody>
</table>
How to Make Lifestyle Changes

Date: ____________________________
Write down a change you want to make. Make it sensible, not too hard, not too easy.

Change: ____________________________________________________________
Example: I want to eat healthier.

Steps to make it happen:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Example:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eat more fruit</td>
<td>Eat 3 pieces a day</td>
<td>1 at breakfast, morning snack and lunch</td>
</tr>
<tr>
<td>My Plan:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How sure are you that you can complete this plan?
Circle what you believe you can do.

<table>
<thead>
<tr>
<th>Impossible</th>
<th>Difficult</th>
<th>Not So Sure</th>
<th>Maybe</th>
<th>Sure</th>
<th>Very Sure</th>
<th>Absolutely</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

Did you circle a number between 7 - 10?
Great job, you can make this change.

Did you circle a number between 1 - 6?
Go back and think about starting with a smaller change or break down your plan into smaller parts.
What is Diabetes

Diabetes is a condition in which your body cannot use sugar. This is because of a lack of insulin or because the insulin made by your body does not work properly.

Insulin is made by the pancreas. The pancreas sends insulin into the bloodstream when the blood sugar rises after eating.

The sugar in your blood comes from the sugar and the starch in the food you eat.

Your body uses sugar for energy or stores it as fat for later use.

Insulin helps sugar enter your body’s cells. Without enough insulin, the blood sugar rises above normal.

There are 2 Types of Diabetes

**Type 1 Diabetes** occurs when the pancreas makes little or no insulin.

Daily insulin injections, exercise, and following a meal plan is required.

**Type 2 Diabetes** occurs when the pancreas does not make enough insulin or the body cannot use the insulin it makes.

When your body cannot use the insulin, it is called insulin resistance.

If you tend to carry more weight around your middle, you are more likely to have insulin resistance.

People with type 2 diabetes should exercise and follow a meal plan. They may also need diabetes medication (pills or insulin).

Diabetes pills are not insulin. These medications work in two ways:

1. They stimulate the pancreas to produce more insulin.
2. They help your body use insulin better.

Diabetes pills should be taken around your meals.

These pills can cause side effects such as **Low Blood Sugar**, stomach or bowel upsets.
Who is at Risk of Diabetes

The cause of diabetes is unknown and there is no cure. You are more likely to get diabetes if you:

- Are older than 40
- Have a family history of diabetes
- Have pre-diabetes
- Are pregnant or had diabetes while pregnant
- Are taking certain medications
- Have high blood pressure
- Have high blood cholesterol
- Are under stress
- Are overweight; especially if your extra weight is around your middle
- Belong to a high risk ethnic group

Symptoms

You may start going to the bathroom a lot. This happens as the body tries to get rid of the extra sugar. Water is taken from the body to make more urine. When you lose water in your urine, you become thirsty.

You may feel tired and hungry because your body cannot use sugar for energy or store sugar as fat.

You may notice other problems such as blurred vision, itchy skin, numbness in your hands or feet. You will feel better as your blood sugars improve.

Note: Some people do not have any symptoms
Self Blood Glucose Monitoring

Who should test their blood sugar?
*All persons with diabetes should test their blood sugars. The goal of your diabetes treatment plan is to keep your blood sugar level as close to normal as possible. Good blood glucose control helps to reduce your risk for complications of diabetes.

Why test your blood sugar?
• Keeps you informed about your glucose control
• Helps you to identify high and low blood sugars
• Allows you to take charge of your care
• Assists you and the health care team to make changes in your treatment plan
• Helps to identify patterns.

Testing Tips
• Make sure hands are clean.
• Check expiry date of strips.
• Store strips properly (between 2-30°C). After removing a strip, replace cap immediately.
• Keep strips in their original container.
• If coding of meter required, do it with each new container.
• If having difficulty getting a drop of blood, warm hands under water, gently milk finger, keep hand below heart level.
• Use checkstrip/control solution to check meter function.
• Make sure test strip has an adequate sample of blood.

• When having bloodwork done check the accuracy of your meter at least once a year. (Test within 5 minutes of having the blood drawn.)
• Use a new lancet each time. Place used lancet in a safe sharps container available at your pharmacy. When container is full, return it to the pharmacy for safe disposal.

Alternate Site Testing
• Some meters can test blood glucose from sites on the forearm or ear.
• It is not recommended to do alternate site testing if hypoglycemia is suspected or up to 2 hours after a meal.

<table>
<thead>
<tr>
<th>Suggested Times to Test</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Before meals and bedtime</td>
<td></td>
</tr>
<tr>
<td>• 2 hours after largest meal</td>
<td></td>
</tr>
</tbody>
</table>

*How often to test blood sugar should be determined on an individual basis.
High Blood Sugar

High blood sugar occurs when there is too much sugar and not enough insulin in your bloodstream.

**Causes of high blood sugar:**
- Too much food
- Forgetting to take diabetes medication (pills or insulin)
- Less exercise
- Physical stress, such as: fever, infection, surgery
- Emotional stress (good or bad)
- Not enough medication (pills or insulin)

**How will you feel?**
Early symptoms of high blood sugar:
- Going to the bathroom often
- Drinking a lot (thirsty)
- Feeling tired all the time
- Hunger
- Blurred vision
- Itchy skin
- Numbness in your hands or feet

**What should you do?**
- Test blood sugar before meals and at bedtime
- Take your diabetes medication as discussed with your doctor
- Exercise regularly
- Eat 3 balanced meals per day and make sure they are spaced 4 to 6 hours apart

If you experience high blood sugar for two days and you do not know why, call your family doctor.

Taking Care of Your Diabetes

To take care of your diabetes, you will need to:
- **exercise regularly**
- **eat healthy**
- **take pills or insulin as prescribed**

Looking after your diabetes may lower your chances of getting other health problems.
Low Blood Sugar

Low blood sugar (hypoglycemia) is when there is too much insulin and not enough sugar in your blood stream. It can occur in people with Type 2 diabetes who are taking certain diabetes medications and/or insulin.

**Causes of low blood sugar:**
- Not enough food
- Skipping or being late with a meal or a snack
- Not eating the right kinds of food
- Too much diabetes medication (pills or insulin)
- Extra exercise
- Alcohol

**How will you feel?**
- Hungry
- Nervous
- Shaky
- Sweaty
- Dizzy
- Headaches
- Blurred vision
- Pounding heart
- Unsteady on your feet
- Not able to think clearly
- Tingling in your tongue and lips

**What should you do?**
If you can, **test** your blood sugar. **Always take some form of sugar** when you have symptoms or when your blood sugar is less than 4.0 mmol/L.

**Treat with 15 grams of a fast-acting form of carbohydrate (sugar):**
- B-D glucose tablets (3)
- Dex 4 (4)
- Hard candy (3 large)
- Lifesavers® (6-8)
- Juice (3/4 cup)
- Regular pop (3/4 cup)
- Sugar packets (3)

**Wait 15 minutes and retest. If blood sugar is below 4.0 mmol/L, treat again.**

**If low blood sugar reaction occurs:**
- More than 1 hour before a meal or snack: test, treat, and retest. Follow this with a starch and protein choice.
- During the night: test, treat, and retest. Follow with a starch and protein choice.
- While driving: at the first symptom, pull to the side of the road and test, treat, and retest. Follow this with a starch and protein choice. Make sure you are feeling better before driving again.

* Any extra food is in addition to your regular meals.

**It is recommended that you test your blood sugar before driving and at least every 4 hours on long trips.**

Always be prepared to treat low blood sugar by carrying some form of sugar and wearing diabetes identification.
Foot Care

With diabetes, nerve damage and poor circulation can lead to complications of the feet. With nerve damage, you may lose sensation and may not be able to feel an injury to your feet. Hardening of the arteries results in poor circulation causing changes in the toenails, skin and slow healing of wounds. High blood sugars may contribute to the development of foot infections.

Take care of your feet!
- Check feet daily - top, bottom and between the toes.
- Wash feet daily, dry carefully between toes.
- If feet are dry, apply lotion, but not between your toes.
- Check water temperature with wrist or elbow.
- Cut your toenails straight across.
- Do not use heating pads or hotwater bottles.
- Never go barefoot, even at the beach.
- Wear socks and properly fitting shoes.
- Check inside of shoes before wearing.

- Take care of foot injuries. Clean with soap and water. Apply dressing. See your doctor if the area does not heal in a few days.
- For minor corns/callouses, use a pumice stone.
- More serious corns, callouses, ingrown toenails and other foot problems need special attention. See your family doctor or podiatrist.
- Avoid crossing your legs.
- Do not smoke.
Healthy Eating

- Eat 3 meals a day at regular times.
- Allow 4 – 6 hours between meals.
- Limit eating between meals if you are overweight. A small night time snack may be recommended.

**Remember**
Regular meals will help control your weight and blood sugar levels.

- Eat well balanced meals. Include at least three of the four major food groups at each meal. These major food groups are Starch, Fruits & Vegetables, Milk and Protein.

**Remember**
Well balanced meals will help to control your blood sugar levels and your appetite!

- Limit the fat in your diet.

**Remember**
Eating less fat will help manage your weight and cholesterol levels.

- Use only a small amount of salt in cooking.
- Avoid adding salt to your food at the table.

**Remember**
Cutting down on salt may help to lower blood pressure.

- Choose foods high in fibre.
- Foods that are high in sugar such as candy, chocolate bars, regular pop and pies can occasionally be included. They should replace other foods with the same amount of carbohydrate. Ask your dietitian how to include these foods.
Lose Weight - Lower Blood Sugars

The following suggestions may help you to:

**Eat less food and be more active!**

- Plan your meals ahead of time. Do not leave your food choices to chance.
- Have your meals at about the same time every day.
- Choose one place in your home to eat and sit down when you eat.
- Place foods on a small plate to make portions appear larger.
- Eat slowly and enjoy the flavour of your food.
- When you eat, only eat. Avoid activities such as reading, writing or watching television, which may cause you to lose track of the amount of food you are eating.
- Avoid having high calorie, low nutrient foods (e.g. potato chips, pop and candy) in your home. If you must buy them, keep them out of sight.
- When eating out, avoid temptation by deciding ahead of time what food you will choose.
- Prepare only enough food for a meal and avoid having leftovers to nibble on.
- Reward yourself for losing weight with non-food items such as books, a movie, or a walk.
- Decide on some non-food related activities to do when you become bored or are watching television. Example: hobbies or walking.
- Try to increase the amount of exercise you get every day. Every little bit counts.
- Set realistic weight loss goals eg: 2-4 lbs per month.

Adapted from “Losing Weight – Tips To Help You Reach Your Goal.”

Community Health Nutritionists: Edmonton Board of Health

**Remember**

Losing inches around your waist helps to control your blood sugars. Less abdominal fat allows your insulin to work better. This also decreases your risk of heart disease.

If you over-eat occasionally, do not feel bad. Carry on with your healthy eating at the next meal.
Fibre and Diabetes

Fibre is a part of a plant that is not digested. It is found in many foods:

- Fresh and dried fruit
- In seeds and nuts
- Breads, cereals, crackers and rolls made from whole wheat, oat, bran and rye.
- Raw and cooked vegetables
- Especially legumes: dried peas, beans and lentils.


Reasons to eat more fibre:

- Some fibres help keep bowels regular—such as: wheat bran, whole grain breads and cereals.
- Some fibres help lower the cholesterol in your blood—such as: oat bran, psyllium and beans/lentils.
- Some fibres slow down the rise in blood sugars after you eat—such as: dried peas, beans/lentils.
- Foods high in fibre help you “feel full” longer and may help you to stop snacking between your meals.
- Choose raw fruits and vegetables.

Different foods have different kinds of fibre—so eat a variety of high fibre foods each day.

- Use whole grain breads and cereals.
- Do not overcook your vegetables.
- Sprinkle 1 tablespoon of wheat bran, ground flax seed, bran cereal or oat bran over your salad, fruit, hot cereal, soup or cottage cheese.
- Try meatless dishes made with dried peas, beans or lentils.
- Drink 8 glasses of fluids each day to help your body use the fibre.

Blueberry Flax Muffin

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>275 ml sifted all purpose flour</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>125 ml ground flax</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>7 ml baking powder</td>
<td>1 1/2 teaspoons</td>
</tr>
<tr>
<td>2 ml baking soda</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>2 ml salt</td>
<td>1 tsp</td>
</tr>
<tr>
<td>15 ml canola oil</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>125 ml brown sugar</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>250 ml skim milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>15 ml lemon juice</td>
<td>1 tsp</td>
</tr>
<tr>
<td>5 ml vanilla</td>
<td>1 tsp</td>
</tr>
<tr>
<td>175 ml blueberries</td>
<td>3/4 cup</td>
</tr>
</tbody>
</table>

**Method**

Mix together flour, ground flax, baking powder, baking soda and salt. Mix well. In a separate bowl, whisk together canola oil, brown sugar and egg. Add skim milk, lemon juice and vanilla. Whisk until well blended. Add to dry ingredients. Stir only until dry ingredients are moistened. Gently fold in blueberries. Do not over mix. Spray muffin tin with non-stick vegetable spray. Fill each muffin cup with 50 ml (1/4 cup) of batter. Bake at 180°C (350°F) for about 20 minutes. Yield: 12 muffins. Nutrient content per portion (1 muffin) 145 Calories, 4 g Protein, 4 g Fat, 24.9 g Carbohydrate, 2.2 g Dietary Fibre.

Recipe from “FLAX 2003”, Flax Council of Canada.
How Much Fibre

Adults should aim for about 30 grams of fibre each day, about double what the average Canadian eats. Some days you may get a little more, other days a little less. On average, it should work out about right. Use the fibre list below to see if you are getting enough. Keep in mind these are approximate amounts of fibre that may change as we learn more about fibre content of foods. Choose a variety of high fibre foods each day.

<table>
<thead>
<tr>
<th>Grain Products</th>
<th>Fibre in Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat bread, 1 slice</td>
<td>2.0</td>
</tr>
<tr>
<td>Rye bread, 1 slice</td>
<td>1.0</td>
</tr>
<tr>
<td>White bread, 1 slice</td>
<td>0.4</td>
</tr>
<tr>
<td>Brown rice, 1/2 cup cooked</td>
<td>2.4</td>
</tr>
<tr>
<td>White rice, 1/2 cup cooked</td>
<td>0.3</td>
</tr>
<tr>
<td>Whole-wheat pasta, 1 cup cooked</td>
<td>3.9</td>
</tr>
<tr>
<td>Regular pasta, 1 cup cooked</td>
<td>1.2</td>
</tr>
<tr>
<td>1 Bran muffin</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breakfast Cereals:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular flakes and crispies, 1 cup</td>
<td></td>
</tr>
<tr>
<td>(corn, rice, oats, wheat)</td>
<td>traces</td>
</tr>
<tr>
<td>Bran flakes, 3/4 cup</td>
<td>4.8</td>
</tr>
<tr>
<td>All bran, 1/2 cup</td>
<td>13.2</td>
</tr>
<tr>
<td>Whole grain bite size, 3/4 cup</td>
<td>3.2</td>
</tr>
<tr>
<td>Rolled oats, 1 cup cooked</td>
<td>2.8</td>
</tr>
<tr>
<td>Oat bran, 3/4 cup cooked</td>
<td>3.5</td>
</tr>
<tr>
<td>Mixed grain, 3/4 cup cooked</td>
<td>3.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Fibre in Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Apple, fresh with skin (med.)</td>
<td>3.5</td>
</tr>
<tr>
<td>1 Apple, fresh without skin (med.)</td>
<td>2.7</td>
</tr>
<tr>
<td>Apple juice, 1 cup</td>
<td>0.8</td>
</tr>
<tr>
<td>Apple sauce, 1 cup</td>
<td>1.8</td>
</tr>
<tr>
<td>5 Apricots, dried</td>
<td>4.0</td>
</tr>
<tr>
<td>3 Apricots, fresh</td>
<td>1.8</td>
</tr>
<tr>
<td>1 Banana, (med.)</td>
<td>2.4</td>
</tr>
<tr>
<td>Blueberries, 1 cup</td>
<td>4.0</td>
</tr>
<tr>
<td>Cantaloupe, 3/4 of whole</td>
<td>1.3</td>
</tr>
<tr>
<td>10 Cherries</td>
<td>1.2</td>
</tr>
<tr>
<td>3 Dates</td>
<td>1.9</td>
</tr>
<tr>
<td>1/2 Grapefruit</td>
<td>1.6</td>
</tr>
<tr>
<td>Grapes with skin, 1 cup</td>
<td>2.2</td>
</tr>
<tr>
<td>1 Mango, peeled</td>
<td>2.6</td>
</tr>
<tr>
<td>Orange, 1 medium</td>
<td>2.6</td>
</tr>
<tr>
<td>Papaya, 1 peeled</td>
<td>2.8</td>
</tr>
<tr>
<td>Peach, 1 medium</td>
<td>1.9</td>
</tr>
<tr>
<td>Pear, 1 medium</td>
<td>4.7</td>
</tr>
<tr>
<td>Pineapple, 1/2 cup</td>
<td>1.1</td>
</tr>
<tr>
<td>Plums, 5 medium</td>
<td>1.7</td>
</tr>
<tr>
<td>Prunes, 3 medium</td>
<td>4.9</td>
</tr>
<tr>
<td>Raisins, 1/4 cup</td>
<td>3.7</td>
</tr>
<tr>
<td>Raspberries, 1/2 cup, fresh</td>
<td>3.3</td>
</tr>
<tr>
<td>Strawberries, 1 cup, fresh</td>
<td>3.1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Legumes</th>
<th>Fibre in Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked beans, 1/2 cup</td>
<td>8.8</td>
</tr>
<tr>
<td>Chick peas, 1/2 cup</td>
<td>4.0</td>
</tr>
<tr>
<td>Kidney beans, 1/2 cup cooked</td>
<td>5.8</td>
</tr>
<tr>
<td>Lentils, 1/2 cup cooked</td>
<td>6.8</td>
</tr>
<tr>
<td>Navy beans, 1/2 cup cooked</td>
<td>6.8</td>
</tr>
<tr>
<td>Split peas, 1/2 cup cooked</td>
<td>4.7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fibre in Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus, 4 spears cooked</td>
<td>2.0</td>
</tr>
<tr>
<td>Bean sprouts, 1/2 cup raw</td>
<td>1.0</td>
</tr>
<tr>
<td>Beans (green/yellow), 1/2 cup cooked</td>
<td>1.6</td>
</tr>
<tr>
<td>Broccoli, 1/2 cup cooked</td>
<td>2.2</td>
</tr>
<tr>
<td>Broccoli, 1 medium spear, raw</td>
<td>4.2</td>
</tr>
<tr>
<td>Brussels sprouts, 1/2 cup cooked</td>
<td>4.0</td>
</tr>
<tr>
<td>Cabbage, 1/2 cup cooked</td>
<td>1.8</td>
</tr>
<tr>
<td>Carrots, 1/2 cup cooked</td>
<td>2.3</td>
</tr>
<tr>
<td>Cauliflower, 1/2 cup cooked</td>
<td>2.0</td>
</tr>
<tr>
<td>Celery, 1/2 cup chopped, raw</td>
<td>1.0</td>
</tr>
<tr>
<td>Corn, 1/2 cup cooked</td>
<td>2.4</td>
</tr>
<tr>
<td>Green peas, 1/2 cup cooked</td>
<td>3.8</td>
</tr>
<tr>
<td>Onions, 1/2 chopped, raw</td>
<td>1.1</td>
</tr>
<tr>
<td>Parsnips, 1/2 cup cooked</td>
<td>2.9</td>
</tr>
<tr>
<td>Potato with skin, 1 medium</td>
<td>3.5</td>
</tr>
<tr>
<td>Spinach, 1/2 cup cooked</td>
<td>2.2</td>
</tr>
<tr>
<td>Squash, 1/2 cup cooked</td>
<td>1.3</td>
</tr>
<tr>
<td>Sweet potato (yam), 1/2 medium cooked</td>
<td>2.7</td>
</tr>
<tr>
<td>Tomato, 1 medium, raw</td>
<td>1.8</td>
</tr>
<tr>
<td>Turnip, 1/2 cup cooked</td>
<td>2.6</td>
</tr>
</tbody>
</table>
How to Cut Back on Salt

All Canadians should try to eat less salt (sodium). Eating less salt can lower your blood pressure.

Do not add salt at the table but a small amount may be used when cooking.

- Limit to no more than 1 teaspoon per day: mustard, ketchup, relish, barbeque sauce and Worcestershire sauce.
- Limit other high salt condiments such as relishes, pickles, olives, soya sauce, meat tenderizers, celery salt, garlic salt and onion salt.
- Try using lemon juice, vinegar, garlic, garlic powder, herbs and spices to flavour your food.

Here are some helpful hints to limit sodium even more:

Choose less often:
- Salty meats such as bacon, bologna, corned beef or pork, dried beef, hot dogs, ham, sausage, salted or dried cod and processed cheese.
- Snack foods such as potato chips, pretzels, salted nuts and salted popcorn.
- Canned soups, dried soup mixes, bouillon, “oxo” cubes, commercial coatings or breading mixes and packaged microwave dinners.
- Canned and pickled vegetables, olives and sauerkraut, vegetable juices, dried potato mixes, canned or bottled pasta and pizza sauces.

Choose more often:
- Lean beef, pork, lamb, veal, chicken, turkey, lean hamburger, fish and low fat cheese.
- Unsalted crackers, plain bread and rolls, bagels, english muffins, cereals and plain popcorn.
- Home-made coatings and home-made soups.
- Fresh or frozen vegetables, no salt added tomato sauce and no salt added canned tomatoes.

More ways to lower your blood pressure:
- Achieve a healthy body weight
- Limit alcohol to no more than 2 drinks/day for men; no more than 1 drink/day for women
- Don't smoke
- Be active 30 minutes or more every day
- Limit caffeine to no more than 3 drinks/day (e.g., coffee, tea, cola)

Daily Sodium intake ______________ mg
2300 mg = 1 tsp of table salt.
For a Change of Taste

Most herbs, spices, and table wines do not contain salt, cholesterol, or fat. You may use these kinds of seasonings instead of salt! Black pepper, garlic, lemon juice and vinegar add to the natural goodness of food. Here are some hints that will add flavour to your food:

Starch Foods
Corn: Green pepper, pimento, fresh tomato.
Potatoes: Chives, green pepper, mace, onion, paprika, parsley.
Rice: Chives, green pepper, onion, pimento, saffron.

Fruits and Vegetables
Asparagus: Garlic, lemon juice, onion, vinegar.
Carrots: Chives, green pepper, lemon juice, onions, parsley, thyme.
Cucumbers: Chives, dill, garlic, vinegar.
Green Beans: Dill, lemon juice, marjoram, nutmeg, pimento.
Greens: Onion, pepper, vinegar.
Peas: Green pepper, mint, fresh mushrooms, onion, parsley.
Squash: Cinnamon, ginger, mace, nutmeg, onion.
Tomatoes: Basil, marjoram, onion, oregano, thyme.

Protein Foods
Beef: Bay leaf, dry mustard powder, green pepper, marjoram, fresh mushrooms, nutmeg, onion, pepper, sage, thyme.
Chicken: Green pepper, lemon juice, marjoram, fresh mushrooms, paprika, parsley, poultry seasoning, sage, thyme.
Fish: Bay leaf, curry powder, dry mustard powder, green pepper, lemon juice, marjoram, fresh mushrooms, paprika.

Try This Recipe: Herb Shaker (Adapted from AHA—“Cooking Without Your Salt Shaker”, 1986)
1/2 tsp Cayenne pepper 1 tsp Marjoram 1 tsp Thyme 1 tsp Parsley
1 tbsp Garlic Powder 1 tsp Savory 1 tsp Mace 1 tsp Basil
1 tsp Onion powder 1 tsp Black pepper 1 tsp Sage

Sodium and salt content claims:
Claim: Food contains:
Sodium or salt free Less than 5 mg of sodium
Low in sodium or salt 140 mg or less of sodium
Reduced in sodium or salt At least 25% less sodium
No added sodium or salt No added salt or sodium
Reading Food Labels

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>280</td>
</tr>
<tr>
<td>Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated</td>
<td>0.3 g</td>
</tr>
<tr>
<td>+ Trans</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>990 mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>54 g</td>
</tr>
<tr>
<td>Dietary Fibre</td>
<td>13 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>16 g</td>
</tr>
<tr>
<td>Protein</td>
<td>14 g</td>
</tr>
</tbody>
</table>

Step 1: Read the label to find the information pointed out above.

Step 2: Subtract the fibre from the total carbohydrate to find the available carbohydrate.

Step 3: Compare the available carbohydrate to the carbohydrate content of the food groups. This will help you to decide in which food group(s) the food belongs and how many servings it represents.

Note: It helps to look at the ingredient list on the label when deciding which food group it may belong to.

Step 4: Compare the grams of fat on the label to decide how many teaspoons of fat choice(s) it would be.

Ingredients: Water, Beans, Tomato Puree, Sugar, Salt, Calcium Chloride, Spices, Onion Powder, Garlic Powder
### Additional Foods

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Carbohydrate (grams)</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angel food cake</td>
<td>1 piece (1/12)</td>
<td>29</td>
<td>trace</td>
</tr>
<tr>
<td>Bagel</td>
<td>1</td>
<td>24-30</td>
<td>trace</td>
</tr>
<tr>
<td>Baking powder biscuit</td>
<td>1 - 2 inch biscuit</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Bread dressing (stuffing)</td>
<td>1/2 cup</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>Brownie</td>
<td>1 (7 x 2 cm)</td>
<td>36</td>
<td>9</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 cup</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>Cheese spread, regular</td>
<td>2 tbsp</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Cheese spread, light</td>
<td>2 tbsp</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Cream cheese, regular</td>
<td>1 tbsp</td>
<td>0</td>
<td>5s</td>
</tr>
<tr>
<td>Cream cheese, light</td>
<td>2 tbsp</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Dried peas and beans</td>
<td>1/2 cup</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td>Dumplings</td>
<td>1 small - 60 grams</td>
<td>15</td>
<td>2</td>
</tr>
<tr>
<td>English muffin</td>
<td>1/2</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td>Flour</td>
<td>2 1/2 tbsp</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td>Gravy</td>
<td>2 tbsp</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Lobster</td>
<td>1/4 cup</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Pancakes</td>
<td>1 - 6 inch (1/4 cup batter)</td>
<td>16</td>
<td>1</td>
</tr>
<tr>
<td>Sour cream, regular (12% MF)</td>
<td>2 tbsp</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Sour cream, light (7% MF)</td>
<td>4 tbsp</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Taco shell</td>
<td>1 (13 cm diam)</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>Tortilla, wheat</td>
<td>1 (18 cm diam)</td>
<td>19</td>
<td>2</td>
</tr>
<tr>
<td>Waffles</td>
<td>1 (5 inch x 5 inch)</td>
<td>15</td>
<td>3</td>
</tr>
<tr>
<td>Whipped topping</td>
<td>1 tbsp</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
The following is a guide to some of the foods available in your grocery store. They can be substituted for other foods with similar amounts of carbohydrate and/or fat.

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit packed in juice / light syrup</td>
<td>1/2 cup</td>
<td>15-20</td>
</tr>
<tr>
<td>Unsweetened applesauce</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>“Light” jelly, gelatin dessert</td>
<td>1/2 cup</td>
<td>0</td>
</tr>
<tr>
<td>Light instant pudding</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>Calorie reduced mousse</td>
<td>1/2 cup</td>
<td>8</td>
</tr>
<tr>
<td>Regular jam</td>
<td>1 Tbsp</td>
<td>10</td>
</tr>
<tr>
<td>Light jam</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Double fruit jam (no sugar added)</td>
<td>1 Tbsp</td>
<td>5</td>
</tr>
<tr>
<td>“Sugarfree” gum</td>
<td>2 - 3 sticks/day</td>
<td>0</td>
</tr>
<tr>
<td>“Sugarfree” mints</td>
<td>2 - 3 mints/day</td>
<td>0</td>
</tr>
<tr>
<td>Hard candy (regular)</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>Diet pop</td>
<td>1 can</td>
<td>0</td>
</tr>
<tr>
<td>Lite hot chocolate</td>
<td>1 package</td>
<td>6</td>
</tr>
<tr>
<td>Sugar free drink mix</td>
<td>up to 6 cups</td>
<td>0</td>
</tr>
<tr>
<td>Light ice tea mix</td>
<td>1 Tbsp</td>
<td>10</td>
</tr>
<tr>
<td>Fat free salad dressing</td>
<td>2 Tbsp</td>
<td>0</td>
</tr>
<tr>
<td>Popsicle (regular)</td>
<td>1/2</td>
<td>10</td>
</tr>
<tr>
<td>Popsicle - no sugar added</td>
<td>1/2</td>
<td>0</td>
</tr>
<tr>
<td>Light pancake syrup</td>
<td>2 Tbsp</td>
<td>10</td>
</tr>
<tr>
<td>Sugar, honey, syrup</td>
<td>2 tsp</td>
<td>10</td>
</tr>
<tr>
<td>Non-dairy coffee whitener</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>Sugar substitutes (granular)</td>
<td>1 tsp (3-4 packages)</td>
<td>0</td>
</tr>
</tbody>
</table>
Understanding Your Lipid Profile

**Triglyceride**
This is a fat found in your blood. A high level of triglyceride increases your risk for heart attack, stroke, circulation problems and an inflamed pancreas.
If you do the following, you may lower your triglyceride:
- Eat less fat
- Lose weight
- Avoid alcohol
- Lower your blood sugar levels
- Eat less sugar/sweets
Increase sources of omega 3 fatty acids like:
- Fish
- Flax

**Cholesterol HDL Ratio**
This is the amount of good cholesterol compared to the total cholesterol. The lower the ratio, the more good cholesterol you have.
The following may improve your cholesterol/HDL ratio:
- Be more active
- Stop smoking
- Lose weight

**LDL Cholesterol**
This is a bad type of cholesterol. Too much LDL cholesterol may lead to heart attack, stroke and circulation problems.
The following may lower your LDL cholesterol:
- Lose weight
- Eat less fat, especially saturated and trans fat
- Eat less cholesterol containing foods

Eating more fibre may also help improve your cholesterol.
Facts About Fat

Cholesterol
Cholesterol is only found in animal products such as meat, poultry, dairy foods, egg yolks, and organ meats (liver). Plant foods and vegetable oils do not contain cholesterol. Cholesterol in food plays less of a role in raising your blood cholesterol levels than your saturated and total fat intake.

Saturated fat
Solid at room temperature and found in animal products and tropical oils such as coconut and palm oil. These fats have a greater effect on raising your bad cholesterol (LDL) levels.

Unsaturated fats
1) Polyunsaturated fat: Liquid at room temperature and found in vegetable oils such as corn, safflower, soybean and sunflower. Used in moderation this type of fat can help lower your bad cholesterol level.
2) Monounsaturated fat: Liquid at room temperature and found in avocado and oils such as olive, peanut, and canola.

Nuts including: chestnuts, hazelnuts, pistachios, almonds, macadamias, cashews, pecans, peanuts, and their oils. Used in moderation this type of fat can help lower your bad cholesterol and maintain a healthy level of good cholesterol (HDL).

Hydrogenated fat
This type of fat is made by a process which changes vegetable oils that are liquid at room temperature to solid fats at room temperature. Examples of this type of fat are vegetable oil shortenings and hard margarines. Hydrogenated fats are used in processed foods because they have a long shelf-life. This kind of fat acts like saturated fat in your body by raising your bad cholesterol level.

Trans fat
Produced during the process of hydrogenation, these fats also act like saturated fat, raising your bad cholesterol (LDL) and have been shown to lower the beneficial HDL levels.

Omega-3 fat
This type of fat is found mostly in fish and flax. This fat can lower your triglyceride level and keep your red blood cells from becoming sticky. This helps protect you against heart disease. Fish oil supplements are not recommended, unless taken under the supervision of your doctor.

1 Fats and Oils Choice (5 grams of fat)

| 1 tsp. margarine or oil | 8 almonds |
| 5 cashews |
| 10 peanuts |
| 20 pistachios |
| 2 walnuts |
| 1 Tbsp. seeds (pumpkin, sesame, sunflower etc...) |
What about omega-3 fatty acids?
Omega-3 fatty acids are fats that our bodies cannot make, but we must have to stay healthy. They can help to lower the risk of heart disease. The best way to get them is from eating specific foods.

There are 3 kinds of omega-3 fatty acids that you may see listed on labels
- Eicosapentenoic Acid (EPA) and Docosahexenoic Acid (DHA) found in fish. Cold-water fish and seafood are the best sources.
- Alpha-linolenic Acid (ALA) found in plant sources such as flax seed, soy foods, soybean and canola oils, and some nuts, especially walnuts, are also good sources, but not as good as fish.

You should have 1 gram of omega-3 fatty acids from food daily. To do this, have fish at least twice a week, preferably salmon, mackerel, sardines (packed in water), herring or trout. Avoid deep fried fish.

What about flax seed?
Flax is high in fibre and is a source of omega-3 fatty acids. The flax seeds need to be ground to make the omega-3 fatty acids useful to your body.

Ways to use flax
- Sprinkle ground flax on hot or cold cereal, yogurt, or applesauce.
- Add ground flax seed to hamburgers, soups, or casseroles.
- Replace 1 tablespoon (15ml) of fat in a recipe with 3 tablespoons (45ml) of ground flax seed.
- Replace 1 egg with a mixture of 1 tablespoon (15ml) of ground flax seed plus 3 tablespoons (45ml) of water.
- Add ground flax seed to muffin, bread, or loaf recipes.

### Good Sources of Omega-3

<table>
<thead>
<tr>
<th>Food</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mackerel 3 oz.</td>
<td>2.5</td>
</tr>
<tr>
<td>Herring 3 oz.</td>
<td>1.7</td>
</tr>
<tr>
<td>Salmon 3 oz.</td>
<td>1.2</td>
</tr>
<tr>
<td>Trout, lake 3 oz.</td>
<td>1.6</td>
</tr>
<tr>
<td>Sardine, canned 3 oz.</td>
<td>1.0</td>
</tr>
<tr>
<td>Flax seed, ground 2 Tbsp.</td>
<td>2.5</td>
</tr>
<tr>
<td>Walnuts, black 1 oz.</td>
<td>1.0</td>
</tr>
</tbody>
</table>

From “Omega-3 Fatty Acids in Foods” produced by QEII HSC Heart Health Clinic Dietitians
How to Lower Your Cholesterol

Grain products
- Choose english muffins, pita bread, multigrain breads instead of breads with a high fat content such as croissants and cheese breads.
- Choose plain low fat cookies and crackers.
- Choose whole grain breads and cereals (cereals 4+ grams of fibre per serving are the best choices).

Fruit and vegetables
- Eat plenty of fruit and vegetables, but avoid heavy creamy dressings and sauces.

Milk & dairy products
- Choose low fat liquid, powdered, and evaporated milk (skim, 1%, or 2% milk).
- Use low fat milk in your coffee instead of cream or blend.
- Choose light sour cream or low fat/fat-free yogurt instead of regular sour cream.
- Choose low fat cheese less than 20% milk fat (M.F.)
- Choose low fat frozen yogurt instead of ice cream.

Meat and alternatives
- Eat fish 2 to 3 times a week; eat chicken and turkey more often.
- Choose leaner cuts of beef, pork and lamb such as: loin, chuck, flank, rib eye, rump, lean ground, round and sirloin.
- Trim all fat from meat and remove skin from chicken before cooking.
- Eat 2 or more high fibre meatless meals each week by adding chickpeas to salads, lentils and kidney beans to soups and casseroles.
- Choose canned fish packed in water.
- Roast, bake, broil, or barbecue. Cook on a rack so that the fat will drip off.
- If you choose to fry, use a non-stick pan with little or no added fat.
- Limit fatty processed meats such as: bologna, wiener, sausage, bacon and luncheon meats. Try rib eye pastrami, lean smoked meat, ham, roast beef and sliced turkey which are lower in fat.
- Eat fewer egg yolks and less organ meats like liver and kidney. You can choose either 1 egg yolk or 3 oz. of organ meat 3-4 times a week.

After choosing lower fat foods, you can then look at the amount and type of fat you add to food.

Fats and oils
- Limit the amount of added fats and oils to 6 teaspoons or less a day including the amount used in baking and cooking.
- Use oil-free, fat-free, or low fat salad dressings and gravies.
- Use soft non-hydrogenated margarines.
- Some oils are better than others. Use oils like canola, olive, corn, peanut, sunflower, or safflower.
- Try 1-2 tbsp of ground flax daily. Sprinkle over yogurt, cereal and salads. Add when cooking or baking.
## Fat Content in Some Common Foods

*All amounts given in grams.*

### Protein foods, 3 oz
- Beef, pork................. 8.0
- Chicken or turkey
  - White meat, no skin. 3.0
  - Dark meat, no skin .. 5.0
  - White meat, with skin 7.0
  - Dark meat, with skin 10.0
- Tuna (1/2 cup)
  - In water.................... 1.0
  - In oil....................... 9.0
- Peanut butter (1 tbsp) 8.0
- Baked beans (1 cup). 4.0
- Cheese (1 oz)
  - 29% - 31% MF....... 9.5
  - Under 20% MF....... 7.0
  - 7% MF............... 2.0
  - Slices, fat-free under 0.5

### Milk (1 cup)
- Whole...................... 8.0
- 2%........................ 4.0
- 1%......................... 1.0
- Skim........................ 0.0
- Yogurt (175g)
  - 0.1% MF............... 0.5
  - 1 - 2% MF............. 3.0
  - Frozen............... 1.0-3.0

### Starches
- Bread/buns/
  - Pita bread............. 1.0-2.0
- Bagel................... 2.0
- Pasta/rice... less than 1.0
- Croissant, small....... 9.0
- Muffin, store bought 14.0
- Chocolate chip cookie 6.0
- Crackers (most types). 1.0

### Fruit and vegetables
- All but avocado ........ trace
- Avocado (1/2 med)...14.0

### How can we change this to a lower fat meal?

<table>
<thead>
<tr>
<th>Item</th>
<th>Fat (g)</th>
<th>Substitute</th>
<th>Fat (g)</th>
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<tr>
<td>Bologna sandwich</td>
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<td>_______</td>
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<tr>
<td>2 slices whole wheat bread</td>
<td>trace</td>
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<tr>
<td>2 slices bologna</td>
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<td>_______</td>
</tr>
<tr>
<td>2 teaspoons regular mayonnaise</td>
<td>11</td>
<td>__________</td>
<td>_______</td>
</tr>
<tr>
<td>2 chocolate chip cookies</td>
<td>12</td>
<td>__________</td>
<td>_______</td>
</tr>
<tr>
<td>1 glass whole milk</td>
<td>9</td>
<td>__________</td>
<td>_______</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>44</strong></td>
<td>__________</td>
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</tr>
</tbody>
</table>
Eating Out

The more comfortable you are with your food choices and serving sizes, the easier it is to eat meals away from home.

Ask!

If you do not know how the foods are prepared or served, ask your server. Most restaurant chains have handouts with their nutritional facts.

Limit foods which have a lot of sugar
Sauces such as sweet and sour or honey garlic are not the best choices. You may ask for any sauces to be served on a side dish.

Be careful of the fats
Choose foods which are poached, or broiled instead of fried. Sauces and dressings are usually high in fat – ask for these on the side.

Plan ahead for late meals
If your meal is going to be late, have your evening snack at your regular suppertime.

Choose foods from all parts of the menu
Add variety to your meal by choosing the appropriate appetizer, entrée, beverage, or dessert.

Eating away from home can and should be an enjoyable experience.

**Appetizers**
- Try seafood cocktail, raw vegetables, fresh fruit, or tomato juice
- Choose broths or consommel; limit cream-based soups
- Choose a roll, bread sticks, crackers
- Salad bar: choose extra vegetables – avoid bacon bits, olives, cheese – coleslaw, pasta salads, potato salads and marinated vegetables have hidden fat: limit these!

**Entrées**
- Choose baked, roasted, boiled, BBQ, steamed or poached fish, meat, or poultry
- Order small portions to control serving size – learn to eyeball amounts. A deck of cards is about the same size as 3 oz. of meat, poultry, fish
- Trim off visible fat and skin
- Order 1 meal and split it with a friend
- Ask for sauces “on the side” - most sauces are high in fat so use with caution

**Sandwiches**
- Try sandwiches made with lean meat, fish or poultry, or low fat (less than 20% MF) cheese
- Ask for lettuce, tomato, onion, or sprouts to add to your sandwich
- Limit sandwiches such as bologna, bacon, clubhouse, western, cheese, hot gravy
- Ask for fruit or vegetable rather than fries or potato chips
- Request the sandwich without butter or margarine and limit mayonnaise – try mustard or ketchup

**Desserts**
- Try fresh fruit, low fat yogurt, ice cream or plain, unfrosted cake

**Beverages**
- Order diet soda, low fat milk, sparkling water, coffee, tea
- See guidelines for alcohol and diabetes

More tips: see www.diabetes.ca
Benefits of Exercise

Regular exercise may help you:
- Increase your HDL (good) cholesterol
- Decrease your LDL levels (bad) cholesterol
- Decrease your waistline
- Lower your weight
- Lower your blood sugar levels
- Lower your need for diabetes medication
- Have more energy
- Improve your heart and lung health
- Lower stress
- Lower your blood pressure
- Feel better
- Improve your social life
Before You Start

You should check with your doctor before you do any exercise. This is very important if you have not been doing much exercise for a year or more or if you have high blood pressure or heart trouble.

What is an exercise program?

There are 3 stages to a good exercise program. They are:
1. Warm-up phase,
2. Aerobic phase, and
3. Cool-down phase

Warm-Up

You should warm up every time you start to exercise. Warming up means slowly moving your arms and legs. You should slowly speed up the pace of the exercise that you are doing. Doing this will stop you from getting hurt and is better for your heart and muscles. You should warm up for 5 - 10 minutes.

Aerobic

Aerobic means that you use large muscles and raise your heart and breathing rates. Aim for at least 150 minutes of moderate aerobic activity (such as brisk walking) each week.

Some examples are:
10 minutes - walk the dog or get off the bus one or two stops early.
10 minutes - rake, shovel, mow, vacuum.
10 minutes - treat yourself to a stretch.
10 minutes - toss a ball or build a snowman.
20 minutes - take a brisk walk.

Cool-down

Slow down... this is a good time to do some gentle stretching once you are already warm. You should cool down for 5-10 minutes.
Questions about Exercise

How often should I exercise?
Try to exercise at least 3 times a week. Doing some kind of exercise every day is ideal and will help to make it a daily routine.

How long should I exercise each time?
Try for at least 150 minutes of moderate aerobic activity each week. This time does not count warming up or cooling down which takes 5 - 10 minutes each.

How hard or fast should I exercise?
Use the Talk Test. When you are exercising, you should push yourself enough so that your heart starts beating faster, your breathing becomes heavier, but you are still able to talk out loud comfortably. You should not feel really short of breath or dizzy.

What kind of exercise is best to do?
Do the kind of exercise that makes you move a lot, like walking, swimming, dancing and skating. These kinds of exercise raise your heart and breathing rates and are good for you. It is important that you choose something that you will enjoy and be able to keep doing.

What time of the day is best to exercise?
Choose a time of day that will be easy for you to keep up with the exercise.

Remember
If you are taking diabetes medication, make sure you carry some form of sugar and your diabetes identification.

How can I exercise in the winter?
In our climate you need to have ways to exercise in the winter. Choose something you enjoy so you will be more likely to continue it. Some like to exercise in their homes on a stationary bike or treadmill or by using an aerobics video. Others may prefer a mall walking program. Going to a gym or pool to swim or do water aerobics are other ideas. Cold weather enthusiasts may decide to try cross country skiing or skating.

How do I get started?
Start slowly and do a little more each week. Doing something with another person makes it easier and more enjoyable. Joining a class or centre in your neighbourhood, usually makes people more likely to go, and it can be more fun as well! Set goals that you are able and likely to keep. Write them down and try to stick to them. Make your goals a little harder as you reach the ones you already set.

Remember
Take care of your feet. Wear properly fitting footwear.
Resource List - Fit Facts

Area pools & facilities

Halifax
- Canada Games Centre
  (902) 490-2400
- Centennial Pool
  (902) 490-7219
- Dalplex
  (902) 494-3372
- Needham Pool
  (902) 420-4633
- Spryfield Wave Pool
  (902) 477-7665
- YMCA
  (902) 423-9622

Dartmouth
- Cole Harbour Place
  (902) 464-5100
- Dartmouth Sportsplex
  (902) 464-2600
- YW/YMCA
  (902) 469-9622

Sackville
- Sackville Sports Stadium and Pool
  (902) 869-4141

Contact the municipal government blue pages community recreation departments, local community centre and churches for other programs offered. Programs may include classes of various types (e.g. Waterfit, yoga, dance, pilates, fitness, racquet sports, and others).

Specialized programs

Taoist Tai Chi
  (902) 422-8142
  Health and relaxation
  www.taoist.org

Elderobics (ages 55+)
Offered by the YMCA.
Classes held at community centres across HRM
  (902) 423-9622

Arthritic Water Exercise Class
Cole Harbour Place
  (902) 453-4511

Aquacise for Arthritis
Pool Class offered by YMCA for persons with arthritis at NS Rehab pool
  (902) 423-6162

Yoga Atlantic
www.yogaatlantic.ca
  (902) 424-0065

Fitness Appraisals

Change of Heart
This is offered through the YMCA and is an exercise program designed for those who have suffered a heart attack. A doctor's referral is needed.
  (902) 423-9622

Community Cardiovascular Hearts in Motion
A no-fee supervised exercise and education program for persons with heart disease, and/or diabetes and 1 other risk factor such as high blood pressure. A doctor's referral is needed.
  (902) 473-3744

Community Health Teams
They offer free wellness programs, including group physical activity/ exercise programs. These teams are located in the communities of Dartmouth and Chebucto.
  (902) 460-4555
  (902) 487-0690
Seniors Exercise Programs

- **Senior Info Line**
  (902) 454-5755

- **Spencer House**
  Offers elderly exercise program
  (902) 421-6131

- **Northwood Community Centre**
  Fitness Centre
  Ages 50+
  A variety of fitness classes offered
  (902) 493-5641

- **Seniors Service Centre Dartmouth**
  Fitness classes offered
  (902) 465-5578

- **Bloomfield Seniors Resource Centre**
  Offers Tai Chi, Sit and Get Fit Class, Round and Square Dancing
  (902) 490-4629

As well as the above classes, most facilities in the community offer classes specifically designed for seniors. You are encouraged to call the facilities for more information.

**Bicycling**

Bicycle Nova Scotia
Organized bicycle rides for various skill levels.
www.bicycle.ns.ca

**Walking options**

Shopping centres walking clubs

- **Mic Mac Mall**
  “Ticker Troop”
  (902) 466-2056

- **Halifax Shopping Centre**
  “Walk-a-Mall”
  (902) 453-1752

**Dartmouth Volksmarch Club**
www.dartmouthvolksmarchclub.com

**Walking trails in NS (includes maps)**
www.trails.gov.ns.ca

**Heart and Stroke Walkabout Program**
Walking route and pedometer programs.
www.walkaboutns.ca
Alcohol and Diabetes

As a general rule there is no need to avoid alcohol because you have diabetes.

Is it safe for a person with diabetes to drink?
Check with your health care team. There may be reasons why you should not drink.

• Alcohol can increase your risk of having a low blood sugar if you take diabetes pills or insulin. This can happen up to 14 hours after drinking.
• Alcoholic drinks that contain sugar (like beer, sweet wine, coolers) may increase your blood sugars at first.
• The extra calories in alcohol can make it harder to lose weight.
• Heavy alcohol use can make blood sugar control more difficult and increase other health risks.

If you plan on drinking, drink safely!

• Limit to 1 – 2 drinks per day (less than 14 drinks per week for men and 9 for women)
  1 drink = 1.5 oz liquor
  5 oz wine
  12 oz beer
• Eat regular meals, take your medication and test your blood sugar more often.
• Always eat a meal or have a snack with alcohol.
• Eat extra foods that contain carbohydrate if you are going to be active (dancing or playing sports).
• Use sugar-free mixes like water, club soda, or diet pop.
• Always carry treatment for a low blood sugar.

• Make sure someone with you knows your signs of a low blood sugar and how to treat it.
• Wear diabetes identification such as a MedicAlert.

After drinking....

• Check your blood sugars, especially before going to bed and have a snack containing carbohydrate if your blood glucose is lower than normal.
• Set the alarm to make sure you get up and check your blood sugars, eat and take your regular medication.

Remember: delayed low blood sugar can occur anytime up to 14 hours after drinking.
Taking Care on Sick Days

Be prepared for sick days and keep on hand:
• Non-prescription drugs for pain, fever, coughs and colds, nausea, vomiting and diarrhea. (Please see Diabetes and Non-Prescription Medications pamphlet in Diabetes Management Centre manual). Check with your pharmacist if you have any concerns.
• Blood sugar testing materials and diary.
• Liquids containing sugar such as juice, regular pop, if you take diabetes medication.
• Thermometer.
• Phone numbers: Your doctor: ________________________________
  DMC: ________________________________
  Emergency: ________________________________

If you feel ill, check your blood sugar every 4-6 hours before each meal and bedtime snack.
Always take your diabetes medication when you are sick.
If you take diabetes medication (pills or insulin) and cannot eat, you need carbohydrates to prevent low blood sugar. Choose one of the foods from the following list every hour:

Regular soft drink - 1/2 cup (125 ml)
Regular popsicle - 1/2
Regular jello - 1/3 cup (80 ml)
Orange or apple juice (unsweetened) - 1/2 cup (125 ml)
Milk 1 cup - (250 ml)
Canned soup, diluted - 1 cup (250 ml)
Apple sauce - 1/2 cup (125 ml)
Ice cream - 1/2 cup (125 ml)
Yogurt, plain - 1 cup (250 ml)

Yogurt, fruit - 1/2 cup (125 ml)
Toast - 1
Soda crackers - 6
Melba toast - 4
Arrowroots - 3
English muffin 0 1/2
Digestive biscuits - 2
Graham wafers - 3
Cereal, hot or cold - 1/2 cup (125 ml)

If you are vomiting, have diarrhea, or a fever, it is important to drink **1 cup of liquids per hour**. In addition to the above list of foods, you may need to drink water, diet soft drinks, tea, coffee, or clear soup.
Taking Care on Sick Days

Meal suggestions

Breakfast
Juice
Dry toast
Dietetic jam, if desired
Cereal with skim milk
Tea or coffee

Afternoon snack
Plain cookies or crackers or dry toast
Tea, coffee, or diet soft drink

Morning snack
Plain cookies or crackers or dry toast
Tea, coffee, or diet soft drink

Supper
Boiled, poached or scrambled egg or cottage cheese
Soup, dry toast
Ice cream
Tea, coffee, or diet soft drink

Lunch
Soup, crackers
Fruit juice or fruit
Skim milk yogurt
Tea, coffee, or diet soft drink

Bedtime snack
Dry toast or cereal
Skim milk, if tolerated
Tea, coffee, or diet soft drink

Call your doctor when:

• You are unable to take fluids for 4 hours or more
• Vomiting/diarrhea will not stop
• Your illness lasts longer than 24 hours
• Your blood sugars are 17 mmol/L or greater for more than 2 days
• You have questions about managing your diabetes on sick days
Non-Prescription Drugs

Drug Stores carry a large number of non-prescription drugs. Some of these drugs can be harmful to people with diabetes because they cause your blood sugar levels to go up and down. It is important for you to be careful when selecting a drug in a drugstore.

Drugs for Pain

- Acetylsalicylic Acid (e.g. Anacin, ASA, Aspirin)
- Acetaminophen (e.g. Atasol, Panadol, Tylenol)
- Ibuprofen (e.g. Advil, Nuprin, Motrin, Actiprofen) - do not use more than four 200 mg pills per day

Generally, you can take any of these drugs without a problem in small amounts to treat minor pain, headaches and fever.

However, aspirin taken in large amounts (more than 2 grams per day) for a long time may lower blood sugar levels. This occurs when taking diabetes medication.

See your family doctor when in doubt.

Drugs For Coughs and Colds

Decongestants

Decongestants raise blood sugar levels and therefore should not be used.

Other choices:
- Antihistamines which are like decongestants, but do not raise blood sugar levels.
  (Chlor-Tripolon+Dimetane)

Nasal sprays

Use a long-acting nasal spray so you do not get “rebound congestion”.
- Do not use for more than 3 days, and follow directions carefully

Syrups and cough drops (lozenges)

Regular cough syrups and cough drops may have a lot of sugar. Do not use these.

Other choices:
- Sugar-free cough syrups
- Sugar-free lozenges (Cepastat®, Bentysol®, Soothese®) not more than 4 lozenges per day
- Non-syrup cough preparations (tablets/capsules)

Hot drinks

Hot lemon drinks have a lot of sugar (about 5 teaspoons in a package).

Other choices:
- Sugar-free drinks
- Add pure lemon juice to a cup of hot water

Remember:

- Choose products that have only the items you need to treat your symptoms.
- Be careful with liquid preparations:
  - Syrups have sugar
  - Elixirs have alcohol
    - they may react with diabetes medication and cause nausea, vomiting, flushing, etc...
    - they may also cause low blood sugar
- Use other choices when drugs taken “by mouth” are unsuitable:
  - Vaporubs can help for a stuffy nose
  - Vaporizers or humidifiers can help with stuffy nose, dry cough

All brand names are Registered® Trade Marks.
### Drugs For Stomach & Bowel Problems

#### Antacids
Use the regular white, chalky liquids (unflavoured). Tablets you can chew should not be taken because of their sugar content.

#### Nausea and Vomiting
It is important to understand why you are feeling unwell before you start treating yourself.

*When in doubt, check with your family doctor.*

- Dimenhydrinate (Gravol, Apo-Dimenhydrinate) – May make you sleepy – caution against driving
- Scopolamine (Transderm V) – Transdermal patch – Use for motion sickness only

#### Laxatives
**Important** Laxatives should not be used for a long time without seeing your doctor. As a general rule to help stop constipation, exercise every day, eat more fibre and drink more water.

Choose a gentle acting tablet or capsule which is sugar free. Liquid preparations may be a syrup containing sugar.

#### Diarrhea
Generally, antidiarrheals are not recommended if you have diarrhea with a high fever, bloody stool, or if you have diarrhea for more than 2 days.

Many times replacing fluids, avoiding solid food and milk, may be all that is needed.

- Attapulgite (Kaopectate) – Due to sugar content, it is best avoided
- Belladona Alkaloid-Pectin-Kaolin Compound (Donnagel) – Not to be used if you have glaucoma – Contains both sugar and alcohol
- Bismuth Subsalicylate (Pepto-Bismol) – High doses may lower blood sugars
- Loperamide (Imodium) – Best choice

#### Vitamins
**Important: If you eat healthily most of the time, vitamin pills should not be needed.**

Use plain tablets or capsules. Other vitamins may contain sugar. When taking vitamin pills, use only the amount suggested on the bottle.

#### Hand/Foot Care Products
Only use non-medicated products on corns, warts, or callouses. Medicated products may burn or damage your skin.

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### Other

#### Vitamins

Use plain tablets or capsules. Other vitamins may contain sugar. When taking vitamin pills, use only the amount suggested on the bottle.

#### Hand/Foot Care Products

Only use non-medicated products on corns, warts, or callouses. Medicated products may burn or damage your skin.

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### Ask Your Pharmacist

Your pharmacist is the best person to help you choose non-prescription drugs. Try to go to the same drugstore for all your drug needs. This way your pharmacist will get to know you.
Travel Tips

Traveling with diabetes means you need to plan ahead. It is always a good idea to see your doctor before a trip. You should get a letter from your doctor about your diabetes medication and medical supplies you need to have. Carry this letter when you travel always.

Packing

Pack a travel bag with your diabetes supplies and extra food. Keep it with you, not in the trunk of the car or with your airplane luggage.

Include:

• Twice as much medication as you usually need.
• Twice as many blood glucose strips and lancets as you normally use.
• Your meter and log book, extra batteries.
• Treatment for low blood sugars.
• Twice as much food as you think you will need (juice, fresh fruit, crackers, bagels, cheese and peanut butter).
• Diabetes identification.

• Other pills or medications you need.
• Thermometer.

Pack assuming that you will be delayed and need extra of everything.

Traveling abroad

• Talk to your health care team about possible changes needed in your medication well before your trip.
• Have immunization needles 2 - 3 months before your trip.
• Ask your doctor about ways to contact doctors in the countries you will visit.
• Buy medical insurance.
• Obtain extra prescriptions for your medications and testing supplies.
• Do not drink the water (or use ice cubes) unless you're very sure it is okay.
• Do not eat uncooked foods such as salad or fruit (unless it is peeled).
• Avoid dairy products like milk, or ice-cream, if they are not pasteurized.
• Pack over-the-counter medications to take if you become sick. Diarrhea, vomiting, fever, or pain can ruin a trip.
• Wear sunscreen if you are going south.

Hot or cold weather

• Blood testing strips may read lower in cold weather and higher in hot weather.
• Drink more sugar-free fluids in hot weather as you may get dehydrated.
• Do not walk in bare feet on hot sand.

Traveling by car

• Test your blood sugar every 4 hours on daylong trips.
• Eat your meals on time, every 4 - 6 hours (even if you can not stop).
• If you have low blood sugar, pull over. Drive again only after treating the low sugar and retesting. If it will be more than 1 hour to the next meal eat a starch and protein (like crackers and peanut butter).
Reducing Your Risk

After many years of diabetes, complications may develop which affect the eyes, kidneys, heart, nerves and blood vessels.

What can you do to keep your health?

- Try to keep your blood sugar at target level.
- Eat 3 balanced meals per day spaced 4 to 6 hours apart.
- Eat less fat.
- Exercise at least 150 minutes a week for no less than 10 minutes at a time.
- Stay at a healthy weight.
- Stop smoking.
- Take care of your feet. Check feet daily.
- Have your blood pressure checked at least every 3-4 months.
- See your family doctor every 3-4 months, more often if needed.
- Have your eyes checked yearly by a specialist.
- Have your gums and teeth checked yearly.
- Take diabetes medication as ordered by your doctor.

Regular testing

- Every 3-4 months – A1c.
- Yearly - urine and blood test to check:
  - Kidney function
  - Cholesterol
  - Your meter

You may need these tests more often depending on your general health and blood sugar control. Besides taking care of your blood sugars you may need to do the following:

If you have high blood pressure:

- Eat less salt.
- Take blood pressure pills as prescribed.

If you have high blood cholesterol:

- Take cholesterol-lowering pills.
Thinking it Through

Everyone feels differently when they find out they have diabetes.

Some common feelings are:

- Shock
- Denial or disbelief
- Anger
- Guilt or self-blame
- Relief
- Sadness or sense of loss

All of these feelings are normal and will most likely change over time. Often people find that learning more about diabetes gives them a better sense of control. It can also help them to accept diabetes as part of their lives. Some people even see the diagnosis of diabetes as a chance to make healthy lifestyle changes.

Working with change: ideas for coping with diabetes

Everyone deals with change in their own way. Some ideas for coping with change are listed below.

- Seek out support - at home and in your community
- Plan ahead and get organized
- Take one step at a time - set realistic goals
- Work in variety - don’t be afraid to try new things
- Review your progress regularly
- Reward yourself when you reach your goals
- Make your own health a priority
- Manage stress
Down with Stress

Stress is a physical and emotional response to anything you find demanding.

When you are stressed, your body releases sugar into your blood. If you are stressed for a long time your energy reserves get used up. You may get worn out and tired.

Stressful situations can range from minor hassles – traffic jams or deadlines – to major events like divorce, job loss, or the death of a loved one. Stress can also stem from positive events such as marriage or job promotion.

No matter what the source, stress is normal.

You can not avoid stress, but you can change how you manage it.

Coping with stress

• Know the signs of stress – watch for things like:
  » Poor concentration
  » Trouble sleeping
  » Muscle tension
  » Over-eating
• Take care of your overall health:
  » Eat properly
  » Rest
  » Get active
• Figure out what’s causing your stress – work, money, health and relationships are usually big factors. Focus on how you can change these situations to reduce stress at its source. Deciding what is really important, delegating and setting limits are great ways to start.
• Make sure to take time away from stressful situations.

Let your Diabetes Educators know if stress is a problem. We can help!
Ways to Relax

There are no “magic bullets” when it comes to relaxation. Try new things until you find what works for you. Here are a few ideas.

Deep breathing
Deep breathing is quick way to relax that can be done anytime, anywhere.

» Inhale slowly and deeply through your nose to the bottom of your lungs. Your chest should remain still, while your belly expands.

» After taking a full breath, pause for a moment and then exhale slowly. As you exhale, let the tension in your body go. Repeat as desired.

Progressive relaxation
This is a great way to relax tense muscles.

» Sit in a quiet, comfortable, place. Close your eyes.

» Make tight fists, hold for 5 seconds, then relax your hands letting go of any tension. Do this 3 times.

» Repeat this last step with all of your muscle groups: arms, shoulders, chest, stomach, back, hips, thighs, calves and feet.

Neck stretch
Stretching can help you relax and get rid of stiffness.

» Sit up straight and inhale.

» Exhale as you let your chin drop toward your chest.

» Inhale as you roll your right ear toward your shoulder. Pause. Drop your chin to your chest again while exhaling. Repeat to the left.

Other ideas
• Yoga
• Tai Chi
• Meditation
• Visualization
• Walking or other activity
Depression Test

Depression is very common among people with diabetes. It is normal to feel sad or down sometimes, but these feelings usually don’t last and make sense given what is going on in your life. Depression can happen if these feelings are severe, long-term and interfere with your ability to get through the day. Common symptoms of depression are listed below:

» Feeling sad most days
» Getting less pleasure from work, hobbies or relationships
» Often feeling tired, without energy
» Sleeping too much or too little
» Gaining or losing weight without trying
» Feeling guilty or worthless, like everything’s your fault
» Trouble concentrating or making decisions
» Feeling either agitated or like you can't move
» Thoughts of suicide

If you have three or more symptoms, or think you're depressed, tell your doctor – they can help to diagnose depression and suggest treatment options if needed.

Prevent depression by building an anti-depressant lifestyle. People who enjoy good mental health:

» Have fun
» Get outdoors
» Exercise
» Eat well
» Relax
» Connect with others
» Make positive contributions
» Practice yoga or meditation
» Maintain routines
» Manage stress

Other resources:
Clinical Social Worker
Diabetes Management Centre
(902) 454-1600 or
(902) 869-6170

CDHA Mental Health Services
Halifax: (902) 473-2531
Bedford/Sackville: (902) 865-3663
Dartmouth: (902) 464-3116
Diabetes Resources

**Canadian Diabetes Association**
137 Chain Lake Drive, Suite 101
Halifax, NS  B3S 1B3
1-800-326-7712 or (902) 453-4232
Hours: Monday to Friday 8:30-4:30

**Useful websites**

<table>
<thead>
<tr>
<th><strong>Canadian Diabetes Association</strong></th>
<th><strong>Health Canada</strong></th>
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<table>
<thead>
<tr>
<th><strong>Diabetes Care Program of Nova Scotia</strong></th>
<th><strong>Diabetes Exercise and Sports Association</strong></th>
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<tbody>
<tr>
<td><a href="http://www.diabetescareprogram.ns.ca">www.diabetescareprogram.ns.ca</a></td>
<td><a href="http://www.diabetes-exercise.org">www.diabetes-exercise.org</a></td>
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<th><strong>Dietitians of Canada</strong></th>
<th><strong>Nova Scotia Health Network</strong></th>
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<td><a href="http://www.dietitians.ca">www.dietitians.ca</a></td>
<td><a href="http://www.nshealthnetwork.ca">www.nshealthnetwork.ca</a></td>
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*Use of these websites is at your own discretion.*

**Research Opportunities**

The Division of Endocrinology conducts research in many areas including:
- Diabetes prevention
- Cholesterol reduction
- Type 1 diabetes
- Type 2 diabetes

If you are interested in more information, please call (902) 473-1455.