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# Drive Yourself Fit Care Kit

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# The Short Story to *Drive Yourself Fit*



You know it's good to control blood sugar, cholesterol, and blood pressure. All three impact your heart. The heart is the center of it all, just like an engine is in a car.

**An engine needs good maintenance.** Engines use fuel for energy. Without maintenance, fuel can turn to sludge. Gunk can build up in the lines. One day, a part breaks down, seizes up or explodes.

Bodies use food. They convert it to sugar for energy. You need enough sugar to fuel all your actions. Too little, and you'll "run out of gas". But too much sugar turns blood into sludge. What's more, eating bad fat leaves gunk in the arteries. It's hard for a heart to pump. **So a heart also needs good maintenance.**

*A heart has no trade-in value and there are very few used ones on the market.*

But wait—there's even more trouble with too much sugar. Extra sugar roughs up the inside of arteries. Gunk catches on rough spots and can explode. Blood clots dash to plug the hole. Clots and fat can pile up like a multi-car accident. They block arteries. Blood can't flow.

Maintenance also means keeping arteries soft. They need some flex for blood to pass. Even small bits of gunk can make the path narrow. If roads get narrow with hard walls, traffic has to press into less space. That's high blood pressure. When blood can't get to body parts, that's serious trouble!

The brain, heart, eyes, lungs, kidneys, feet and teeth all need energy from the blood to do their jobs. A roadblock in an artery means blood can't get to a body part. It has no energy. Eyes go cloudy. Feet turn black. If the heart stops pumping, the race is over.

This Care Kit is to help you control sugar, fat and pressure. ***Drive yourself fit!***



**Sugar**



**Fat**



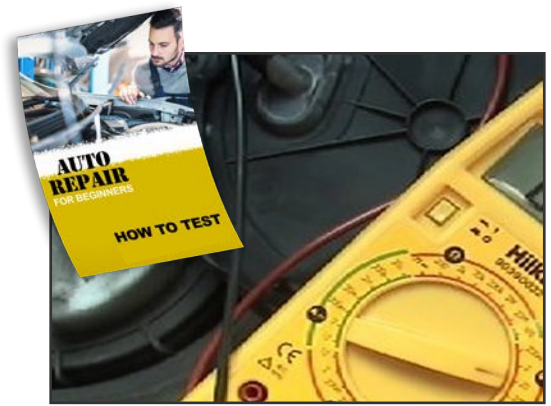
**Pressure**

# Goal 1 Control Sugar

Sugar in the blood is the body's fuel. It's energy! Sugar by itself is not a problem. The problem is **too little or too much** sugar. Too little and you can faint. Too much makes your blood thick. Thick blood is hard to pump. Sugar is good, but too much or too little is bad. Your goal is to *control* sugar, not ban it.

Check with your doctor on what your high and low numbers on a glucose meter should be each day. Most people aim for between 110 and 130.

Know your numbers. Then control your fuel. Food comes in three types: carbs, fat and protein. The type that turns into sugar is carbs. You're in control when you **put less sugar in** by counting carbs, and **take more sugar out** with exercise.



## 1 Count Carbs

**Fill 'er up.** Carbs turn into sugar and travel in the blood to deliver energy to all body parts. If you know how many carbs you take in, you can balance them with how many carbs you use to exercise.



## 2 Get out and Stride

**No idling.** Exercise for the heart is "cardio." Walking is one of the best cardio exercises. Moving muscles pulls sugar from the blood. When your feet slap and push the ground, you're also helping pump that blood back up to the heart!

**Goal One in the Care Kit** details how to count carbs and how much to stride.

**Tools in the Care Kit** launch you on a walking program and help you build balanced meals. The *Log Book* tracks how well you're doing so you can adjust actions for even better scores.

## Goal 2 Control Fat

The gunk in arteries is mostly cholesterol, a kind of fat. Oil is also a kind of fat. The right oil keeps a car running. The right cholesterol helps digest food, makes sex hormones and turns sunshine into Vitamin D. Some cholesterol is OK. **Too much** is the problem. *Extra* cholesterol has nowhere to go and nothing to do. That's always a set-up for trouble.

First, get a cholesterol score. You need a starting number so you can tell when you make progress. The score can come from the doctor or you can test yourself. Most people want a score of 200 or less.

Know your starting score. You're in control when you **take more cholesterol out** with exercise, **put less animal fat in** by switching to the right oil, and **flush even more cholesterol out** with fiber.



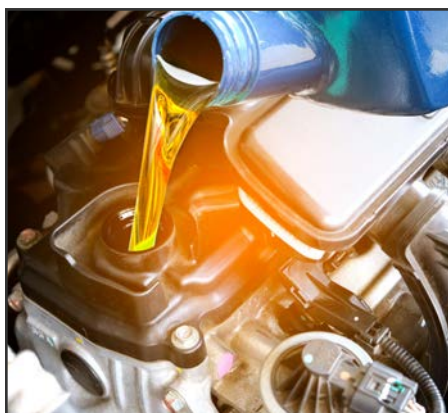
Precision Testing Labs, Inc.		
Test Name	Units	Optimal
<b>Lipid Panel</b>		
CHOLESTEROL TOTAL	mg/dL	179
HDL CHOLESTEROL	mg/dL	
TRIGLYCERIDES	mg/dL	
LDL CHOLESTEROL	mg/dL	
CHOL/HDL C RATIO	calc	
NON-HDL CHOLESTEROL	mg/dL (calc)	

The doctor's test calls fat "Lipids."



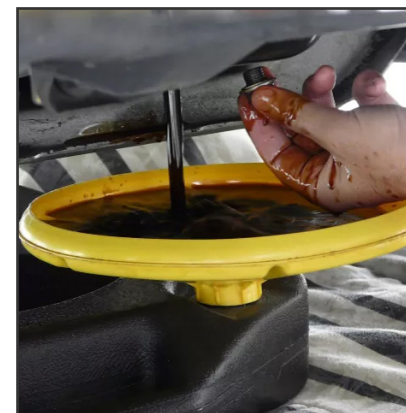
### 1 Lift for Strength

**No parking.** Pull or push weights. That's how to get strong. When you lift, you use food to build muscle, not store cholesterol.



### 2 Skip Animal Fat

**Change the oil.** Extra cholesterol comes from animal fat like bacon and butter. Trans fat is the worst! Eat vegetable oil and fish instead.



### 3 Eat Fiber

**Clean out the lines.** Sweep fat out by eating fiber. It pulls cholesterol out of the arteries. Oatmeal and whole grain bread work!

**Goal Two in the Care Kit** takes you deeper into kinds of fat and fiber.

**Tools in the Care Kit** show you *How to "Watch What You Eat"* and lift for strength. The *Log Book* tracks how well you're doing so you can adjust for even better scores.

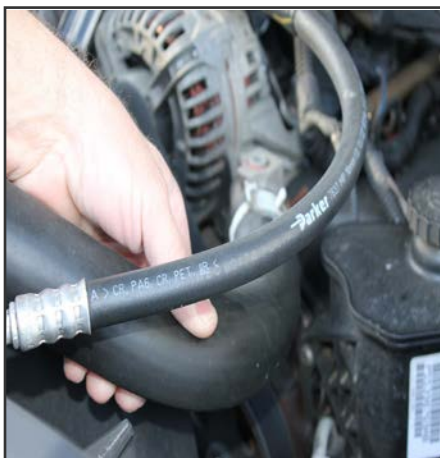
## Goal 3 Control Pressure

When fat sticks to artery walls, there's less room for blood to pass. The fat is like a thumb over the end of a hose. It makes a narrow space. Narrow space with hard walls makes pressure go up. What's more, salt holds fluid inside the body. This extra fluid puts an extra load on your heart. High pressure over time wears out the engine and other working parts.



Use the *Blood Pressure Monitor* in this CareKit to find your starting numbers. Most people want 130/80 or lower. Ask your doctor if those are the right numbers for you. See the guide in this kit, "*How to Take Your Blood Pressure.*"

Know your starting number. You're in control when you **stretch your arteries** with exercise, **put less sodium in** by switching to other spices, and **relax your mind and body** with tips and tactics.



### 1 Stretch

**"Flex" the lines.** When you stretch, your arteries stretch. Stretch your whole body to keep arteries soft, rubbery and easy for blood to pass through.



### 2 Limit Sodium

**Protect against salt.** Water flows around the body and out in the toilet. But sodium, part of salt, holds water in. *Salt is bad for your car. Bad for your body, too.*



### 3 Relax

**Shift down a gear.** Do you push yourself too hard? Worry makes arteries stiff. Your heart races. You're idling too fast. Find ways to relax.

**Goal Three in the Care Kit** digs up the details on how to control pressure.

**Tools in the Care Kit** show you how to stretch right and cut down on sodium. The *Five Steps From Stress to Calm* card goes right in your wallet.



# Goal 1: **Control Sugar**

Two steps to control blood sugar:

- Step One: Count Carbs**  
Fill 'er up. Know how many carbs you eat.
- Step Two: Get Out and Stride**  
No idling. Cardio is exercise for the heart.

# ① Carbs

It's the **Carbs** in food that turn into sugar. Carbs deliver your fuel. You are in control when you know how many carbs you eat. The only way to be sure you have the right amount is to count.

*You count gallons when you fill up your car.  
You count carbs when you fill up your stomach.*

What foods have carbs? Plants! Veggies and fruits. Wheat for your bread. Most milk products also have some carbs. The tools in this kit will help you figure out how many carbs are in each food.

## How many carbs to eat in one day?

For most people, the right number is 150 grams:  
Ten portions, 15g of carbs for each portion:

- 3 carb portions for breakfast
  - 3 carb portions for lunch
  - 3 carb portions for dinner, plus
  - 1 carb portion for a snack
- 
- 10 carb portions, 15g carbs each = 150

# ② Cardio

A car uses fuel for energy. You use sugar for energy.

Moving muscles helps pull sugar from the blood. You want just enough sugar in your blood for muscles to use, not too much, not too little.

That's the balance you're looking for between carbs and cardio. If you eat more carbs than usual one day, exercise more than usual that day. If you're too busy to exercise, you better be too busy to eat.

*If you eat every day, you exercise every day.  
If you eat without limits, you have to exercise without stopping.*

## How much cardio balances 150 carbs?

For most people, the right amount of cardio is 30 minutes of walking, 5 days a week. You could also do dancing, swimming, tennis, basketball or any other whole body movement that gets the heart rate up.

## Carbs



## Some Carbs



## No Carbs



# Balance Carbs and Cardio:



**10** Portions of **CARBS**

**30** Minutes of **CARDIO**

- 3 portions for breakfast
- 3 for lunch
- 3 for dinner
- 1 more for a snack

Build yourself up to  
**30 Minutes** of walking  
5 days a week

## “Quick Start” on Carbs

Tape the *How to “Watch What You Eat”* poster inside a kitchen cabinet.

- **Zero and Low Carb** food has just a few carbs in one bite. You can eat more.
- **Medium and High Carb** food has a lot of carbs in one bite.

Nutrition facts labels tell how many carbs. See the tool, *How to Read Food Labels*.



## Next: DOWN to 10 Portions

Once you get the hang of picking good foods, the tool, *Build-A-Meal*, shows how to feel full with 10 carb portions a day.



## “Quick Start” on Walking

Check out the walking plan on the poster, *“It’s Just 40 Minutes.”*

**5 days a week** take a 10-minute walk, 5 minutes out, 5 minutes back.

Keep your shoes, socks, water bottle, gum and timer near the door. Getting out is easier if it’s all ready to go.



## Next: UP to 30 Minutes

Once you’ve got the rhythm, walk a little longer. Add 1 minute a day and you’ll reach 30 minutes in 3 weeks.

Hang the *How to “Exercise Right”* poster in a place where you can also lift and stretch for Goals 2 and 3.

Each kind of exercise targets one of the Goals. The three kinds together work best for total health.



# Check your Actions Against the Glucose Meter Results

There's no guessing whether your carbs and cardio balance. After a few days of practice, take a glucose test. How's your score?

If you don't know what your target score should be, call the doctor and ask. Most people aim to score between 70 and 130 before meals. ***If it's on target, keep it up!*** You've balanced carbs and cardio.

This balancing act goes on and on, day after day. Everyone misses the target sometimes. Don't despair, adjust!



## IF THE SCORE IS TOO HIGH

- Eat a little less
- Work out a little more
- Take time to relax (See Goal 3)

## IF THE SCORE IS TOO LOW

- Eat a little more
- Ask the doctor if you can take less medicine

*Never cut back on exercise!  
It's working for all your health goals.*



The *Log Book* lets you track the scores produced by your actions. Over time, you'll see patterns. Which actions work well? Which ones have little effect? When you track, you know. No guesswork.

**Daily Tracking Chart**  
Scores: How well is the engine running?

	Sun	Mon	Tue
<b>Goal 1</b> Sugar Score	Too High		140 9pm
	Hits 130 mit		180 6am
	In Control	124 9am	122 8am
	Low 70 mit	100 7pm	120 6pm
	Too Low		
<b>Goal 2</b> Waist Score	40"		
<b>Goal 3</b> Pressure Score	120 80m	155 95	153 94
			152 94

**Actions: What I'm doing for control**

	Sun	Mon	Tue
<b>Goal 1</b> Control Sugar	Cardio time 30 min	Walked 2500 steps	Paced 30 minutes
	Carbs how Many 150	Ate cherry pie	✓
	Meds	✓	✓
<b>Goal 2</b> Control Fat 5 lbs 12 times	Strength		10 lbs
	Fat	✓	ate bacon
	Fiber	white bread	✓
	Meds	✓	✓
<b>Goal 3</b> Control Pressure 1500mg	Stretch		✓
	Sodium	✓	ate chips
	Relax	✓	✓
	Meds	✓	✓

**Insights:** What worked? What didn't? Why?

New ideas for control \_\_\_\_\_



# Performance Enhancers

You might be making your best effort to balance carbs and cardio. But you're not alone in this effort. A doctor can prescribe "performance enhancers," pills and shots that help you reach your glucose score. But if the scores don't show it, you may need to change the meds.

*Keep in mind that medicine is only a performance enhancer. You are still in charge of the balance between carbs and cardio. Meds just make your job easier.*

## How Medicines Work

These meds manage sugar to keep your energy level steady. Each one works in a different way. Find your pills or shots to see how they work.



*Do you have any of these?  
Check your labels.*

Generic	Brand
metformin	Fortamet* Glucophage* Glumetza* Riomet*
Unlocks muscles to let sugar in. Holds sugar in the liver. Slows down sugar entering the blood from food.	

Generic	Brand
pioglitazone	Actos*
rosiglitazone	Avandia*
Unlocks muscles to let sugar in.	

Generic	Brand
miglitol	Glyset*
acarbose	Precose*
Slows down turning food into sugar.	

Generic	Brand
canagliflozin/ metformin HCL	Involamet XR*
Protects the liver and helps the kidneys get rid of extra sugar.	

These meds help insulin do a better job. Do you have any of these?

Generic	Brand
chlorpropamide	Diabinese*
exenatide	Byetta*
glimepiride	Amaryl*
glipizide	Glucotrol*
glyburide	Diabeta*
	Glynase*
	Micronase*
liraglutide	Victoza*
nateglinide	Starlix*
repaglinide	Prandin*
All these meds get insulin up and back to work.	

Generic	Brand
canagliflozin	Invokana*
dapagliflozin	Farxiga*
saxagliptin	Onglyza*
sitagliptin	Januvia*
empagliflozin	Jardiance*
These keep everyone out of insulin's way, so it keeps working.	
Generic	Brand
pramlintide acetate	Symlin*
Becomes insulin's top assistant. Has special skills to protect the liver.	



\*Trademarks are the property of their respective owners.

**Insulin** Each kind of insulin works a different time shift.

## IF YOU TAKE AN INSULIN SHOT RIGHT NOW...

### Quick

*5 Hour Shift*

Afrezza®  
Apidra®  
Humalog®  
Novolog®



*in 15 minutes, it*  
**Starts working**

*In 1 hour, it*  
*works hardest*

*In 3 hours, it*  
*slows down*

*In 5 hours, it*

**Stops working**

### Regular

*8 Hour Shift*

Humulin® R  
Novolin® R  
Regular®



*in 30 minutes, it*  
**Starts working**

*In 3 hours, it*  
*works hardest*

*In 6 hours, it*  
*slows down*

*In 8 hours, it*  
**Stops working**

### Medium

*18 Hour Shift*

Humulin® N  
Lente®  
Novolin® 70/30  
Novolin® N



*in 120 minutes, it*  
**Starts working**

*In 6 hours, it*  
*works hardest*

*In 12 hours, it*  
*slows down*

*In 18 hours, it*  
**Stops working**

### Long-Acting

*24 Hour Shift*

Lantus®  
Levemir®  
Toujeo®  
Tresiba®



*in 1-3 hours, it*  
**Starts working**

*Works steadily*  
*throughout*  
*the day*

*In 20-24 hours,*  
*it slows down*

*In 24-42 hours, it*  
**Stops working**

## The Great Trade-Off

If you want fewer shots, then you have to keep a *tighter schedule*.

*Example:*

1. Eat and exercise the same amount at the same time every day
2. Take a shot of **Medium** or **Premixed (Medium + Regular)**, 2 times a day

If you want a looser schedule, then you have to *take more shots*.

*Example:*

1. Take a shot of **Long-Acting** once a day
2. Take a shot or inhale **Quick** three times a day with meals
3. If you want to match your insulin to your lifestyle, use an insulin pump and a Continuous Glucose Monitor (CGM).

\*Trademarks are the property of their respective owners.

# How to Handle Side Effects

Learn the dangerous ones first:

<p><b>If you have:</b></p> <p>Very bad upset stomach with urge to vomit. Can't get a breath. Heart too fast or too slow. Sudden pain in the chest, arm, shoulder or jaw.</p>	<p><b>It might be:</b></p> <p>A heart attack!</p>	<p><b>What to do:</b></p> <p><b>Go to the ER</b> or, if you can't get there by yourself, <b>call 911</b></p> 
<p>Swelling face, lips or throat. Gaspings. Itching, burning, wheezing.</p> 	<p>You're probably allergic to the pill!</p>	<p><b>Stop taking it. Call the doctor.</b> Don't think, "It will go away." Some medicines can block the body from recovering from an allergic reaction. The doctor may send you to the ER.</p>
<p>Redness, swelling, pain, tenderness, heat in a leg.</p>	<p>A blood clot!</p>	<p><b>Call the doctor.</b> The doctor may send you to the ER.</p>
<p>Prickly "pins and needles". Fever and chills. Vomiting and diarrhea that won't stop.</p>	<p>Too many possible causes to list!</p>	
<p>Bruises come with the slightest bump. Bleeding is hard to stop.</p>	<p>Pills can make Vitamin K low. (Vitamin K prevents too much bleeding).</p>	<p><b>Call the doctor.</b> Ask if you need a Vitamin K supplement.</p>
<p>Joints are red, painful, swollen.</p>	<p>Acid buildup in the joints.</p>	<p><b>Call the doctor.</b> Don't just use a drug store remedy. It might not work well with your medicines.</p> 
<p>Hives, rash on cheeks or bridge of nose. Sores on mouth or anus. Sunlight is painful. Cold or flu symptoms. Lots of mucus. Cloudy or bloody urine.</p>	<p>Medicine may be blocking Vitamins A, D and E.</p>	
<p>Gas, constipation or mild diarrhea. Headaches. Change in mood, sex drive, hearing, vision or taste.</p>	<p>Getting used to the medicine, probably.</p>	<p>Give it a few days. If it doesn't go away, <b>call the doctor.</b> Suck a lemon to shock your taste buds back to normal!</p>

## Protect the Parts

You've already seen that too much sugar in your blood makes sludge for the heart to pump. Even if doesn't get as bad as sludge, extra sugar in blood can make it like syrup.

*Why is that a problem?*

- When you break the skin, it needs fresh blood to heal.
- Thick blood takes longer to arrive.
- The cut stays open. An open cut lets in germs.
- Germs eat sugar and get stronger.
- Strong germs resist medicine to kill them.
- Strong germs can turn body parts black.
- Then you might lose the body part.

*...and you can't feel anything until it's too late.*



Protect yourself from things that rub or poke. *Here are a few examples of how skin can break. You will think of others.*

### Feet

- Seams in socks can rub, so buy enough seamless socks that you can wear a clean pair every day.
- Buckles on shoes can rub or poke, just like things on the ground can rub or poke, so look for shoes that cover your whole foot, no straps or cut-outs.
- Things dropped on the floor can rub or poke, so always wear shoes, even at home.

### Skin

- Wear garden gloves; use insect spray and sunscreen.
- Use lotion and water bowls by heaters so skin doesn't dry out and crack.

### Teeth

- Use a *soft* tooth brush.
- Brush and floss gently, if your gums bleed, you've broken the skin!

### Eyes and Kidneys

Thick blood doesn't flow well into small places. The arteries that lead to eyes and kidneys are small pathways. You've probably known people with blood sugar whose vision goes cloudy. Some need kidney dialysis. It's all because thick, sugary blood doesn't flow into small places.



Hang the *Door Tag* in the bathroom to remind you to **Protect the Parts.**

*The Door Tag has a foot tester and steps to check your feet for sugar damage.*



## Goal 2

# Control Fat

Three steps to control bad fat:

**Step One: Lift For Strength**

No parking. Lift weights or pull bands.

**Step Two: Skip animal fat**

Time to change the oil. Put in the good stuff.

**Step Three: Eat Fiber**

Clean out the lines. Eat the right kind of fiber.  
Drain out bad fats.

# ① Lift For Strength

To keep your car running well, you have to drive it. If you leave it parked in the garage, the engine corrodes. The same goes for your heart if you stay parked on the sofa.

*If you're not forcing your heart to get stronger, it's getting weaker. There is no "neutral."*

Lifting weights uses up fat and makes muscles strong. Strong muscles use more sugar. Strong muscles also sweep more fat out into the toilet. Lifting weights makes any fat left behind less sticky.

You can buy weights. You can use stretch bands. You can also use things in your house that are the right weight.

When you lift weights, your cholesterol score falls in a few weeks. A major drop takes about six months. Every six months is when you see the doctor for a new test. Mark your test score in the *Log Book*.

*Lift for Strength!* It's only 30 minutes twice a week. That's a lot of good for a small effort.



## Get Started

Find the poster in this Care Kit, "*It's Just 40 Minutes.*" Post it in a room or corner where you can lift weights or pull bands. *Ask your doctor if this plan is OK for you.*

Choose a weight to start. Make it heavy enough to lift 15 times, but no more. On the last lift, you should be gritting your teeth and straining to get it up. You might need a different weight for arms and legs. *Most people start with 2 or 3 pounds.*

## Track Progress in the *Log Book*

Write how heavy a weight you lift. In few days or weeks that first weight will be too easy. You'll need a bigger one. Lifting will make your muscles stronger. *Progress!*



## ② Skip Animal Fat

First know the kinds of fat. See what foods make the engine run better.

### Know the Kinds of Fat

Cholesterol is fat. Everyone knows there's GOOD cholesterol and BAD cholesterol. But no one remembers which is which.

The two kinds are **High Density (HDL)** and **Low Density (LDL)**. *Density* means how tightly packed something is.

**High** density is packed **Hard**.  
H is for **High** and **Hard**.  
**Low** density is packed **Loose**.  
L is for **Low** and **Loose**.

You know the problem with fat is that it sticks to arteries. So the sticky one must be the bad one. Which is stickier, **Hard** or **Loose**? Think Styrofoam™!

Packed **Loose**, foam pieces stick to your hand. It's not easy to get rid of them.  
Packed **Hard**, like a coffee cup, foam doesn't stick. It's easy to get rid of a foam cup.

If you drag a piece of **Hard** foam through a pile of **Loose** foam, what happens? **Loose** pieces stick. In the same way, when **Hard** cholesterol moves through blood, **Loose** cholesterol sticks to it. **HDL** pulls **LDL** out of your body into the toilet. **Hard** cholesterol is **good**.

Take a moment to think of a thing in your own life that is **High and Hard—and good**. Now think of a thing in your life that's **Low and Loose—and bad**. Peg the letter **H** to something good and **L** to something bad. Then you'll never forget.

HDL  
VS  
LDL



Here's more good news: Stride and Strength exercise grow your **HDL**. More **HDL** pulls more bad **LDL** out of your blood. Your risk of heart attack goes down. Stride and Strength exercise is a good start.

Now turn the page to see how to change the oil you put in your body.





# Change the Oil

You change the oil in your car to keep the engine running well. You change the oil you put in your body to keep your heart running well.

The big oil change is reject **animal** fat. Inside your body, animal fat turns into cholesterol.

## Leave behind the animal fat

Animal fat that goes through a *process* is the worst. Curing in salt or pressing into shapes are *processes*. Bacon and hot dogs are processed meat.



### Leave these behind:

Sausage	Liverwurst	Hot Dogs
Pepperoni	Corned beef	Ham
Pastrami	Prosciutto	Bologna
Salami	Bacon	Jerky



*Processed meat makes you 42% more likely to get heart disease. The World Health Organization says 34,000 people die every year from eating processed meats.*

Animal fat is also hiding in other foods:

**Baked goods from stores**, like pies, doughnuts, cookies, cupcakes  
**Food fried in animal fat**, like lard or butter

Fats can also go through a process at a factory. Just like meats, processed fat is also really bad for your heart.

Read Nutrition Facts labels to spot bad fats. Look for these words on a Nutrition Facts label. They tell what kind of fat is in the food.



## Kinds of Fat:

**Saturated** raises LDL. Not good.

**Monounsaturated** OK, lowers LDL

**Polyunsaturated** OK, lowers LDL

**Trans** raises LDL a lot. This fat has the most processing. It is so bad for your heart that some countries have banned it.

## Nutrition Facts

Serving Size 1 cup (200g)	
Servings per container 2	
Amount per serving	
Calories 220	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 2g	
Cholesterol 30 mg	10%
Sodium 235 mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 6 g	
Vitamin A	
Citamin C	
Calcium	

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

## Watch Out!

Nutrition Labels can say a food has zero **Trans Fat**. But the government lets it say “zero” even if there is only a wee bit. For you; however, even a wee bit is too much.

Check the label to see if it says “**Partially hydrogenated**” or “**Shortening.**” That means there is bad fat. Avoid these foods. See the tool, *How to Read Food Labels* for more information.

~~Nutrition Facts Serv Size: 1 Package (28g), Amount Per Serving: Calories 120, Fat Ca 30, Total Fat 3.5g (5% DV), Sat Fat: 1g (5% DV), Trans Fat 0g, Polyunsat. Fat 1.5g, Monosat. Fat 0.5g, Cholest. 0mg (0% DV), Sodium 270mg (11% DV), Total Carb. 2 (7% DV), Fiber Less than 1g (3% DV), Sugars 3g, Protein 2g, Vitamin A (0% DV), Vita C (0% DV), Calcium (6% DV), Iron (6% DV), Percent Daily Values (DV) are based on a~~  
**INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SOYBEAN OIL, SUGAR, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, SOY LECITHIN (EMULSIFIER), NATURAL FLAVOR DEFATTED WHEAT GERM**

## Choose These!

These foods have the right kind of fat.

- Salmon, lake trout, herring, sardines, albacore tuna.
- Olive oil, avocado oil or any nut oil.
- Walnuts, almonds, hazelnuts, peanuts, pecans, pine nuts, pistachios, and all the nut butters.
- Ground flaxseed.



In many recipes you can just switch out the bad fat for a good oil. You'll never know the difference. Other recipes you have to tweak.



### ③ Eat Fiber

From time to time a mechanic drains oil and gunk out of the lines. You clean bad oil out of your “heart lines,” the arteries, when you eat **fiber**.

Eating fiber grabs bad cholesterol. Fiber pulls cholesterol out of the arteries right into the toilet.



## Fiber Magic

You may have heard vegetarians have low cholesterol. If they do, it's probably because they eat a lot of fiber. Fiber comes from whole grains, vegetables and fruits.



### Get this Fiber Magic working for you.

Foods that will do the trick are:

*Watch how many carbs you eat too.*



#### Fruits

Apricots  
Avocado  
Apple with skin  
Berries, especially  
blackberries  
Grapefruit  
Kiwi  
Nectarine  
Orange  
Papaya  
Pear  
Plum  
Prune



#### Vegetables

Artichokes  
Asparagus  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Chili Peppers  
Jicama  
Potatoes with skin  
Prickly Pear Pads  
(*Nopales*)  
Soybeans  
Sweet Potatoes  
Tomato Paste  
Winter Squash



#### Beans

Black Beans  
Black-Eyed Peas  
Chick Peas  
Hummus  
Kidney Beans  
Lentils  
Lima Beans  
Navy Beans  
Northern Beans  
Peas  
Pinto Beans



#### Seeds

Flaxseed, ground  
Psyllium Seeds  
Sesame Seeds  
Sunflower Seeds

#### Cereals

Barley  
Oat Bran  
Oatmeal

#### Bread

Pumpernickel  
Rye

# Don't Flood the Engine

Even if you eat only good foods, eating **too much** will get you in trouble. *How much is too much?*

A woman with a waist more than 35 inches is eating too much. A man with a waist more than 40 inches is eating too much.

These numbers are true no matter how tall or short you are. They are true no matter if you have big or small bones.

Do not worry as much about your weight, as long as you can get down to the right waist number.



# Eat for a Loose Belt

Everyone knows extra food turns into fat. If you do extra Stride and Strength exercises you can burn it off. If you don't exercise, the fat has to go somewhere. The stomachs, hips and thighs will store that extra fat. When there's too much fuel, the engine can't get a good start.

All the latest research says to stop drinking alcohol. It raises the cholesterol in your blood. If that's too hard, at least limit daily alcoholic drinks: one for a woman, two for a man.

Track if you are flooding your engine and eating for a loose belt. Measure your waist once a week. Write the number in the *Log Book*. Watch the number go down. Even before you measure, you will notice that your belts are looser.



# Performance Enhancers

To lower fat faster, your doctor may prescribe a **statin** or **fibrate**.

Generic	Brands
atorvastatin	Lipitor®
fluvastatin	Lescol®
lovastatin	Altoprev® Mevacor®
pitavastatin	Livalo®
pravastatin	Pravachol®
rosuvastatin	Crestor®
simvastatin	Zocor®

## Statins

The liver makes natural cholesterol. **Statins** stop the liver from making more than you need. Statins also force the body to use more cholesterol than usual for the good jobs cholesterol does. The liver makes less and the body uses more. Cholesterol goes down.



Generic	Brands
fenofibrate	Antara® Lofibra® Triglide® Tricor® Trilipix®
gemfibrozil	Lopid®

## Fibrates

You can hear the word “fiber” in **fibrates**. They work like your eating fiber works: Fibrates soak up extra cholesterol. They carry the cholesterol right out of the body when you go to the bathroom.



\*Trademarks are the property of their respective owners.

### Most Common Side effects:

- Tired, sore or weak muscles.
- Nausea, gas, diarrhea, or constipation
- A rash, hives or flushing
- Headaches, joint pain

### What you and your doctor may do to stop side effects:

- Write a smaller dose
- Take a brief break from the medicine
- Try a different medicine that lowers cholesterol
- Decrease exercise or make a different routine
- Try over-the-counter pain relievers



To avoid side effects, tell your doctor all medicines you are taking. List all allergies, and if you are nursing, pregnant or plan to get pregnant. Ask if you need liver or kidney function tests. Many side effects go away after a while. Call your doctor about any discomfort or concern. There may be a way to handle it.

Grapefruit makes statins stronger.  
*It doesn't stop statins from working!*

Ask the doctor if you can have grapefruit.





## Goal 3

# Control Pressure

Three steps to control pressure:

**Step One: Stretch**

“Flex” the lines. Stretch to make the arteries soft.

**Step Two: Limit Sodium**

Protect against salt. You need some sodium to help the heart pump. Too much backs up the flow.

**Step Three: Relax**

Shift down a gear. Your mind and body work as a team. Stress makes arteries stiff and the heart race.

## ① Stretch

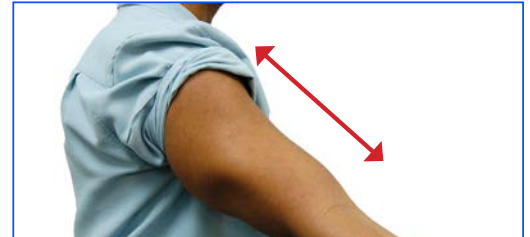
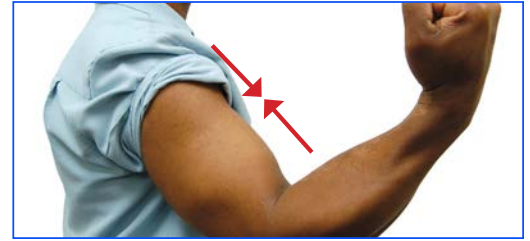
It's a very simple truth: If you stretch your body, the arteries inside have to stretch, too. Simple stretching every day will keep your arteries soft and rubbery. Soft arteries keep blood pressure down. Stretching is good even if you don't do Stride and Strength exercises!

Sometimes you feel stiff before and after exercise. Don't leave yourself like that! To be sure to make arteries softer, you need to stretch.

Think about how a muscles moves for exercise. When you move, the muscles pulls in towards its center. That means it gets **shorter**.

- **Stride** Each time you lift a foot, you pull your leg muscles shorter.
- **Strength** Each time you lift a weight, you pull your arm muscles shorter.

Stretching pulls the muscle long again. So stretch it **before** you shorten it. Stretch it again **after** you shorten it. Keep those arteries soft!



## ② Limit Sodium

Most of us think of salt as an ingredient in food. But *salt itself has ingredients*. The biggest ingredient in salt is *sodium*. Sodium holds water in the body.

The right amount of sodium for one day is 1500 milligrams. That's one half teaspoon of salt, slightly rounded. But that half spoonful is not to shake on your food. It is already inside your food.

Animals have natural body water that is salty. That means meat, chicken and fish have some sodium in them already.

Prepared food also has its own sodium. Even whole grains have natural sodium.



Some sodium is OK. But 1500 milligrams is the daily limit. Anything more than that holds too much water in your body. Extra water puts an extra load on your heart.

How do you know how much sodium is in a food? Look for *Nutrition Facts* on the package.

Find the **sodium** line. If the number is more than 400, eating this food will likely throw you over the 1500 mg limit for the day.

Compare brands: The same food may be high sodium in one brand and low in a different brand. Watch it! Some food labels claim “low” or “less” sodium, but they’re not low enough.

Put the *How to “Watch What You Eat”* poster in your kitchen. Use it as you decide what to eat and what to shop for. Keep the *Fast Food AdVisor™* with you anytime you go out and can’t avoid fast food.

If lower blood pressure is important to you, you’ll want to stop adding sodium to your food.

*Not when you’re cooking.*  
*Not when you’re eating.*

Some people say it’s easier when salt shakers are out of reach and out of sight.

## Nutrition Facts

6 servings per container  
**Serving size 1 serving (230g)**

Amount per serving  
**Calories 330**

	% Daily Value*
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 700mg	<b>30%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	



## Clear the House of Sodium

What you don’t have, you can’t eat. Don’t let your kitchen tempt you with salty foods. *Get rid of them!* Check labels. Watch out for these:

- Bouillon
- Ketchup/Tomato Paste
- Deli meats
- Chili sauce
- Cooking wines or sherry
- Frozen dinners
- Horseradish in a jar
- Meat extract
- Meat tenderizer
- MSG
- Mustard
- Olives
- Pickles, Pickle relish
- Salad dressing
- Canned soup or soup mix
- Soy sauce
- Worcestershire sauce
- Anything with “salt” in its name



### *Miss the salt?*

Ask the doctor if a salt substitute with potassium is OK. You may never even notice it’s not salt!



### 3 Relax

When you're stressed, your arteries harden. Hard arteries make pressure go up. You know you're stressed when:

- Muscles twitch
- Nothing seems funny
- Others say you're "touchy"
- Your mind gets "stuck" on one worry or fear

Blood pressure may go up for a short time to get a job done. But if stress goes on and on, arteries harden up for good. Your job is to shift down a gear.



## Avoid These False Fixes for Stress

### Tantrums

A primal scream may *seem* like a release. But "letting loose" with tears or shouts creates more stress. Better to temper your point of view by reading the wallet card, *Five Steps from Stress to Calm*.



### Coffee, Tea and Cola

Say "no" to a cup to calm down. Caffeine makes pressure and pulse go up. Limit yourself to two 12-oz, caffeine drinks a day.



### Comfort Food

Stuffing yourself with fatty food will make you feel worse.



### Smoking

Cigarettes only calm you if you are already addicted. They also make arteries narrow and hard.

Read the tool, *How to Stop Smoking*.



# Try these real fixes for stress

Put the *Five Steps from Stress to Calm* card in your wallet for “on the go” reminders.

## Be a Friend

Being alone makes problems seem larger than life. Get out, see people, invite someone over. Join a group, go to a meeting. A good laugh with a friend is great medicine.

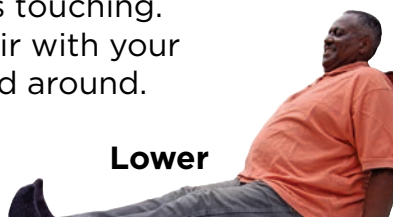


## Stretch

- Lace your fingers.
- Reach to the ceiling, palms down.
- Turn palms up, reach higher.
- Lean right while you count to 10.
- Lean left for ten counts.



- Lift your legs, ankles touching.
- Draw circles in the air with your toes, moving out and around.
- Repeat 5 times.
- Switch directions.
- Repeat 5 times.



## Sleep

**Don't lie awake.** Get up and...

- Take a 10-minute warm shower.
- Put on warm socks.
- Make the room as dark as you can.
- Then lie back and imagine...
  - *Things that make you laugh*
  - *A dream come true*



## See Your Mind Control Your Body!

With practice, you can **will** your pressure lower. First, make a music playlist with your favorite slow, calm tunes. Then follow the Tool, *How to Take Your Blood Pressure*. Write your numbers. Leave the cuff on. Now apply your will:

### Listen

- Turn on your music player and lean back. Close your eyes.

### Breathe

- Breathe in as you count to 5. Raise your shoulders up and back.
- Breathe out while you count to 10. Slowly lower the shoulders.
- Repeat 5 times, breathing slower. Deeper.
- Roll your head down and around one way, then the other.

### Test

- Push the button on the Blood Pressure Monitor. With practice, the second score will be lower than the first. That's **mind control** of both pressure and pulse!



# Performance Enhancers

One way to keep pressure down is to keep arteries stretchy and open. Arteries get hard over time. You've no doubt heard talk about "hardening of the arteries." Four kinds of pills will help you keep them soft. The four are ARBs, ACE inhibitors, Vasodilators and Beta Blockers.

As we age, body chemicals travel to arteries and veins and make them stiff. *ACE Inhibitors* and *ARBs* stand in the way of these chemicals. Think of them as your anti-aging pills.

Do you have one of these **ARBs**?

Generic	Brands
candesartan	Atacand®
eprosartan	Teveten®
irbesartan	Avapro®
losartan	Cozaar®
olmesartan	Benicar®
telmisartan	Micardis®
valsartan	Diovan®

Do you have an **ACE Inhibitor**?

Generic	Brands
benazepril	Lotensin®
captopril	Capoten®
enalapril maleate	Vasotec®
fosinopril	Monopril®
lisinopril	Prinivil®, Zestril®
moexipril HCl	Univasc®
perindopril Erbumine	Aceon®
quinapril HCl	Accupril®
ramipril	Altace®
trandolapril	Mavik®

All medicine has side effects. There's no such thing as a drug without side effects. Some are minor, some are downright unpleasant and others are dangerous. Check the list on the next page.

Dilate means "open." A *vasodilator* opens veins and arteries wide for the blood and water to flow through.

Do you have a **Vasodilator**?

Generic	Brands
hydralazine	Apresoline®
isosorbide dinitrate	Isordil®
minoxidil	Loniten®
nesiritide	Natrecor®
nitrates/ nitroglycerin	Nitro-Bid®, Nitro-Dur®, Nitrolingual Spray®, Nitrostat®

You've probably heard people say a shock "gets the adrenalin going." Adrenalin makes a heart beat fast. *Beta Blockers* block adrenalin. So they keep your heart beating slow and strong even under stress.

Do you have a **Beta Blocker**?

Generic	Brands
acebutolol	Sectral®
atenolol	Tenormin®
betaxolol HCl	Kerlone®
bisoprolol fumarate	Zebeta®
carvedilol	Coreg®
esmolol	Brevibloc®
labetalol HCl	Trandate®
metoprolol succinate	Toprol XL®
metoprolol tartrate	Lopressor®
nadolol	Corgard®
nebivolol	Bystolic®
penbutolol sulfate	Levitol®
pindolol	Visken®
propranolol HCl	Inderal®, Innopran XL®
sotalol	Betapace®
timolol maleate	Blocadren®

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You may need help to lower the water load. The doctor may prescribe a *diuretic*. Most people call them “water pills.” That’s because they know these pills send you to the bathroom often.

With less water, the heart has less to pump. Pressure goes down.

**Do you have a Diuretic?**

<i>Generic</i>	<i>Brands</i>
amiloride	Midamor®
bumetanide	Bumex®
chlorothiazide	Diuril®
chlorthalidone	Hygroton®, Thalitone®
eplerenone	Inspra®
ethacrynic acid	Edecrin®
furosemide	Lasix®
hydro-chlorothiazide	Aldactazide® Amiloride/HCTZ® Atacand HCT® Avalide® Benicar HCT® Dyazide® Hyzaar® Inderide® Lopressor HCT® Maxzide® Methyldopa/HCTZ® Micardis HCT® Microzide® Tekturna HCT® Teveten HCT®, Ziac®
indapamide	Lozol®
metolazone	Zaroxolyn®
spironolactone	Aldactone®
toremide	Demadex®
triamterene	Dyrenium®

Many diuretics are sulfa drugs. If you are allergic to sulfa, tell your doctor. If you take water pills, you may need extra potassium. Ask your doctor.



This list reports what some people say water pills did to them. Some effects went away after a while. Others were serious. Call your doctor about any discomfort or concern.

**Side Effects**

- Dizziness, headache, blurred vision
- Nausea and vomiting
- Extreme thirst, dehydration, dry mouth
- Constipation, abdominal pain, gas
- Weakness or tiredness
- Muscle pain or cramps
- Irregular heartbeat, confusion
- Blood pressure drops too low
- Too much urine or not enough
- Ringing in the ears or hearing loss
- Unusual bleeding or bruising
- Breast growth in men, impotence
- Swollen eyes and mouth, skin rash
- Flu-like symptoms, more sweating
- Higher blood sugar, higher cholesterol
- Irregular menstrual periods
- Not eating, restlessness
- Joint pain, gout
- Drowsiness

## Combo Pills

Flushing out water is a top job to bring down blood pressure. So most people have a *diuretic*, a “water pill.”

Most everyone has another pill to make arteries stretchy. But taking two pills is harder than taking just one. So your doctor may combine them, a water pill and an artery stretcher together.

Are you taking any of these **Combo Pills**?

### Beta Blocker and Diuretic

Generic	Brands
atenolol/ chlorthalidone	Tenoretic®
bisoprolol/ fumarate/HCTZ	Ziac®
metoprolol tartrate/HCTZ	Lopressor HCT®
nadolol/ bendroflumethiazide	Corzide®
propranolol/HCTZ	Inderide®

### ARB and Diuretic

Generic	Brands
candesartan/HCTZ	Atacand HCT®
eprosartan/HCTZ	Teveten HCT®
irbesartan/HCTZ	Avalide®
losartan/HCTZ	Hyzaar®
olmesartan/HCTZ	Benicar HCT®
telmisartan/HCTZ	Micardis HCT®
valsartan/HCTZ	Diovan HCT®

### ACE Inhibitor and Diuretic

Generic	Brands
benazepril/HCTZ	Lotensin HCT®
captopril/HCTZ	Capozide®
enalapril maleate/ HCTZ	Vaseretic®
fosinopril/HCTZ	Monopril HCT®
lisinopril/HCTZ	Prinizide® Zestoretic®
moexipril HCl/HCTZ	Uniretic®
quinapril HCl/HCTZ	Accuretic®

## The Big Picture

No matter what health issues you have, the heart is in the center. Diseases have different names, but all self-care is to keep the heart engine running.

Hit the Three Goals and keep that engine running.

**Goal 1 Control Sugar**

**Goal 2 Control Fat**

**Goal 3 Control Pressure**

**Drive Yourself Fit** with these steps:

- **Count Carbs** *Fill ‘er up*
- **Get out and Stride** *No idling*
- **Lift for Strength** *No parking*
- **Skip Animal Fat** *Change the oil*
- **Eat Fiber** *Clear out the lines*
- **Stretch** *“Flex” the lines*
- **Limit Sodium** *Protect against salt*
- **Relax** *Shift down a gear*



This **Log Book** is where you win the race to Drive Yourself Fit.

It is a new kind of Log Book. Take time to fill it out. It's well worth it. *With this record, you can see what actions work for you and which ones don't.* It's your own personal diary. You can figure out your own body!

Take the Log Book to every doctor visit. With good information you and your doctor can make better decisions about your care.

Please return this book to:

Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

## The Log Book has three parts:

### 1. SET UP Schedule a visit with the doctor.

#### Before the doctor visit

1. Write contact numbers of your healthcare team.
2. List your meds, vitamins, anything you take, and allergies.

#### During the doctor visit

1. Compare your meds with the doctor's list.
2. Confirm your *target and alarm* numbers for sugar, fat and blood pressure.
3. Ask for starting numbers for your **Actions**.

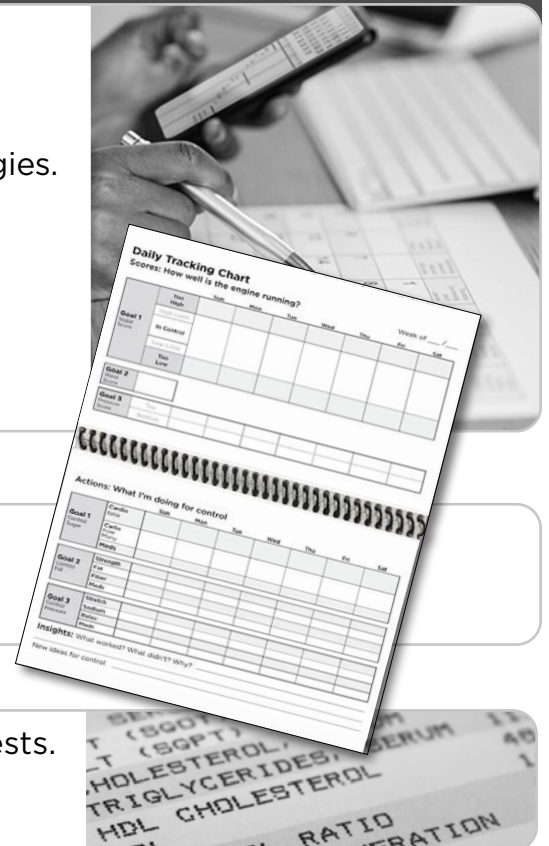
### 2. TRACKING See how *actions* determined *scores*.

**Scores:** Enter them on the top page of the chart.

**Actions:** Write them on the bottom page of the chart.

### 3. CHECKPOINTS Record your scores from the doctors' tests.

*If these scores line up with your target, you'll know you're on top of it all!*



## SET UP Before the doctor visit

1. Write contact names and numbers. Make sure they are up to date.

	Name	Telephone Number
Primary Care Doctor		
Primary Care Nurse or PA		
Blood Sugar Doctor		
Blood Sugar Nurse or PA		
Heart Doctor		
Heart Doctor Nurse or PA		
Pharmacy		
Nutritionist		
Medical Supply Co.		
Emergency Contact		
Other		

## SET UP Before the doctor visit

2. List your meds, vitamins, and anything you take.

- Gather all of your medicines on the table.
- Spread out all 3 Goal papers on the table. Open them to the med pages.
- Pick up one bottle. Find its name in the med pages.

The next few pages in the Log Book have a section for each Goal. Write the med name. Circle the times when you take it. If a label says, “every 6 hours,” circle all four times. If it says “twice a day,” ask your doctor for the times.



### Example:

One bottle says **Lipitor**. You find it in Goal 2. So you know it **Controls Fat**. It is a **Statin**. It stops the liver from making too much cholesterol.

Statin meds stop the liver from making too much cholesterol					
Name	How much to take	When to take it			
Lipitor	10mg	Breakfast	Lunch	Dinner	Bedtime

*Now any time you wonder,  
“What is this med for?”*

**OR**

*“When do I take this med?”  
you have the answer  
right here!*

# Goal 1 Control Sugar

These meds keep my energy level steady					
Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
These meds are Insulin					
Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
These meds make Insulin work better					
Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime

# Goal 2 Control Fat

Statin meds stop the liver from making too much cholesterol					
Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
Fibrate meds get fat out of the body and in to the toilet					
Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime



## Goal 3 Control Pressure

### ARBs and ACE Inhibitor meds to make arteries soft and stretchy

Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime

### Vasodilatador meds to open arteries wide

Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime

### Beta Blocker meds to keep the heart beat slow and steady

Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime

## Goal 3 Control Pressure

### Diuretic meds to flush out extra water

Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime

### Combo Pills meds that do more than one task

Name	How much to take	When to take it			
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime
		Breakfast	Lunch	Dinner	Bedtime

# For any reason

Do you take teas, vitamins, sleep aids, anything else?

Name	How much to take	When to take it

I'm allergic to: \_\_\_\_\_

There! Now you've done the first part of the **Set Up**.

You're ready for the second part, the doctor visit itself.

During the doctor visit, you'll do four things:

1. Compare your **Meds List** with the doctor's list.
2. Ask for **Targets and Alarms** for home tracking.
3. Ask for **Starting Numbers** for your actions.

## SET UP During the doctor visit

2. Tell the doctor you need to write Targets and Alarms in this new Log Book.

### GOAL 1 SET UP for the Test To Control Sugar

#### ● TARGETS

1. My daily number should be between:

high limit

2. I should check my sugar:

low limit

- |   |  |                                  |
|---|--|----------------------------------|
| <input type="checkbox"/> Before Breakfast | <input type="checkbox"/> After Breakfast | <input type="checkbox"/> Bedtime |
| <input type="checkbox"/> Before Lunch     | <input type="checkbox"/> After Lunch     |                                  |
| <input type="checkbox"/> Before Dinner    | <input type="checkbox"/> After Dinner    |                                  |



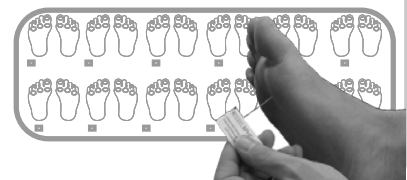
You may qualify for a CGM. It checks your sugar all of the time.

#### ● ALARMS

1. I should call your office if my sugar score goes **over:** \_\_\_\_\_ or drops **under:** \_\_\_\_\_

I should call 911 if my score hits \_\_\_\_\_

2. The Foot Test tells if your blood sugar is out of control. It can start to affect your body parts. Flip to the last page of this Log Book and show the doctor any marks. Put up the Bathroom Checklist door hanger to remind you to protect the parts.



## GOAL 2 SET UP for the **Test To Control Fat**

### ● TARGET

Do you agree I should aim for a waist of 35 inches (woman) /40 inches (man)? Is there a bigger number I should aim for as a first milestone? \_\_\_\_\_



## GOAL 3 SET UP for the **Test To Control Pressure**

### ● TARGETS

If I'm really in control, my blood pressure numbers will be:

Top

Bottom

### ● ALARMS

I should call your office if my blood pressure hits \_\_\_\_\_ Top \_\_\_\_\_ Bottom

I should call 911 if my blood pressure hits \_\_\_\_\_ Top \_\_\_\_\_ Bottom



## SET UP During the doctor visit

3. Ask the doctor for starting TARGETS for your ACTIONS.

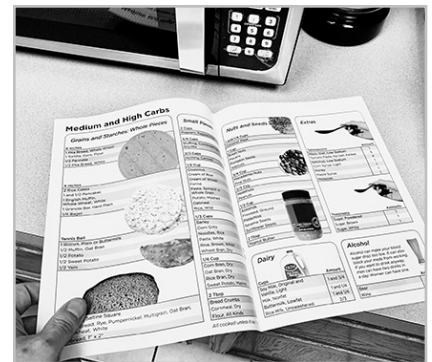
### EATING

A. For **carbs**, is 150g a day right for me?  yes  no

B. Should I see a nutritionist to help me make a plan?

A. For **sodium**, is 1500mg a day right for me?  yes  no

B. Can I use a salt substitute with potassium?  yes  no



### EXERCISE

1. For **cardio**, is 30 minutes, 5 days a week ok for me?  yes  no

2. For **lifting**, how heavy a weight to start? \_\_\_\_\_  
How many times should I lift it? \_\_\_\_\_



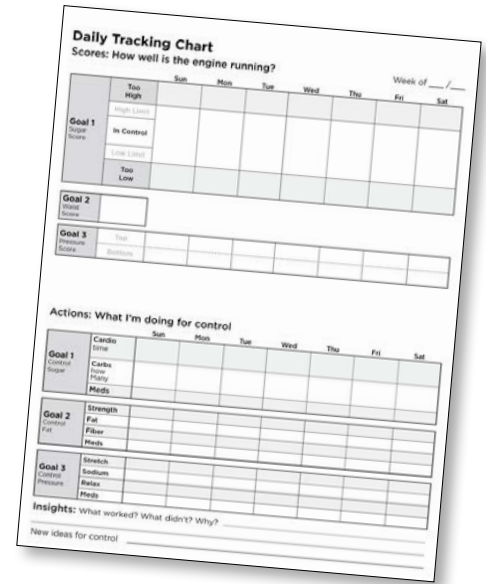
- What **blood sugar** score is too high to exercise? \_\_\_\_\_
- What **pressure score** is too high to exercise? \_\_\_\_\_
- When I'm done, how low a score needs a carb snack? \_\_\_\_\_
- If I'm sick, how often do I check my sugar? \_\_\_\_\_  
Should I test for ketones? Do I need an Rx for strips? \_\_\_\_\_
- What about sex? \_\_\_\_\_

## TRACKING See how *actions* determine *scores*

This Log Book is different: It is set up so you can figure out for yourself what you need to do.

If Blood Sugar and Blood Pressure are out of control, your heart, eyes and kidneys are at risk. The Log Book gives you control. That's what it's all about, right? Control Sugar, Control Fat, Control Pressure. So work through how to use the chart.

You track **scores** on one page at the top and **actions** on the next page at the bottom. You see what actions won you those scores. It requires some work. But this Log Book gives you a major reward. The Log Book **lets you, by yourself, figure out how your body works.**



## TRACKING Scores

### TRACKING SUGAR SCORES

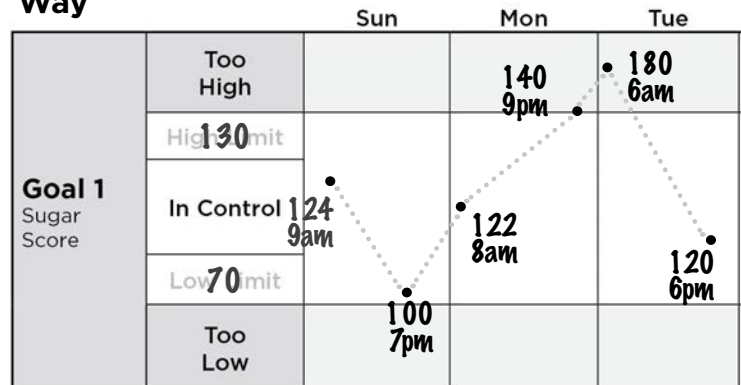
*Old blood sugar logs are just numbers in rows. It's hard to see what they mean. The new way lets you see at a glance how you're doing.*

*On your first tracking chart:*

1. **Write the high and low limits** from your doctor.  
*Sample: high=130 and low=70.*
2. **Test your blood.**
3. **Make a dot** where your score belongs.  
*Ask these questions to decide where it goes:*
  - Is my score above or below the high limit?
  - Is it close to the low limit or even lower?*Sample score = 124. 124 is less than 130. So the dot goes a little lower than the high limit.*
4. **Write the number and time.**  
*The first sample score was at 9am.*
5. **Take more samples** over time.  
Place dots where they belong.
6. **Now connect the dots.** *You can see at a glance if your scores are in control—or not!*

	Sun	Mon	Tue	
<b>Old Way</b>	124 9am	100 7pm	122 140 8am 9pm	180 120 6am 6pm

### New Way



## TRACKING WAIST SCORES

*How much fat is in the middle?*

Once a week, use a tape measure. Hold the end with the number **1** on your belly button. Wrap the tape around, snug but not tight. The metal end will touch a number.

Write that number in the box,  
**Goal 2** Waist Score.

<b>Goal 2</b> Waist Score	<b>40"</b>
------------------------------	------------



## TRACKING PRESSURE SCORES

*How hard is my heart working right now?*

Every day, get a reading from your blood pressure monitor. Read *How to Take Your Blood Pressure* to learn how to get the most valid score. You'll get three numbers from a reading, but you only need the first two.

Write them on the Daily Tracking chart,  
**Goal 3** Pressure Score.

<b>Goal 3</b> Pressure Score	<b>120</b>	<b>155</b>	<b>153</b>	<b>152</b>
	<b>80<sup>m</sup></b>	<b>95</b>	<b>94</b>	<b>94</b>



## TRACKING Actions

### TRACKING Goal 1: ACTIONS to CONTROL SUGAR

Write the targets the doctor gave you for cardio and carbs. The sample target is **30** minutes for cardio and **150** carbs. For cardio, write out what you did so you can study it later. For carbs and meds tracking, make a check if you hit the target. If you didn't hit it, write what happened instead.

		Sun	Mon
<b>Goal 1</b> Control Sugar	Cardio time <b>30 min</b>	Walked <b>2500 steps</b>	Danced <b>30 minutes</b>
	Carbs how many <b>150</b>	Ate <b>cherry pie</b>	✓
	Meds	✓	✓

### TRACKING Goal 2: ACTIONS to CONTROL FAT

Write the doctor's weight lift targets for strength. The sample is **5 lbs, 12 times**. For fat make a check if you ate good fat, avoided animal fat. For fiber make a check if you ate whole grains, fruit and veggies. If you do not hit the target, write what happened. Make a check if you took your meds.

		Sun	Mon
<b>Goal 2</b> Control Fat <b>5 lbs, 12 times</b>	Strength		<b>10 lbs</b>
	Fat	✓	ate bacon
	Fiber	<b>white bread</b>	✓
	Meds	✓	✓

### TRACKING Goal 3: ACTIONS to CONTROL PRESSURE

Write the sodium limit the doctor gave you. The sample target is **1500mg**. Make a check if you hit the target. If you didn't, write what happened instead. Make a check if you stretched before and after you exercised. Make a check if you relaxed and took your meds.

		Sun	Mon
<b>Goal 3</b> Control Pressure <b>1500mg</b>	Stretch		✓
	Sodium	✓	ate chips
	Relax		✓
	Meds	✓	✓

# Daily Tracking Chart

Scores: How well is the engine running?

Week of \_\_\_ / \_\_\_

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 1</b> Sugar Score	Too High							
	High Limit							
	In Control							
	Low Limit							
	Too Low							

<b>Goal 2</b> Waist Score	
------------------------------	--

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 3</b> Pressure Score	Top							
	Bottom							

## Actions: What I'm doing for control

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 1</b> Control Sugar	Cardio time							
	Carbs how many							
	Meds							

<b>Goal 2</b> Control Fat	Strength							
	Fat							
	Fiber							
	Meds							

<b>Goal 3</b> Control Pressure	Stretch							
	Sodium							
	Relax							
	Meds							

**Insights:** What worked? What didn't? Why? \_\_\_\_\_

New ideas for control \_\_\_\_\_

# Daily Tracking Chart

Scores: How well is the engine running?

Week of \_\_\_ / \_\_\_

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 1</b> Sugar Score	Too High							
	High Limit							
	In Control							
	Low Limit							
	Too Low							

<b>Goal 2</b> Waist Score	
------------------------------	--

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 3</b> Pressure Score	Top							
	Bottom							

## Actions: What I'm doing for control

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 1</b> Control Sugar	Cardio time							
	Carbs how many							
	Meds							

<b>Goal 2</b> Control Fat	Strength							
	Fat							
	Fiber							
	Meds							

<b>Goal 3</b> Control Pressure	Stretch							
	Sodium							
	Relax							
	Meds							

**Insights:** What worked? What didn't? Why? \_\_\_\_\_

New ideas for control \_\_\_\_\_

# Daily Tracking Chart

Scores: How well is the engine running?

Week of \_\_\_ / \_\_\_

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 1</b> Sugar Score	Too High							
	High Limit							
	In Control							
	Low Limit							
	Too Low							

<b>Goal 2</b> Waist Score	
------------------------------	--

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 3</b> Pressure Score	Top							
	Bottom							

## Actions: What I'm doing for control

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 1</b> Control Sugar	Cardio time							
	Carbs how many							
	Meds							

<b>Goal 2</b> Control Fat	Strength							
	Fat							
	Fiber							
	Meds							

<b>Goal 3</b> Control Pressure	Stretch							
	Sodium							
	Relax							
	Meds							

**Insights:** What worked? What didn't? Why? \_\_\_\_\_

New ideas for control \_\_\_\_\_



# Daily Tracking Chart

Scores: How well is the engine running?

Week of \_\_\_ / \_\_\_

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 1</b> Sugar Score	Too High							
	High Limit							
	In Control							
	Low Limit							
	Too Low							

<b>Goal 2</b> Waist Score	
------------------------------	--

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 3</b> Pressure Score	Top							
	Bottom							

## Actions: What I'm doing for control

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 1</b> Control Sugar	Cardio time							
	Carbs how many							
	Meds							

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 2</b> Control Fat	Strength							
	Fat							
	Fiber							
	Meds							

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Goal 3</b> Control Pressure	Stretch							
	Sodium							
	Relax							
	Meds							

**Insights:** What worked? What didn't? Why? \_\_\_\_\_

**It's been  
4 weeks.  
Time to test  
your feet!**

New ideas for control \_\_\_\_\_

# CHECKPOINTS Record your scores from the doctor's tests.

## Hemoglobin A1C Test

How much blood carried sugar for the last 3 months

Date:      Date:      Date:      Date:

Test Name		Goal				
Every 3 Months	Hemoglobin A1C	Less than 6%				

## Lipids Test

How much fat is floating in your blood

Date:      Date:      Date:      Date:

Test Name		Goal				
Every 6 Months	Lipids	Total Cholesterol	Less than 200			
		HDL (good)	Women: more than 50 Men: more than 40			
		LDL (bad)	Less than 100			
		Triglycerides	Less than 150			

## References

All information reflects the guidelines and standards from national and professional medical organizations. In case of conflict, the more conservative position and/or the source with the preponderance of studies was followed.

American Heart Association, <a href="http://www.americanheart.org">www.americanheart.org</a>	Journal of Metabolism, Clinical and Experimental: Exercise raises HDL and lowers LDL independent of body fat in older men and women
American College of Sports Medicine: Exercise Guidelines for Adults/Basic Recommendations for Adults with Chronic Conditions	<b>National Institute of Health</b> <b>National Institute of Diabetes and Digestive and Kidney Diseases</b> <a href="http://diabetes.niddk.nih.gov/">http://diabetes.niddk.nih.gov/</a>
<b>The American Diabetes Association</b> <a href="http://www.diabetes.org">www.diabetes.org</a>	National Heart Lung and Blood Institute, <a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a>
<b>The American Diabetes Association</b> <i>Standards of Medical Care in Diabetes</i>	Harvard School of Public Health: Eating Processed Meats, but Not Unprocessed Red Meats, May Raise Risk of Heart Disease and Diabetes
<b>The American Association of Clinical Endocrinologists</b> <a href="http://www.aace.com/">www.aace.com/</a>	American College of Sports Medicine and the American Heart Association: Physical Activity and Public Health: Updated Recommendations for Adults
<b>Center for Disease Control and Prevention</b> <a href="http://www.cdc.gov/diabetes/">www.cdc.gov/diabetes/</a>	National Institute of Neurological Disorders and Stroke, NIH, Stroke: Hope Through Research
Centers for Disease Control, Public Health Resources: How much physical activity do adults need?	US Department of Agriculture, <a href="http://www.nal.usda.gov/fnic/foodcomp/search">www.nal.usda.gov/fnic/foodcomp/search</a>
Center for Medicare and Medicaid Services, <a href="http://www.cms.hhs.gov">www.cms.hhs.gov</a>	Union of Concerned Scientists: Idling Gets You Nowhere
The Cleveland Clinic: Heart Advisor Heart Book: The Definitive Guide	The US Food and Drug Administration: Official Drug Package Inserts, <a href="http://www.fda.gov">www.fda.gov</a>
Johns Hopkins Medical Alerts: Take Heart in Exercise. Can Anxiety Cause a Heart Attack?	USDA Food & Nutrition Information Center, <a href="http://www.nal.usda.gov/fnic">www.nal.usda.gov/fnic</a>
The American College of Cardiology, <a href="http://www.acc.org">www.acc.org</a>	NIDDK, NIH: Weight-control Information Network (WIN)
National Heart, Lung and Blood Institute, NIH, Physical Activity and Your Heart	

## Every month: Test the soles of your feet

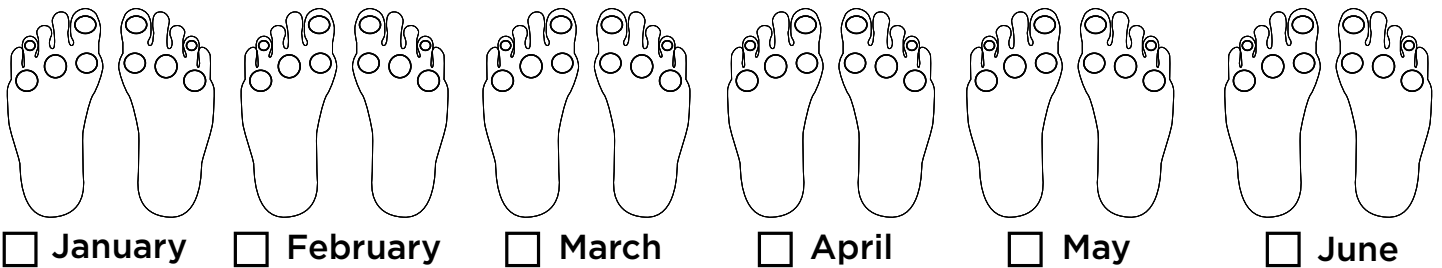
Ask someone to check your feet with the Tester. (If **you** do it, you can fool yourself: You **know** when it touches, even if you don't really feel it!) The chart below shows the spots where your helper should poke.

1. Get a pencil. Use the **Foot Tester** from the Bathroom Checklist Door Tag.
2. Look at the circles on the pictures of feet below. Have the helper touch with their finger each of those places on your feet. *This is to check if you have a sore, callous or scar.*
3. Have the helper touch the Tester to the first circle place. If there is a problem there, touch the Tester to the side, not right on top. The helper should push hard enough to bend the Tester, then count to two.
4. **Can you feel the Tester?** If you can't, put an X in the circle. Repeat for each circle on both feet.



Write the start date. \_\_\_\_\_

### IF YOU MAKE ANY Xs at all, CALL THE DOCTOR



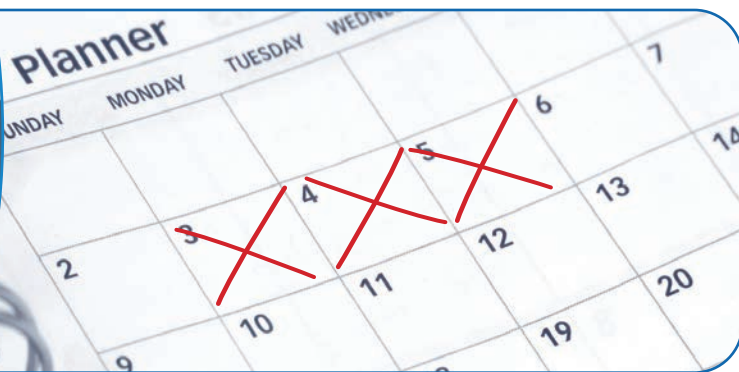
# How to Stop Smoking

## The Four-Day Flush Using Simple Foods

Smoking puts *nicotine* in your body. **Nicotine** is a drug. You are addicted to a drug.

To get the nicotine out, follow the **4-Day Flush** plan. You'll be 90% nicotine-free at the end.

Don't wait till the pack is done or "life settles down." There's never a perfect time.



## The Simple Food Plan

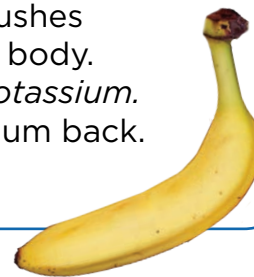
### Drink Cranberry Juice

At least 1 cup a day  
*Make sure it's sugar-free.*  
Cranberry juice grabs the nicotine and flushes it out of your body.



### Eat A Banana

Cranberry juice also flushes potassium out of your body. *But the heart needs potassium.* A banana puts potassium back.



### Don't Eat Starch

Starch turns into **sugar**.  
*Instead, eat 100% whole grain bread, cereal and pasta.*



### Don't Eat Sugar

Sugar turns into **fat**.  
*Instead, eat treats like sugar-free gelatin and frozen yogurt.*



### Don't Eat Fat

Fat hangs on to the nicotine. It fights the cranberry juice.  
*Instead, eat lean meat and fish, with veggies.*



# The “Four-Day Flush”

## DAY 1

- Go Shopping
- Follow the Food Plan
- Exercise

### In 20 Minutes:

Your blood pressure goes down.

### In 12 Hours:

Carbon monoxide levels in your body drop; you have more oxygen in your lungs.

## Shopping List



- **Cranberry Juice**  
*Main food that flushes out nicotine*
- **Fish, chicken, turkey, egg whites**  
*Protein with no fat to hold in nicotine*
- **Four bananas**  
*Potassium to replace what you lose*
- **Fresh or frozen vegetables**  
(enough for 8 salads)  
*Less salt than canned vegetables*
- **Lemons & limes, vinegar**  
*Less sugar & fat than salad dressing*
- **100% whole grain bread & cereal**  
*Less starch to make sugar*
- **Margarine in tubs/Vegetable oil**  
*Not butter or lard! They are bad fat that holds nicotine in*
- **SUGARLESS cough drops, candy, gum, gelatin, popsicles, yogurt**  
*Treats without bad effects*
- **Drinking straws, toothpicks**  
*Things to chew instead of smoke*
- **Mouthwash**  
*Keep feeling fresh! It's a good feeling*

## DAY 2

- Follow the Food Plan
- Exercise
- Work through Withdrawal

### In 48 Hours:

Your chance of having a heart attack drops.

## Work Through Withdrawal

What You Feel	Why You Feel It	What You Can Do
Angry, Anxious	You're giving something up!	Relax. Do things that make you happy!
Coughing, Dry Mouth	Dirt in your lungs is coming up.	Use mouthwash. Suck cough drops. Sip some water. Chew gum.
Hungry, Weight Gain	Food tastes better and burns off slower.	Eat slowly. Take small bites and chew more.
Sluggish	Nicotine gave you energy.	Eat lean meat and exercise for more energy.
Confused	You need more oxygen.	Take deep breaths often.

These withdrawal signs will come again and again, during this week and beyond. Start now to master how to push back when they press down on you.

# The “Four-Day Flush”

## DAY 3

- Follow the Food Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

### In 72 Hours:

Your airways and arteries relax and open up. It’s easier for the heart to pump. It’s easier to breathe. You have more energy.

## Outwit the Cravings

A sudden urge to smoke only lasts *three minutes* or less. Figure out what triggers your craving. Then either:

- **Dodge** the trigger or
- **Distract** yourself until the urge goes away.

Print 2 copies of the **Dodge or Distract Plan** to get you started. You’ll keep on outwitting the cravings even after the four days are over.

## DAY 4

- Follow the Food Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

### In 4 Days:

90% of the nicotine is gone. Anxiety peaks, then fades. You’re clean.

## Get It All Together

Today’s the day for all 4 tasks all day long.

- Work through the feelings with the **Withdrawal Chart**.
- Figure out your triggers and how to dodge them on **Dodge or Distract Plan**.

If your first idea doesn’t work, no problem. First ideas often don’t. Try something else!

Remember **if you break down and smoke**, you have to start the 4-Day Flush over again.

## Exercise

### Why?

Exercise increases circulation so the nicotine gets flushed quicker. It relaxes and distracts from smoking.

### To Start:

- Breathe deep and stretch.
- Walk for a few minutes, as long as you can.



Each day go a little farther.

## The Four-Day Flush is over. *What Now?*

### Start to Eat Fruit

Do it only if you're feeling strong enough to not smoke. If you're unsure stick with the Meal Plan a few more days.



### Make a *Ciggy Bank*

Save the money you would have spent on smokes. Use it for a special new purchase.



### Keep up the Dodge & Distract Plan

Add new places or events that make you want to smoke and what to do instead.

### Stay Alert

You are a smoke-a-holic. No matter how long you've been smoke-free, don't think you can safely take a puff.

One puff and you want another.  
One cigarette becomes two, two becomes a pack and then you're hooked again. Instead, think:



The urge only lasts three minutes or less. I can resist that long!

## The Long-Term High keeps getting better:

### In 2-3 Weeks

- Your breath smells normal again.
- Blood is flowing easier.
- Lungs hold more air.
- Sex is better.

### Within 9 Months

- All coughing and wheezing are gone.
- Your nose isn't stuffed up.

## Long-Term

### In 1 Year:

Your risk of a heart attack is cut in half.

### In 5 Years:

Your risk of a stroke goes down so far it's as if you never smoked.

# Dodge or Distract Plan

Trigger	Plan	Shopping List
Other people smoking	<b>Dodge:</b> Ask people not to smoke in your house. Move ashtrays outside.	
Playing cards	<b>Distract:</b> Have other mouth toys: Toothpicks or sugarless gum.	Toothpicks Sugarless Gum



# Build-A-Meal

**People often ask for a “Diabetic Diet”.**  
**This is it!** The “Build-A-Meal” plan fills you up on 150 carbs a day, 10 carb portions, 15 carbs each portion.

*You’ve never seen a meal plan like this before:*

1. Each food in a list is 1 portion.
2. The biggest portions come first.
3. Only the good stuff is here: No salt or bad fat, either! If a food group is not here, it’s not a safe food.

Make a shopping list to Build-A-Meal:

- Lots of Zero and Low Carb food
- Just enough Medium and High Carb food

***If it’s not in the house you can’t eat it.  
If you buy it, you will eat it.***

***See the Shopping Mission on the How to “Watch What You Eat” poster.***

## For each meal:

### Step One on Pages 2-3

#### Pick Zero and Low Carbs



**Pick a Protein** Roast, boil or grill it. If you want to fry your protein, use spray oil.



**Add Flavor** to protein, veggies or both.



**Choose Veggies** Make a salad or cook some veggies from this page—or both! The portion size is large. If you eat the full amount, count it as one carb portion of the ten. If you eat less, these veggies don’t count as a portion!



**Pick a Drink and a Sweet**  
*Now you have a whole meal with just zero and low carbs.*

### Step Two on Pages 4-7

#### Pick 3 Medium and High Carbs



**Pick Three: Fruits, Vegetables, or Grains**

The right size for one carb portion is all figured out for you: how much of the food is one carb portion. Use measuring cups to get the right amount.



Mix and match your three choices: Three different foods or all three the same!



You can add flavor to the carb choices, too.

**After the lists, see the sample meals that follow the Build-A-Meal plan.**

# Zero and Low Carbs

## Pick a Protein

A portion of **4 ounces** will keep the fat and salt low.



### Lean Meat

- Bison (Buffalo)
- Lamb: Roast, Chop, Leg
- Ostrich
- Pork: Chop, Ham, Tenderloin
- Rabbit
- Venison

### Beef in order of most lean

- Eye of Round Roast
- Top Round Steak
- Bottom Round Roast
- Top Sirloin Steak
- Round Steak

*Ground meat or poultry should be 95% lean.*

### Skinless Poultry and Eggs

- Chicken
- Egg Whites
- Turkey
- Whole Egg

**Fish** in order of the best for good fat (Omega 3)

- Mackerel
- Lake Trout
- Herring
- Salmon
- Tuna
- Halibut
- Catfish
- Cod
- Flounder or Sole
- Red Snapper
- Grouper
- Mahi Mahi
- Orange Roughy

### Shellfish

- Oysters
- Crabs
- Scallops
- Lobster
- Pollock (Imitation Crab)
- Shrimp
- Clams

## Pick an Oil



- Margarine in Tubs
- Olive Oil, Bottle and Spray
- Canola Oil, Bottle and Spray

## Add Flavor

- Basil
- Black Pepper
- Cayenne Pepper
- Chili Powder
- Chives
- Cilantro
- Cloves
- Cumin
- Curry Powder
- Dill Weed
- Garlic



*Try these and others!*

- Garlic Powder
- Ginger Root
- Hot Sundried Chiles
- Lemon or Lime Juice
- Mint
- Onion Powder
- Oregano
- Paprika
- Parsley
- Rosemary
- Tarragon
- Thyme
- Vinegar



These veggies have so few carbs in a normal serving you don't need to count them. If you eat the whole amount here, count it as one portion of the ten.

## Choose Veggies



### More than 5 Cups

- Alfalfa Sprouts
- Arugula
- Cabbage, White, Raw
- Celery
- Lettuce, All Kinds
- Radish
- Seaweed, Kelp
- Spinach, Raw
- Watercress
- Zucchini, Raw



### 3 to 4 Cups

- Cabbage, Red
- Cabbage, White, Cooked
- Carrot
- Cauliflower, Cooked
- Cucumber
- Mung beans, Cooked
- Mushrooms
- Nopales
- Turnip Greens, Cooked
- Zucchini, Cooked



### 2 to 3 Cups

- Asparagus
- Broccoli, Raw
- Cauliflower, Raw
- Fennel
- Kale
- Leeks
- Mung Beans, Raw
- Okra
- Pepper, Banana
- Pepper, Jalapeño
- Spinach, Cooked
- Summer Squash
- Sweet Pepper, Green
- Tomato (*a fruit?*)
- Turnip Greens, Raw
- Turnips, Cooked



Watch: If it says "Cooked" or "Raw," the portion size is different. If it doesn't say, it doesn't matter.

## Pick a Drink



- Coffee
- Diet or Zero Soda
- Tea, All Kinds
- Sugar Free Powdered Drink Mix
- Water



## Pick a Sugar-Free Sweet



- Hard Candy
- Gelatin
- Popsicles



# Medium and High Carbs



## How to Use Measuring Cups

Each handle has a number.  
Match the number to the portion size.  
Take a level scoop!

## Measure with Cups

### 1 and 3/4 Cups

Eggplant, Cooked  
Kohlrabi  
Sweet Pepper, Red and Yellow  
Turnips, Raw



### 1 and 1/2 Cups

Artichoke Hearts  
Green Beans  
Squash, Spaghetti



### 1 and 1/3 Cups

Broccoli, Cooked  
Brussel Sprouts  
Jicama (Yambean)  
Rutabagas, Raw  
Watermelon



### 1 and 1/4 Cups

Pumpkin Mashed  
Cantaloupe Melon



### 1 Cup

Beet  
Edamame  
Hot Green Chili  
Hot Red Chili  
Onion  
Rutabagas, Cooked  
Apricot  
Avocado  
Blackberries



Blueberries  
Honeydew Melon  
Papaya  
Prickly Pear  
Raspberries

### 3/4 Cup

Rutabagas, Mashed  
Squash, Butternut  
Pineapple



### 2/3 Cup

Parsnips  
Guava



### 1/2 Cup

Refried Beans, Fat-Free  
Shallot  
Squash, Acorn  
Corn Kernels  
Cherimoya  
Mango



### 1/3 Cup

Black Beans  
Black-Eyed Peas (Cowpeas)  
Chickpeas  
Hummus  
Kidney Beans  
Lentils  
Lima Beans  
Navy Beans  
Northern Beans  
Peas  
Pinto Beans  
Split Peas  
Plantain, Cooked



*Watch: If it says "Cooked" or "Raw," the portion size is different. If it doesn't say, it doesn't matter.*



## Measure with a Ruler

### 4 Inch

1 Corn Cob

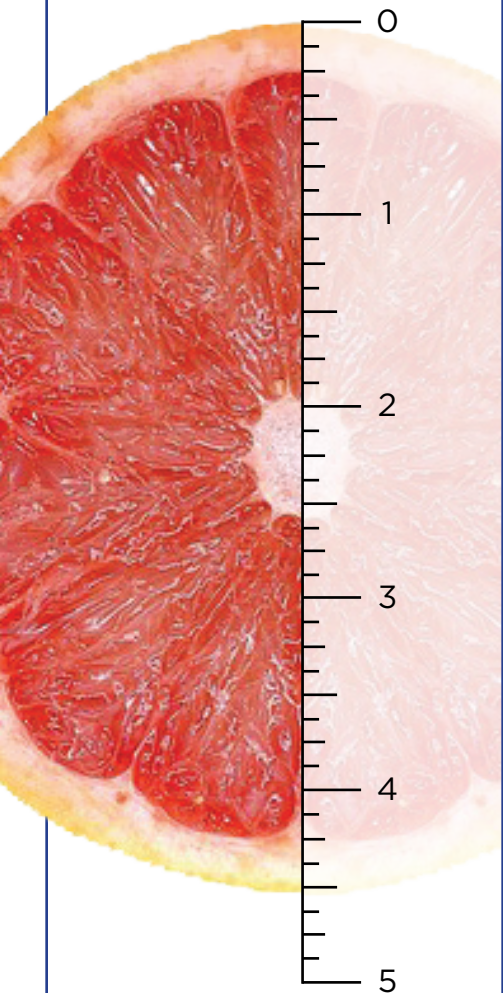
1 Banana

9 Tamarind

### 4.5 Inch

1/2 Grapefruit

2 and 1/2 Starfruits  
(Carambola)



## Measure at a Glance

### The size of a Baseball

1 Orange



### The size of a Tennis Ball

1 Artichoke

1 Apple

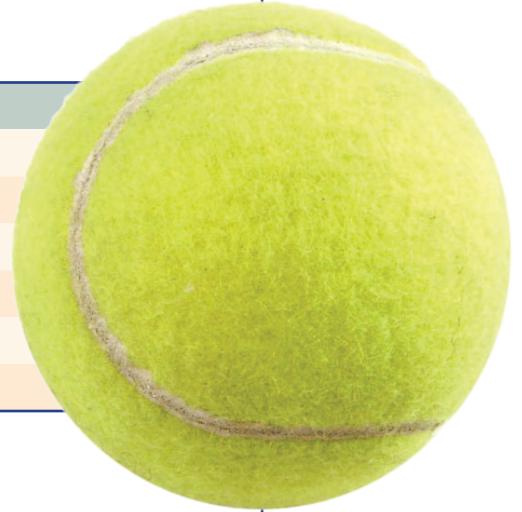
1 Nectarine

1 Peach

1 Pear, Asian

1/2 Pear

1 Tangerine



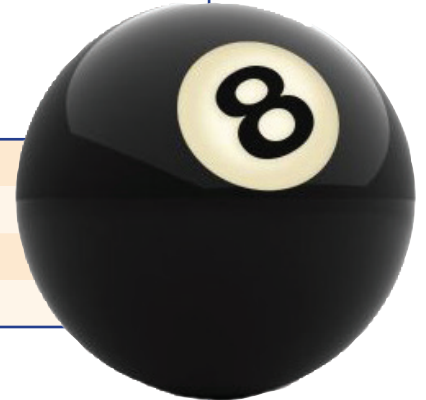
### Each one the size of an 8 Ball

1 and 1/2 Kiwifruit

2 Lemons

2 Limes

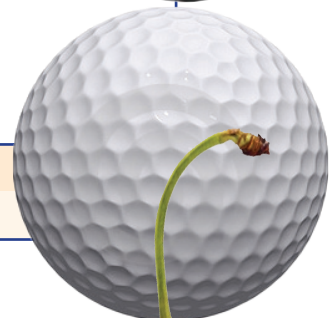
2 Plums



### Each one the size of a Golf Ball

1 Fig

12 Strawberries



### Each one Bite Size

12 Cherries

17 Grapes



# Medium and High Carbs

All cooked unless it says "dry."

## Grains and Starches: Whole Pieces

### 6 Inches

- 1 Pita Bread, Whole Wheat
- 1 Tortilla, Corn, Flour
- 1/2 Pancake
- 1/2 Pita Bread, White



### 4 Inches

- 2 Rice Cakes
- 1 and 1/2 Pancakes
- 1 English Muffin, Whole Wheat, White
- 1 Granola Bar, Hard Plain
- 1/4 Bagel



### Tennis Ball

- 1 Biscuit, Plain or Buttermilk
- 1/2 Muffin, Oat Bran
- 1/2 Potato
- 1/2 Sweet Potato
- 1/2 Yam



### Other

- 6 Crackers, Saltine Square
- 1 Slice of Bread, Rye, Pumpernickel, Multigrain, Oat Bran, Whole Wheat, White
- 1 Cornbread, 1" x 2"

## Small Pieces

### 2 Cups

- Popcorn, Popped Plain

### 3/4 Cups

- Stuffing, Cornbread from Dry Mix

### 2/3 Cups

- Hominy, Canned

### 1/2 Cup

- Couscous
- Cream of Rice
- Cream of Wheat
- Farina
- Pasta, Spinach or Whole Grain
- Potato, Mashed
- Oatmeal
- Rice, Wild

### 1/3 Cups

- Barley
- Corn Grits
- Noodles, Rice
- Pasta, White
- Rice, Brown, White
- Wheat Bran, Dry

### 1/4 Cup

- Corn Bran, Dry
- Oat Bran, Dry
- Rice Bran, Dry
- Sweet Potato, Mashed

### 2 Tbsp

- Bread Crumbs
- Cornmeal, Dry
- Flour, All Kinds

## Nuts and Seeds



### 1 and 1/4 Cups

Coconut Meat

### 1 Cup

Brazil Nuts

Pecans

Pumpkin Seeds

Walnuts



### 3/4 Cup

Macadamia Nuts

Pine Nuts

### 2/3 Cup

Hazelnuts

Peanuts

### 1/2 Cup

Almonds

Flaxseed, Ground

Pistachios

Sesame Seeds

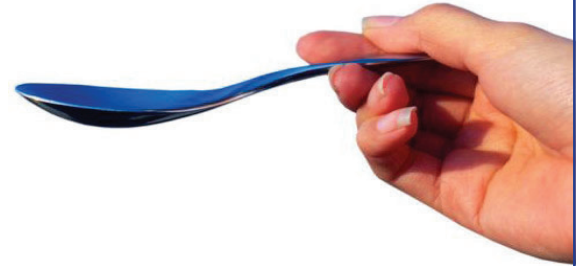
Sunflower Seeds



### 2 Tbsp

Peanut Butter

## Extras



### Tablespoons

### Amount

Mayo, Diet, Low Sodium

1

Tomato Paste, No Salt Added

5

Ketchup, Low Sodium

4

Corn Syrup, Light

1

Honey

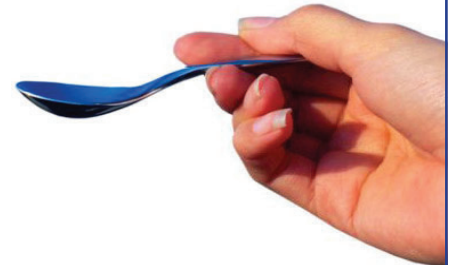
1

Maple Syrup

1

Molasses

1



### Teaspoons

### Amounts

Sugar, Powdered

1

Sugar, Brown

1

Sugar, White

1

## Dairy



### Cups

### Amount

Soy Milk, Original and Vanilla, Light

1 and 3/4

Milk, Nonfat

1 and 1/4

Buttermilk, Lowfat

1 and 1/4

Rice Milk, Unsweetened

2/3

## Alcohol

*Alcohol can make your blood sugar drop too low. It can also block your meds from working. If you want to drink anyway, men can have two drinks in a day. Women can have one.*



### Amount

Beer

12 oz

Wine



4 oz

# Sample Breakfast

**3 Carb Portions**  
**45 grams of carbs**

## Start with ZERO AND LOW CARB

			<p><i>Pick a Protein</i> Egg Whites <i>Pick an Oil</i> Spray Canola Oil for eggs, Tub Margarine for the toast <i>Add Flavor</i> Cilantro</p> <p><b>No Carb Portions</b></p>
--	---	---	---

		<p><i>Choose Veggies</i> Tomatoes <i>Pick a Drink</i> Sugar Free Drink Powder</p> <p><b>No Carb Portions</b></p>
--	---	--

## Add 3 Portions of MEDIUM AND HIGH CARB

			<p><i>Portion 1</i> Whole Grain Toast Slice <i>Portion 2</i> Whole Grain Toast Slice <i>Portion 3</i> Strawberries, 12 Golf Ball Sized</p> <p><b>3 Carb Portions</b></p>
--	---	---	--





# Sample Lunch

**3 Carb Portions**  
**45 grams of carbs**

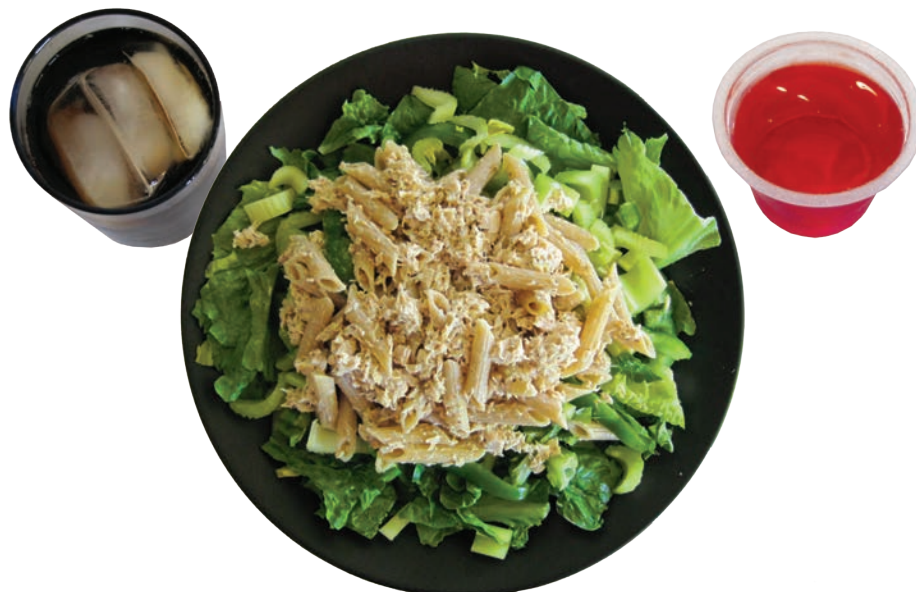
## Start with ZERO AND LOW CARB

		<p><i>Pick a Protein</i> Canned Tuna in Water <i>Add Flavor</i> Lemon and Celery Seed</p> <p><b>No Carb Portions</b></p>
---	---	--

			<p><i>Choose Veggies</i> Lettuce, Green Peppers and Celery <i>Pick a Drink</i> Zero Cola <i>Pick a Sweet</i> Sugar Free Gelatin</p> <p><b>No Carb Portions</b></p>
--	---	---	--

## Add 3 Portions of MEDIUM AND HIGH CARB

			<p><i>Portion 1</i> Fat Free Mayo, 1 Tablespoon <i>Portion 2</i> Uncooked Whole Grain Pasta, 1/2 Cup <i>Portion 3</i> Uncooked Whole Grain Pasta, 1/2 Cup</p> <p><b>3 Carb Portions</b></p>
--	---	---	---



# Sample Dinner 1

**3 Carb Portions**  
**45 grams of carbs**

## Start with ZERO AND LOW CARB



*Pick a Protein* Chicken  
*Pick an Oil* Olive Oil  
*Add Flavor* Ginger Root and Garlic

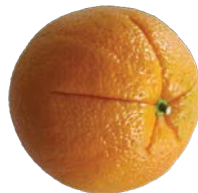
**No Carb Portions**



*Choose Veggies* Cooked Spinach and Coleslaw  
*Add Flavor* Pepper Flakes and Vinegar  
*Pick a Drink* Water  
*Pick a Sweet* Sugar Free Popsicle

**No Carb Portions**

## Add 3 Portions of MEDIUM AND HIGH CARB



*Portion 1* Sesame Seeds  
*Portion 2* Uncooked Couscous, 1/3 Cup  
*Portion 3* Orange, Baseball Sized

**3 Carb Portions**



# Sample Dinner 2

**3 Carb Portions**  
**45 grams of carbs**

## Start with ZERO AND LOW CARB



*Pick a Protein* Pork  
*Pick an Oil* Bottled Olive Oil  
*Add Flavor* Basil and Garlic

**No Carb Portions**



*Choose Veggies* Lettuce, Red Cabbage, Cucumber and Cooked Cauliflower  
*Pick a Drink* Green Tea  
*Pick a Sweet* Sugar Free Hard Candy

**No Carb Portions**

## Add 3 Portions of MEDIUM AND HIGH CARB



*Portion 1* Pine Nuts, 3/4 Cup  
*Portion 2* Brown Rice, 1/3 Cup  
*Portion 3* Brown Rice, 1/3 Cup

**3 Carb Portions**

## Ready for a snack?

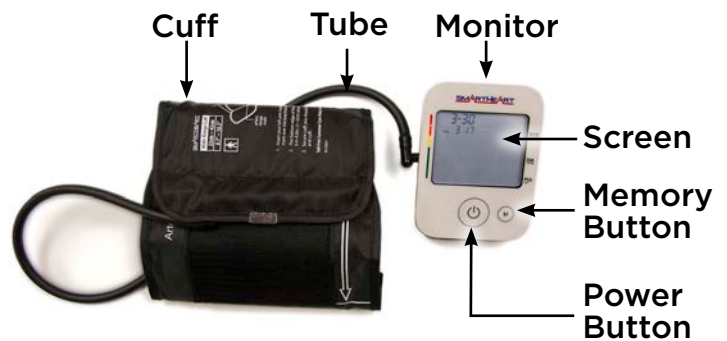
Pick 1 portion of any medium or high carb.


You may want something in a package for a snack or meal. Read the label to get the right portion size.





# How to Take Your Blood Pressure



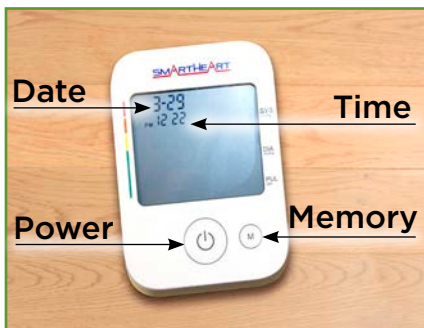
**Batteries** The first time you use the Monitor and any time the screen shows this sign:  (Low Battery)

- From the back, pull the tab and lift off the cover.
- Slide in 4 AAA batteries. Match + and - signs on the batteries to signs inside the case.
- Slip the two “teeth” into the slots. Snap the cover closed.



## First Set Up

A date and time show at the top left on screen. Change them to today.

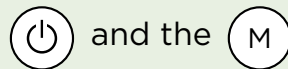


*Jot today's date and time on paper before you press buttons. You're less likely to lose your place!*

If you make a mistake, just press both buttons at the same time to start over.

## 1


To change screen numbers, press *hard and hold*




at the same time until a **12** or a **24** flashes, top right. Press M to switch numbers.





## 2

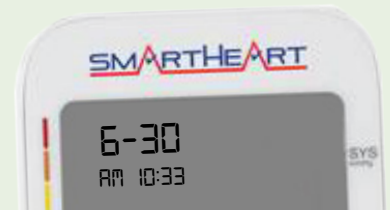
If you like a *24-hour clock* (military time), when **24** is on display, press 

If you like a *12-hour clock* (uses AM/PM), when **12** is on display, press 



At top left, a year appears.

## 3

Press  to change the number. Press  to accept the number and move to the next step.



Repeat these steps to enter the month, the day, the hour and the minute.

If you chose 12, use  to run the numbers forward to change *AM to PM* or *PM to AM* like you do on an electric desk alarm clock. Then press 

## Get Ready

Relax for 30 minutes if you just:

- Had a smoke - Drank alcohol or caffeine
- Exercised - Had a bath or shower
- Ate anything - Took medicine

The monitor can store two people in memory. If this is the first time taking a reading, **decide to be User #1 or User #2**. You have to press the right icon quickly after you put the device to work!

ICON for  
USER #1



ICON for  
USER #2



- Plug the tube into the side of the monitor.

*A heart is on the left side of the chest, so check pressure on the left arm—unless the doctor says to use the right.*

- Take off your blouse or shirt if pushing up the sleeve makes it tight on your arm.
- Set both feet flat on the floor.



## Put on the Cuff

- 1 Open the cuff so the metal bar can slide. Turn it so you can read the words.
- 2 Slip your arm through the cuff. Pull it up until the bottom edge is one inch above the bend at your elbow. You should see the crease on the inside of the elbow.
- 3 Turn the cuff so the  $\Phi$  mark runs over the middle of the bend at your elbow, and the tube down to your palm.
- 4 Reach under your arm to grab the flap. Pull a little at a time to keep the edge an inch above your elbow and the tube straight down the inside of the elbow. Tug until you are ready to stick it together.
- 5 Stick the flap to the cuff.  
*Check the fit:*
  - Can you slide just one finger under the bottom edge of the cuff? If not, open the cuff and adjust the tightness.
  - Does the Velcro pull apart as you try to stick it together? It may be too small. Call your provider for a larger size cuff.



## Put the Device to Work

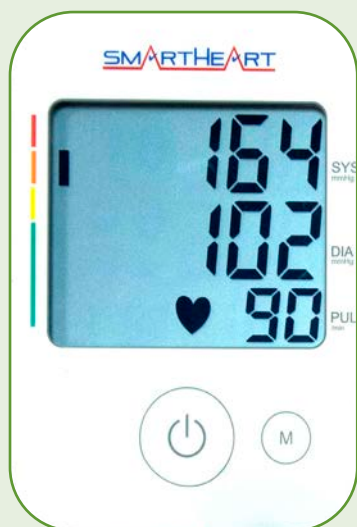
- 1 Sit up straight, so the cuff is level with your heart. Steady your arm: Elbow on the table, palm up. Take a breath and relax.
- 2 Press the **Power** button. Numbers appear, then disappear. The User Icon shows in the lower left corner. Move quickly before it disappears! Are you User #1 or #2?
- 3 To change the number, press **M**. When you see the right number, press **Power**.
- 4 The machine will now go to work by itself. The cuff squeezes, but not too tight. Numbers appear and change. Just wait.

*If the cuff ever makes you nervous, press the **Power** button to stop it.*



If you want to take another reading, wait 15 minutes. Pressure in your arm needs to go back to normal. Press the power button to turn it off

## The Numbers



When the cuff stops, three numbers are on screen. Together, these three **scores** are one **reading**.

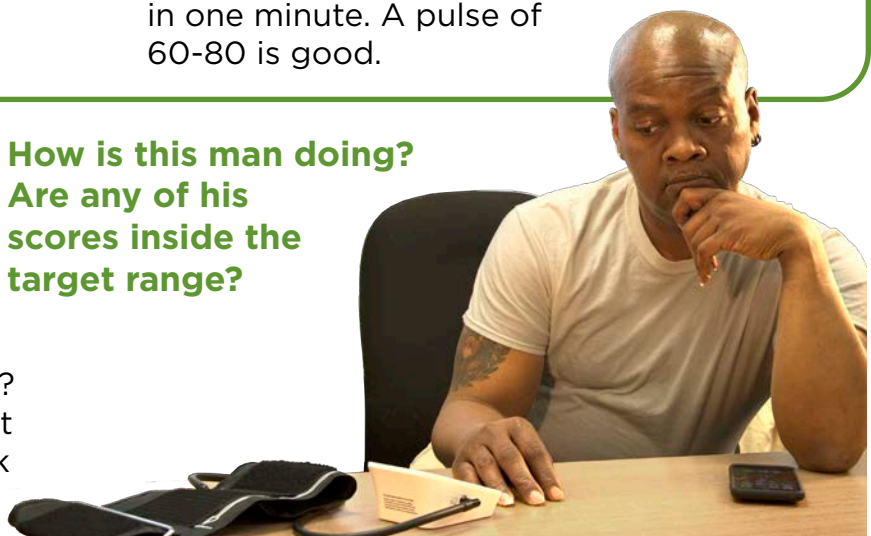
**Top** SYS - How hard the heart pushes on a beat. A good number is 130 or less.

**Middle** DIA - How strong the blood keeps flowing between beats. A good number is between 70 and 90.

**Bottom** PUL - How many times the heart beats in one minute. A pulse of 60-80 is good.

**How is this man doing?  
Are any of his scores inside the target range?**

His reading today is not good. But how do his readings look over time? What's the big picture? To know, look at the **average** of several days. Then check the **trend**. The next page shows how.



## Find the Average

**Press M.** If the User Icon does not show your number, press Power. When you see your number, just wait. By itself, the screen changes.

The three scores appear. The letter **A** (average) is at the bottom. "3" means the scores are an average of the last three readings.

A bar flashes on the left, next to a color that rates the score:  
**Green** = OK  
**Yellow/Orange** = Caution  
**Red** = Concern!



Now press **M** to see the last reading you took. The day and time you took that reading appear, upper left. Press again to see the reading before that one. Each time you press, the screen shows the next earlier reading. The bar shows if this reading is OK or a concern.



**See the Trend** It's good to have the average but seeing one score at a time doesn't show the **trend**. The *trend* tells if you're getting better or worse! The only way to see the trend is to keep a Log.

## Track Your Scores



Open the Log Book to this week. Find the line for *Blood Pressure*. Write the:

- **Top** number before the slash
- **Middle** number after the slash

Find the line for *Pulse*. Write the **Bottom** number.

Blood Pressure	155 / 95
Pulse	88

When you have at least three readings, look for the **trend**. **To spot a trend, ask:**

- Are the numbers getting closer to your target scores or farther away?
- Are numbers getting more steady or are they jumping high and low?

Blood Pressure	155 / 95	153 / 94	152 / 94
Pulse	88	87	85

If the numbers are going down or getting more steady, you're probably doing a good job relaxing and avoiding salt and fat!

# How to Survive a Night Out



- 1 **Take The Medicine**, no matter what  
*If you indulge, meds will help you recover faster.  
If you stick with the plan...well, meds are part of the plan!*
- 2 **Eat Some Protein Before You Go** (Meat, eggs or fish)  
*If you indulge, you won't go as far overboard.  
If you stick with the plan, it's easier to keep up your guard.*
- 3 **Decide** ahead of time: **Indulge** or **Stick With The Plan**  
*If you wait until you're there, you'll give in.*

## Indulge

"I don't care! You've got to live a little now and then."

*You still have choices **what** you'll overeat.*

Sweets, salty snacks and bread keep you overeating for days after.



## Keep it simple

Meat and veggies. No pasta, rice or potatoes. Fill up on protein and you won't feel hungry tomorrow.



## Stick With The Plan

"Tomorrow I want to wake up feeling good about myself."



## \* IDEAS others say work to keep them on plan:

"Before I go, I note today's headlines, jokes and quotes so I can talk instead of eat."

"At restaurants, I ask for a doggy bag when I order. I slide in half the food on my plate before I eat a bite."

"I announce I don't eat bread and pass the basket. Then I'm too embarrassed to ask for it back."



"I ask the bartender for sparkling water with a lime in a daiquiri glass. Who's to know?"

"Popcorn--no butter--lasts longer than candy!"

"A slow trip to the restroom with friends at intermission leaves no time for snacks."

"SALAD, SALAD, SALAD. That's my 'go-to'. Salad with some sort of meat or fish on it. Lemon slices, not dressing. *Then I'm home free...*





# How to Read Food Labels to Get the Right Portion Size

Find the Nutrition Facts Label. It may be a tall box with white space. It may go sideways with words all run together.

## The Four-Step Test for Every Label

**1. Check the Saturated Fat line.** If it's more than 5, it's not a good choice. The fat limit for the whole day is 15.

**2. Check the Sodium line.** If it's more than 300, it's not a good choice. The limit for the day is 1500.

**3. Check the Ingredients.** If you see "Shortening" or "Partially Hydrogenated" it's not a good choice.

### Nutrition Facts

Serving Size 2 slices (17g)  
Serving Per Container 1 6

Amount Per Serving			
Calories 60		Calories from Fat 0	
		%Daily Value*	
Total Fat	0g		0%
<b>Saturated Fat</b>	0g	✓	0%
Trans Fat	0g		
Cholesterol	0mg		0%
<b>Sodium</b>	70mg	✓	3%
<b>Total Carbohydrate</b>	15g	✓	5%
Dietary Fiber	3g		12%
Sugars	0g		
Protein	2g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

✓ **Ingredients:** Whole Grain Rye Flour, Water, Salt. **MAY CONTAIN TRACES OF WHEAT.**



**4. Check the Carb line.** If it's about 15, you've got a carb portion!

Careful! A whole package is usually NOT a portion.

Look up at the "serving size" to see how big the portion really is.

Serving Size 1/2 Cup  
Total Carbohydrate 7g 3%

If the carb line is about 7 you can have **two** servings for 1 carb portion.



Serving Size 1 Cup  
Total Carbohydrate 30g 10%

If the carb line is 30, cut the serving size in **half** for 1 carb portion.



Serving Size 1 Pastry  
Total Carbohydrate 37g 18%

If the carb line is more than 35, you'd have to cut the serving size down so small it's probably not worth it!



# "It's Just 40 Minutes"

## What can happen in 40 minutes?

- Blood pressure "resets" at a lower level.
- Blood sugar comes down.
- Cholesterol may come down even if you don't lose weight.

*"Endurance Exercise Training"*  
*Journal of Metabolism*

Pick a regular time.  
Hang the Poster to see good form for doing the exercises.

**Stretch** before and after for 5 minutes.  
**Stride** 5 days a week for 30 minutes.  
**Strength** 2 days a week for 30 minutes.

5 minutes stretching before  
30 minutes striding or strengthening  
5 minutes stretching after

**40 Minutes Total**

*Check with your doctor before you start an exercise program.*



## Stretch

Check magazines, books and friends for new ideas on how to stretch. Just make sure you have a stretch for all four parts each time: Arms High, Arms Low, Legs High, Legs Low.



## Stride

Invite a friend along. A Moves Buddy helps get you out day after day. You know someone's waiting for you. *If you miss a day from time to time, don't stop or punish yourself. Just keep moving!*



## Strength

You need weights. A weight is right when you can lift it only 15 times—and that last time you strain and grit your teeth. *Most people start with 2 pounds.* You can buy weights or make your own: Put two one-pound bags of beans in a larger bag.



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## Get Ready

### Keep these 6 things in one place, ready to go:

**Shoes** Comfortable, the right size, canvas or soft leather.

**Socks** Soft, the right size, without seams.

**Shirt and Pants** Loose and comfortable.

**Water Bottle** Sip before, along the way and after.

**Wristwatch** Time yourself out and back.

**Pedometer** to count your steps.



If outdoors is not safe, find another place: a school gym, a church multi-purpose room or a shopping mall. Call City Hall or a community center: Ask about a walking club. If there isn't one, start one.



*If you want to do something, nothing is too hard. If you don't want to do it, everything is too hard.*

## Stride 5 Days a Week

Strides are *whole body actions*: Dance, Sports, Bicycle. Most people don't dance or do sports five days a week. To log five days, most of us need a **Walking Plan**.

Walk 15 minutes out and 15 back. If you can't do 15 minutes at first, use the chart "3 Weeks to 30 Minutes."

When you hit 30 minutes, go slow for the last 5 minutes: Bring the heart rate down..

Once you get up to 15 minutes on the "Out-and-Back" system you're ready for more: Every town has fire hydrants and lamp posts. See how many you pass in 15 minutes.

Every few days, reach at least one more fire hydrant or lamp post before you turn back. *You'll have to move a little faster! If you can't talk while you walk, slow down.*

3 Weeks to 30 Minutes			
		Out	Back
Week 1	Day 1	4 minutes	4 minutes
	Day 2	5 minutes	5 minutes
	Day 3	6 minutes	6 minutes
	Day 4	7 minutes	7 minutes
	Day 5	8 minutes	8 minutes
Week 2	Day 1	9 minutes	9 minutes
	Day 2	10 minutes	10 minutes
	Day 3	11 minutes	11 minutes
	Day 4	12 minutes	12 minutes
	Day 5	13 minutes	13 minutes
Week 3	Day 1	14 minutes	14 minutes
	Day 2	15 minutes	15 minutes



**Remember to Stretch before and after. Open this poster for Stretches.**

# How to "Exercise Right"

## Stretch Before and After

### DAILY Arms and Legs High and Low Hold while you count to 20.

#### Arms High

Reach to the sky with right arm.  
Drop hand to your back.  
Grab the elbow with the left hand behind your head.  
Pull to the left, but don't lean yet—reach as far down your back as you can.  
Now lean left. Repeat on the other side.



#### Arms Low

Reach right arm across chest.  
Bend left arm up, pressing upper right arm between shoulder and elbow.  
Look to the right, turning your head as far as it will go.  
Repeat on the other side.



#### Legs High

Steady yourself on a wall with your left hand, if you need to.  
Grab your ankle and stand up straight, keep your knee down.  
Pull the ankle up as far as it will go.  
Keep your other leg straight down, knees next to each other.  
You're stretching the muscle on the top of your leg.  
Repeat on the other side.



#### Legs Low

Take a big step forward with right leg.  
Keep heels on the ground.  
Bend the right knee and lean forward.  
Don't let your knee go past your toes.  
Repeat on the other side.



**Breathe** while you stretch.  
**Resist** the impulse to hold your breath.

## Strength 2 Days a Week

### DAY 1 Arms Forward and Back Do each move 15 times.

#### Arms Forward

Hold weight in your right hand.  
Elbow tight to side.  
Shoulders up and back.

Count to 5 while pulling up to the shoulder.  
Count to 5 while letting it down again.  
Do both arms at once or do first one and then the other.



#### Arms Back

Left hand and knee on chairs. Knee under the hip.  
Hand under the shoulder. Back level with the floor.  
Bend right arm. Keep elbow close to body.

Count to 5 while pushing the weight behind you.  
Count to 5 while bringing it back again.  
Repeat on the other side.



### DAY 2 Legs Forward and Back Do each move 15 times.

#### Legs Forward

Balance weight on ankles.  
Sit straight, arms crossed on your chest.

Count to 4 while pulling legs up together.  
Count to 4 while letting them down.



*Don't "lock" the knees.*

#### Legs Back

Hold a weight in each hand.  
Feet shoulder width apart.  
Don't lock the knees.

Count to 4 while bending knees to squat.  
*Hold the position.*  
Count to 4 while pushing legs back to standing.



*Keep the back straight.*

One set of 15 with the right weight is enough.  
If it's easy, add pounds until 15 times is hard.

## Build-A-Meal

Everyone wants to feel full after a meal. If you're still hungry, or if you feel like you're missing out, you won't stick to the plan. Use the poster to "Build-A-Meal" that will keep you full and satisfied. For each meal:

### STEP ONE Start with "ZERO AND LOW CARBS."



From the first row:  
**Pick a Protein** Roast, boil or grill it.  
**Pick an Oil** For fried protein, use spray oil.

From the second row:  
**Add Flavor** Choose some spices for your protein and your veggies.  
**Choose Veggies** Make a salad or cook some. Have as much as you want!

From the third row:  
**Pick a Drink**  
**Pick a Sweet**

Now look: You have a whole meal using just "Zero and Low Carbs." Anything more is a bonus. And you can have more.

### STEP TWO Add "MEDIUM AND HIGH CARBS."



**Pick 3 Portions** Go easy on sweets and nuts in the last row. Have a small amount once in a while. You can add flavor to these carb choices, too.

Now you have a complete meal that keeps you full and on target. For more ideas see the recipe cards.

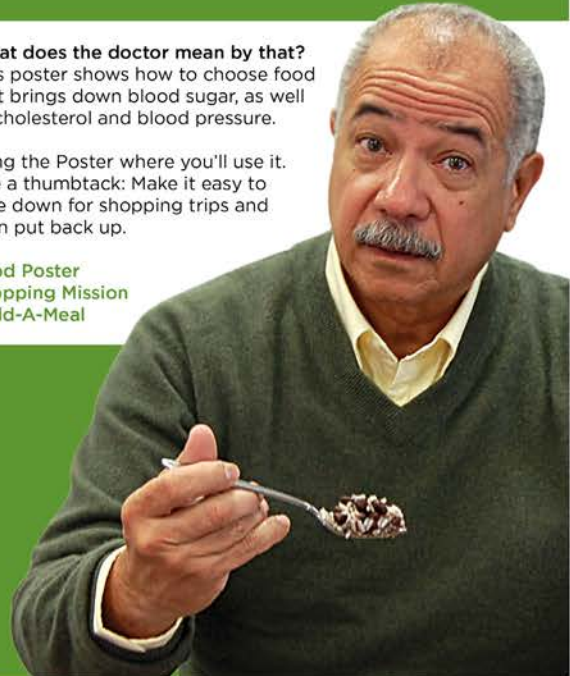
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# How To "Watch What You Eat"

**What does the doctor mean by that?**  
 This poster shows how to choose food that brings down blood sugar, as well as cholesterol and blood pressure.

Hang the Poster where you'll use it. Use a thumbtack: Make it easy to take down for shopping trips and then put back up.

Food Poster  
 Shopping Mission  
 Build-A-Meal



## Shopping Mission Get in. Get out. No distractions.

The struggle to eat right is won—or lost—at the grocery. You buy it, you'll eat it.

**!** If it's in a package, read the ingredients. Don't buy if you see: Shortening or Partially Hydrogenated.

### Deli and Bakery



**TRAP**  
 Prepared food doesn't have labels. You don't know how much trans fat, sodium and sugar is in it.

**TRAP**  
 "Low" or "Lite" may still have fat and sodium.

### Eggs and Dairy



### Meat and Fish



**TIP**  
 Look for: 90% Lean, 10% Fat Select or Choice

**TRAP**  
 Lunch meats—even chicken and turkey—can be high in sodium.

### Fresh Produce



**TRAP**  
 Dips and dressings that say "Low" or "Lite" may still have trans fat and sodium.

### Center Aisles—Know what you're going in for

#### Frozen Food



**TRAP**  
 The bad stuff is on the same shelves with the good stuff.

**TRAP**  
 Granola seems healthy, but it has high sugar, fat and sodium.

**TRAP**  
 "Instant" foods are stripped of fiber.

**TIP**  
 Read the aisle signs. Only enter rows you have to. Look for:

- **Bread:** 100% Whole Grain, Pumpernickel
- **Rice:** Brown, wild
- **Cereal:** High fiber brands, oatmeal, oat bran, barley
- **Tea** without caffeine

### High Fiber Fruits



### High Fiber Veggies



### High Fiber Beans, Seeds and Pastes—Read the label

Black Beans	Lima Beans	Flaxseed (ground)
Black-eyed Peas	Navy Beans	Sunflower seeds
Chick Peas	Northern Beans	Sesame Seeds
Kidney Beans	Peas	Hummus
Lentils	Pinto Beans	Tomato Paste

### Checkout

**TIP**  
 As you empty the cart, set aside (don't buy) bad stuff that may have slipped in.

**TRAP**  
 Impulse purchase racks are filled with sodium, sugar and trans fat.



# How To "Watch What You Eat"

The more you stay on the right side of the poster, the better you'll feel.

## Zero and Low Carb High Sodium • Bad Fat



Red Meat and Animal Fat



Salty Sides

## Very High Carb High Sodium • Bad Fat Low Fiber



Sugary Drinks



TV Dinners  
Vegetables in Cans or Dried



Fruit Juice  
Fruits in Syrup or Dried



Processed Grain and Starch



Whole Dairy and Extras

## Zero and Low Carb Low Sodium • Low or Good Fat



Protein: Egg Whites, Fish, Lean Meats • Oil: Margarine in Tubs, Vegetable Fat, Spray Oils



Spices, Herbs, Salt Substitute • Vegetables



Sugar-Free Sides • Sugar-Free Drinks

## Medium and High Carb Low Sodium • Low or Good Fat



Vegetables: Fresh, Frozen or in Cans with no Salt



Fruits: Fresh, Frozen or in Cans with Water



Whole Grain and Starch



Low Fat, Fat Free or Good Fat

GO EASY: These High and Medium carbs are good but you can still have too much of a good thing.

# Front

## Fast Food AdVisor<sup>®</sup>

When you can't avoid Fast Food, these choices won't get you too far off track. After any one of these meals, it would be a good idea to avoid eating salt for the rest of the day.

### Tips

**HOLD** sauces, mayo, guacamole, sour cream, whipped cream

**AVOID** fried, crispy, breaded items

**TOSS** half the bun, breaded coating

**USE** fat-free and low-fat, mustard, and salsas

**PILE ON** lettuce and veggies

**DRINK** water



**Hamburger**, No Ketchup or Pickles and Kids Fry

**Filet-O-Fish\*** No Cheese and Apple Slices



**Whopper Jr.** No Mayo and Chocolate Chip Cookie

**4 Piece Chicken Nuggets** and Applesauce



**Sweetfire Chicken Breast** and Fortune Cookie

**Broccoli Beef** and Fortune Cookie



**2 Grilled Drumsticks**, Sweet Corn and 1 Chocolate Chip Cake

**1 Grilled Chicken Wing** and Mashed Potatoes



**Steel-Cut Oatmeal**, Tall Cappuccino and 1 Chocolate Chip Cookie

**Tall Caramel Macchiato** and 1 Petite Vanilla Bean Scone



**Jr. Hamburger** with Lettuce, Tomato, and Onion and Apple Bites

**4 Piece Chicken Nuggets** and Plain Baked Potato



**1 Slice of Medium Veggie** Lover's Thin 'n Crispy Pizza OR Medium Thin 'n Crispy Cheese Pizza

**2 Naked Wings** and 1 Cinnabon Mini Roll



**6 Inch Sub on Hearty Multi-Grain**, Veggie Delight OR Tuna Salad, with all Fresh Vegetables



**2 Crunchy Tacos** with Slow Roasted Chicken and Lettuce

**1 Black Bean Chalupa**



**3 Crispy Corn Tacos** with Chicken, Lettuce, Green-Chili Salsa

**Burrito Bowl** with Chicken, brown Rice, Lettuce

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# Back

## Just to Remind You Why You **Don't** Want Fast Food

To help you stay healthy, eat no more than these totals in a whole day:

**Sat Fat** - 15g  
about 5g a meal  
**Sodium** - 1500mg\*  
about 500mg\* a meal  
**Carbs** - 150g  
about 50g a meal

\*Sodium limits are higher if you don't have a chronic disease.

Daily: **2300mg**  
Meal: about **700mg**



Everything here is way too high!

R7.23

		Sat Fat	Sodium	Carbs
<b>Burger King</b>	Whopper	12g	911mg	54g
	Crispy Chicken Sandwich	7	1070	54
	Chocolate Shake	9	410	103
<b>Chipotle</b>	Chicken Burrito Pinto Beans, Salsa, Cheese and Sour Cream	16	1890	90
	Steak Burrito Black Beans, Tomato Salsa	11	1470	77
	Chips and Guacamole	7	760	81
<b>McDonald's</b>	Cheeseburger	6	745	33
	McChicken	3.5	560	39
	Big Breakfast w/ Biscuit, egg, sausage, hash brown	18	1530	57
<b>KFC</b>	Medium French Fry	2	260	43
	Spicy Crispy Breast	3.5	1100	11
	Mashed Potatoes/Gravy	1	520	20
<b>Panda Express</b>	Biscuit	4.5	520	22
	Orange Chicken	5	820	51
	Chow Mein	3.5	860	80
<b>Starbucks</b>	Fried Rice	3	850	85
	Steamed Rice (White)	0	0	87
	Personal Pan Cheese (4 slices)	10g	1240mg	100g
<b>Pizza Hut</b>	4 Mild Buffalo Bone Out Wings	4	1360	40
	Blueberry Muffin	3	250	47
	Cinnamon Coffee Cake	8	270	57
<b>Starbucks</b>	Pumpkin & Pepita Loaf	2.5	470	59
	White Chocolate Mocha Non-Fat, No Whip, 16 oz	12	240	54
	Cookie, Chocolate Chip	5	120	30
<b>Subway</b>	6" Meatball Marinara	7	1100	50
	6" Sweet Onion Teriyaki	1	850	55
	Burrito Supreme Chicken	5	1150	49
<b>Taco Bell</b>	Chicken Quesadilla	13	1260	41
	Crunchwrap Supreme	7	1210	73
	Jr. Cheeseburger	6	610	26
<b>Wendy's</b>	Apple Pecan Salad with Chicken and Dressing (full)	11	1230	28
	Medium French Fry	2	470	35
	32 Oz. Coke	0	120	104
<b>Drinks</b>	32 Oz. Pepsi	0	80	109
	32 Oz. Fanta Orange	0	160	120
	32 Oz. Sprite	0	170	102

# FRONT

## 4 Act

Whatever your stress...

### Task too big?

Break it down. Get help.

### Nervous?

Cut out coffee and sugar.

### Made a mistake?

Admit it and move on.

### Overwhelmed?

Make a To-Do list.

**No time?** Say NO—  
suggest someone else.

## 5 Rate

Write the **worst** thing that could happen: \_\_\_\_\_

Example "nuclear war"

What's your stress? \_\_\_\_\_

Example "divorce"

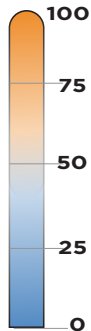
Compare your bad news to the worst.

Is it half as bad? Less?

Mark where it fits.

**Why is it not as bad?**

*Newborn sleeping*



When stress hits, you have:

3 things for your *body*

**B**reathe

**S**tretch

**S**leep

2 things for your *mind*

**A**ct

**R**ate

Five Steps from Stress to Calm: **BSSAR**.  
To do anything else would be *bizarre*.



Five Steps From  
*Stress to Calm*

# BACK

**Stress** is getting to you when:

- Headaches come often
- You are easily distracted
- Others say you're touchy
- Sleep won't come at night
- Breathing is hard
- It all seems so hopeless



## 1 Breathe

- Close your eyes
- Breathe in while you count to 5 and raise your shoulders up and back
- Breathe out while you count to 10 and slowly lower your shoulders
- Repeat 5 times



## 2 Stretch

- Lace your fingers, palm in
- Reach to the ceiling, palms down
- Turn your palms up, reach higher
- Lean to the left
- Lean to the right
- Lift legs
- Turn feet in circles
- Roll head to the left
- Roll head to the right



## 3 Sleep

*Don't lie awake. Try:*

- A warm shower
- Warm socks
- Making the room dark
- Imagining..

*What makes you laugh  
A dream come true*



# What You Need in an Emergency

Emergency Contacts	Meds List		
	Dose	When	
Name .....			
Number _____			
Doctor .....			
Specialty .....			
Number _____			
Doctor .....			
Specialty .....			
Number _____			
Doctor .....			
Specialty .....			
Number _____			
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="background-color: #c00000; color: white; padding: 5px;"><b>Emergency Card</b></div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: small;">FOLD HERE</div> </div>			
<p>If I can't tell you what's wrong, it's probably my <b>heart condition</b>.</p> <p>Please call <b>911</b> and my emergency number.</p> <p>____ - ____ - _____</p>	<p>Allergies: _____</p> <p>_____</p> <p>_____</p>		





# Door Hanger




## Bathroom Checklist

	<p><b>Floss</b> Gently</p>
	<p><b>Lotion</b> Everywhere but not between toes.</p>
	<p><b>Look</b> Every day for cuts, cracks, blisters and red spots on your skin.</p>
	<p><b>Clip</b> If the doctor said it's OK. Turn over to see how.</p>
	<p><b>Poke</b> Once a month. Turn over to see how.</p>

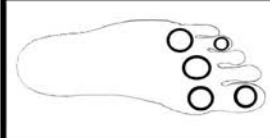



**Clip Toenails**  
When the nail is longer than the end of the toe it's time, if the doctor said OK.

After a bath or shower, use clippers with **straight**, not curved, edges. Cut the nail straight across, even with the end of the toe. *Never get a pedicure. You risk cuts and infections.*

	<p><b>Curved</b></p> 	<p><b>Straight</b></p> 
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**Poke Foot (Screen Test)**  
Each month, ask someone to check your feet with the tester. *(If you do it, you can fool yourself: You know when it touches, even if you don't really feel it!)* The chart below shows the spots where your helper should poke.

	
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Poke *beside* any sore or callous inside a circle. The helper should push to bend the tester, then count to two.

**Can you feel it?** If not, put an X in this circle on the inside back cover of *The New Log Book*. Write the date.

Repeat for all circles. Call the doctor if you made any Xs. Keep the tester near this Door Tag.

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