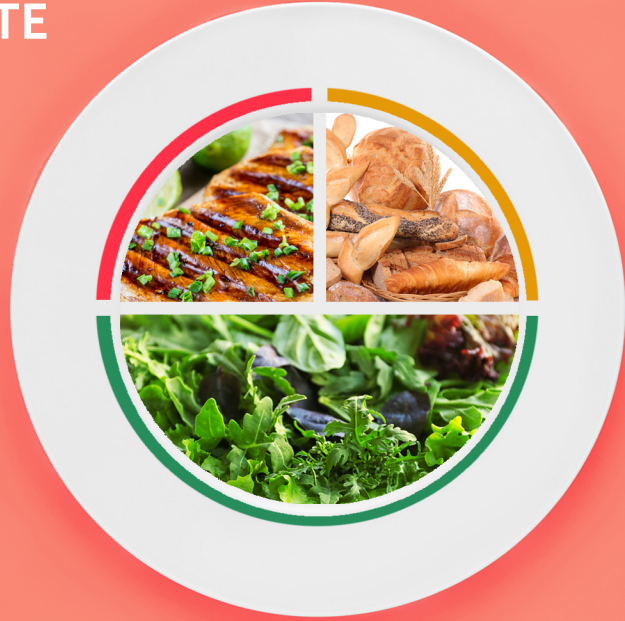


## HOW TO DIVIDE YOUR 9" PLATE

- 1/4 PROTEIN**  
(such as chicken, fish or lean cuts of beef)
- 1/4 CARBOHYDRATES**  
(such as breads, pasta, rice, or potatoes)
- 1/2 NONSTARCHY VEGETABLES**  
(such as green beans, salad, or spinach)

**ADD DAIRY AND FRUIT**  
(such as 6 oz of light yogurt and a piece of fruit)

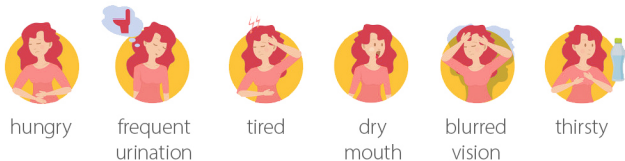
**USE FAT SPARINGLY**  
(such as butter)



Source: American Diabetes Association, 2015

## NOTES:

### UNDERSTANDING HIGH BLOOD SUGAR (HYPERGLYCEMIA)



#### Possible causes

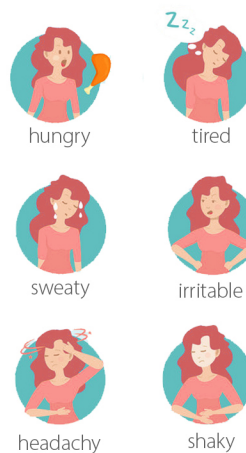
- not taking diabetes medication or taking too little, and/or taking at the wrong time
- Eating too much or not eating the appropriate balance of food
- Illness or infection
- Trauma/stress-- physical and/or emotional

#### What should you do?

- test your blood sugar regularly
- take your medication as prescribed
- follow your meal plan
- drink extra water
- call your Diabetes Care Team if you continue to have high blood sugar

Source: American Diabetes Association, 2016

### LOW BLOOD SUGAR (HYPOGLYCEMIA) WARNING SIGNS AND TREATMENT



#### Here are 3 quick ways to raise your blood sugar:



3-5 glucose tablets



15 small, sugary chewable candies



1/2 cup of fruit juice

Source: American Diabetes Association, 2018

\*All are examples of 15 grams of carbs