

# Session 7



## Protect Your Heart From Diabetes

### Objectives

**By the end of this session, participants will learn:**

- What diabetes is and how it affects the body
- The symptoms of diabetes
- That diabetes is a major risk factor for heart disease
- What blood sugar levels are and what they mean
- How to prevent and control diabetes
- The amount of carbohydrates and sweeteners in common drinks and foods

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### Materials and Supplies

**To conduct this session, you'll need:**

- *With Every Heartbeat Is Life* manual and picture cards
- Blackboard and chalk, dry erase board, or several large pieces of paper, a marker, and tape
- Two bottles of water
- Red food coloring
- One cup of corn syrup
- (Optional) Small funnel
- Box of sugar cubes
- Three manila file folders or sheets of cardstock
- Supplies for the Think Before You Drink: Sweeteners in Drinks Activity (see page A.16)

## Handouts

### Give each participant these handouts during this session:

- List of places where participants can get their blood sugar checked
- What Is Diabetes? (page 7.30)
- Are You at Risk for Type 2 Diabetes? (page 7.31)
- Symptoms of Diabetes (page 7.32)
- Tender Care for Your Feet (page 7.33)
- Be Smart About Your Heart: Control the ABCs of Diabetes (page 7.34)
- Read the Food Label for Carbohydrates (pages 7.35-7.36)
- Pam's Food Choices (pages 7.37-7.38)
- Think Before You Drink: Sweeteners in Drinks (page 7.39)
- How Much Sweetener and How Many Calories Are in Your Favorite Drink? (page 7.40)
- Staying Healthy with Diabetes: Real-Life Stories (pages 7.41-7.43)
- Soul Food Makeover: Fruit Salad Recipe (page 7.44)

## Before This Session

### NOTE



(Optional) **Arrange** for a health professional or a diabetes educator to come to the session to measure participants' blood sugar levels.

- **Create** a list of where participants can get their blood sugar checked. You may find information at your local health department, hospital, or clinic.
- **Create** the displays for the Think Before You Drink: Sweeteners in Drinks Activity.

### NOTE



See pages A.14-A.18 in the Appendix for examples of the displays. You can also find online resources, including posters and YouTube videos, to demonstrate the amount of sugar and other sweeteners in drinks.

1. Use drawings, empty cans, or bottles to represent the drinks in the chart below.
2. Prepare five displays, each featuring one drink.
3. To prepare each display:
  - Cut a manila file folder in half and fold each half to make a tent.
  - Write the name of the drink on one side. On the other side, write the number of calories and the grams (or teaspoons) of sweetener that are in the drink.
  - To find the number of teaspoons, divide the grams of sugar on the nutrition label by four.
4. Put the cards aside until it's time for the activity.

### Think Before You Drink: Sweeteners in Drinks

Serving Size	Drink	Amount of Sweetener
12 ounces	Fruit-flavored drink, powdered, reconstituted	6 teaspoons (24 grams)
12 ounces	Sparkling water	0 teaspoons (0 grams)
12 ounces	Grapefruit juice	6¾ teaspoons (27 grams)
12 ounces	Soft drinks	9¼ teaspoons (37 grams)
12 ounces	Lemonade, fruit-flavored drink	6 teaspoons (24 grams)
12 ounces	Unsweetened iced tea	0 teaspoons (0 grams)
12 ounces	Unsweetened coconut water	3½ teaspoons (14 grams)

- **Prepare the blood sugar demonstration using water, food coloring, and corn syrup.**

#### NOTE



(Optional) **Use** a small funnel to pour the liquids into the bottles.

1. Put two clear plastic bottles on the table.
2. Add 1 cup of water and 3 drops of red food coloring into one of the bottles. This represents blood with normal blood sugar.
3. Add 1 cup of corn syrup and 3 drops of red food coloring into the other bottle. This represents blood with high blood sugar.

## **Session Outline**

### **Introducing the Session**

1. Welcome
2. Review of Last Week's Session
3. About This Session

### **Conducting the Session**

1. The Facts Don't Lie
2. What Is Diabetes?
  - A. What is Prediabetes?
3. Types of Diabetes
4. Blood Sugar Demonstration Activity
5. Risk Factors for Diabetes
6. Symptoms of Diabetes
7. Blood Glucose (Sugar) Levels
  - A. Hypoglycemia
  - B. Hyperglycemia
8. Complications of Diabetes
9. ABCs of Diabetes Control
10. Food Label Activity: Carbohydrates and Sweeteners
11. Think Before You Drink: Sweeteners in Drinks Activity
12. Staying Healthy With Diabetes: Real-Life Stories—Group Activity
13. Soul Food Makeover: Fruit Salad Recipe

### **Review of Today's Key Points**

### **Weekly Pledge**

### **Closing**

# Introducing the Session

## 1. Welcome

DO **Welcome** participants to the session.

## 2. Review of Last Week's Session

SAY At the last session, we talked about aiming for a healthy weight.

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SAY **Q: Does anyone remember why a healthy weight is important to your heart health?**

A: Keeping a healthy weight reduces your risk of heart disease, stroke, high blood pressure, high cholesterol levels, diabetes, breathing problems, and certain cancers.

**Q: What's the healthiest way to lose weight?**

A: Eat smaller portions; choose food that's low in saturated fat, added sugars, carbs, and calories; and increase your physical activity.

**Q: How does the food label help you lose weight?**

A: The food label tells you the serving size and the saturated fat, added sugars, carbs, and calories per serving, so you can compare different foods.

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SAY The serving size isn't a recommendation of how much you should eat or drink. It just shows how much people typically eat or drink.

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SAY At the end of the last session, you pledged to take steps to help you keep or get to a healthy weight. Did you have any problems? What were they and how did you deal with them?

## NOTE



Allow 5 minutes for participants to respond.

## ASK

Has anyone completed the family health history?

## DO

*(Optional)*

**Give** a prize to participants who've completed the history.

## SAY

Does anyone want to share what you learned about your family health history?

## NOTE



Allow 5 minutes for participants to respond.

### 3. About This Session

## SAY

Singer-songwriter and actress Beyoncé Knowles said, “Be healthy and take care of yourself, but be happy with the beautiful things that make you, you.”

## ASK

What does this quote mean to you?

## NOTE



Allow a moment for participants to respond.

## SAY

Did you know that having diabetes makes it more likely you'll get heart disease or have a heart attack? In today's session, you'll learn what you can do to prevent or control diabetes. If you have diabetes, you'll need to work closely with a health care provider, registered dietitian, or certified diabetes educator to help you monitor and control your blood sugar. (The medical term for blood sugar is “blood glucose.”)

# Conducting the Session

## 1. The Facts Don't Lie

- SAY** Diabetes is a serious problem for African Americans. It affects men, women, and children.
- About 13 percent of African Americans have a diagnosis of diabetes (others may have it but a health care provider hasn't diagnosed it).
- African Americans are more likely to have diabetes and to die from it than are whites.
- Diabetes affects almost every part of your body. It makes you more likely to get heart disease and to have a heart attack or stroke.
- Managing your blood sugar levels can help prevent many health problems caused by diabetes.

## 2. What Is Diabetes?

- SAY** Now we'll talk about what diabetes is and the types of diabetes.

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**DO** **Give** participants the "What Is Diabetes?" handout (page 7.30).



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**DO** **Show** picture card 7.1.



**SAY** Normally, the food we eat breaks down into glucose, which is a type of sugar. Blood carries that sugar to our cells, where our body turns it into energy. For the sugar to get into our cells, it needs help from a hormone called insulin.

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**DO** **Show** picture card 7.2



**SAY** Diabetes is when the body can't make enough insulin or when cells can't use it well. Both cause sugar to build up in our blood. People who have a lot of sugar in their blood have diabetes.

## A. What Is Prediabetes?

**ASK** Does anyone know what prediabetes is?

**NOTE**



Allow a minute for participants to respond.

**DO** **Add** these answers if participants don't mention them:

- Prediabetes is when blood sugar levels are higher than normal, but not high enough to be diabetes.
- One in three people has prediabetes. People with prediabetes often get type 2 diabetes. (We'll talk about the types of diabetes next.)
- Taking small steps, such as eating healthier foods and moving more to lose weight, can help improve how your body uses insulin and can prevent or delay type 2 diabetes in people with prediabetes.

## 3. Types of Diabetes

**DO** **Show** picture card 7.3.



PICTURE

**SAY** There are three main types of diabetes.

**Type 1 diabetes** most often occurs in children or young adults. It's caused by an autoimmune reaction, which is when the body's immune system, designed to fight off infections, mistakenly attacks healthy cells instead. In type 1 diabetes, the reaction destroys the insulin-making cells in an organ called the pancreas.

People with type 1 diabetes have to give themselves insulin, usually by injections or a pump.

Only about 5 percent of people with diabetes have type 1.

**SAY** **Type 2 diabetes** can happen at any age, but it's more common after age 45.

If you have type 2 diabetes, your body makes some insulin, but not enough. Also, your cells aren't very good at using the insulin.



If you have type 2, you may need to take medication.

Type 2 is becoming more common in children.

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**SAY**

**Gestational diabetes** occurs only when a woman is pregnant.

Every year, 2 to 10 percent of women in the United States develop gestational diabetes. It goes away after the baby is born. However, about half of all women who had it get diabetes later in life.

Women are at risk for gestational diabetes if they're older than age 25, are overweight, or have a family history of type 2 diabetes.

African American women are more likely than white women to get gestational diabetes.

Women with a hormonal disorder called polycystic ovary syndrome (PCOS) are at risk for developing gestational diabetes.

Children born to mothers with gestational diabetes are at a higher risk for becoming overweight and developing diabetes.

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**ASK**

Since type 2 diabetes is much more common than the other types, let's talk now about how to prevent and control it. What are some of the things we can do to prevent or control type 2 diabetes?

**NOTE**

Allow 2 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

**DO**

**Add** these answers if not mentioned:

- Eat smaller portions.
- Drink water or other unsweetened drinks instead of sugary drinks, and eat less high-carbohydrate food, such as baked goods, rice, pasta, potatoes, and cereal. Carbohydrates turn into sugar in your body.
- Do at least 2 hours and 30 minutes of moderate-intensity aerobic activity, like brisk walking, each week.
- If you have diabetes or prediabetes, it's very important to follow your health care provider's instructions for taking your medications, monitoring your diet, and checking your sugar levels.

## 4. Blood Sugar Demonstration Activity



**SAY** Now I'm going to show you the difference between normal blood and blood with high sugar levels.

**DO** **Get** the bottles you prepared for the blood sugar demonstration.  
**Slowly tilt** the plain water bottle from side to side to show the smooth movement of the liquid.

**SAY** Notice how the liquid moves easily and freely? This is what the blood of someone with normal sugar levels looks like.

**DO** **Slowly tilt** the bottle with corn syrup from side to side to show the slow movement of the liquid.

**SAY** Notice how thick and slow it is? This is what the blood of someone with high sugar levels looks like.  
Why? Because the sugar stays in the blood instead of going into the body's cells.

## 5. Risk Factors for Diabetes

**ASK** What do you think increases your chances of getting diabetes?

### NOTE



Allow 3 minutes for participants to respond.

**DO** **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

**DO** **Give** participants the “Are You at Risk for Type 2 Diabetes?” handout (page 7.31). As you read each risk factor, **ask** participants to check the risk factors they have.



HANDOUT

**DO** **Show** picture card 7.4.



PICTURE

**SAY** Your risk of getting diabetes increases if you:

- Have prediabetes
- Are age 45 or older
- Are overweight, especially if you have extra weight around your waist
- Are physically inactive
- Have a parent, brother, or sister with diabetes
- Are African American, Hispanic/Latino American, Alaska Native, American Indian, Asian American, Native Hawaiian, or Pacific Islander
- Had gestational diabetes or had a very large baby (weighing more than 9 pounds)
- Have high blood pressure
- Have depression
- Have polycystic ovary syndrome, also called PCOS
- Have acanthosis nigricans, which is a condition that causes dark, thick, velvety skin around your neck or armpits

**SAY** The good news is that even if you're at risk for diabetes you can prevent or delay getting diabetes by eating healthy and doing physical activity.

It's important to be physically active for 30 minutes on most days and, if you're overweight, to lose even a small amount of weight.

## 6. Symptoms of Diabetes

**ASK** Does anyone know the signs or symptoms of diabetes?

**NOTE**



Allow 3 to 5 minutes for participants to respond.

**DO** **Give** participants the “Symptoms of Diabetes” handout (page 7.32).



HANDOUT

**DO** **Show** picture card 7.5.



PICTURE

**SAY** If you have any of these symptoms, get your blood sugar level tested right away:

- Having to pee a lot, often at night
- Feeling very thirsty
- Losing weight without trying
- Feeling very hungry
- Having blurry vision
- Feeling numbness or tingling in your hands or feet
- Having dry skin
- Feeling very tired
- Having sores that heal slowly
- Having more infections than usual

**SAY** Type 1 diabetes symptoms can develop in just a few weeks or months. Once symptoms appear, they can be severe. You may also have nausea, vomiting, or stomach pains.

However, people with type 2 diabetes often have no symptoms. That’s why it’s important to know your risk factors for type 2 diabetes and to get your blood sugar tested.

## 7. Blood Glucose (Sugar) Levels



**DO** **Show** picture card 7.6.

**SAY** A blood test, called the fasting plasma glucose (FPG) test, measures your blood sugar after at least 8 hours of fasting (having nothing to eat or drink except sips of water). These results show if you have diabetes. You can do the test at your health care provider's office or at a lab.

**SAY** Your blood sugar is measured as mg/dL, which stands for milligrams per deciliter.

- Normal is an FPG of 99 mg/dL or below.
- Prediabetes is an FPG of 100 to 125 mg/dL.
- Diabetes is an FPG of 126 mg/dL or higher.

**DO** **Hand out** your list of where participants can get their blood sugar checked.

**SAY** Here is a list of where you can get your blood sugar checked.

You can also get your blood tested without fasting. This test is called the random plasma glucose test. A normal level without fasting is below 200 mg/dL.

### Fasting Plasma Blood Glucose (Sugar) Levels

<b>Normal</b>	99 mg/dL or below	Good for you!
<b>Prediabetes</b>	100–125 mg/dL	Warning! You're at risk for type 2 diabetes. Talk to your health care provider. You need to act to prevent diabetes.
<b>Diabetes</b>	126 mg/dL or higher	You have diabetes. Work with a health care provider to control your diabetes.

**SAY** People with diabetes can have problems if their blood sugar levels get too low or too high.

## A. Hypoglycemia

**SAY** When your blood sugar level falls below normal, you have hypoglycemia. For most people that's 70 mg/dL or less. Hypoglycemia can happen to people with or without diabetes. Check with your health care provider to find out what level is too low for you and how best to treat it. Hypoglycemia can be dangerous!

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**SAY** If you don't match your insulin or diabetes medicine with your food or physical activity, you can get hypoglycemia, especially if you:

- Don't eat enough carbohydrates (carbs)
- Skip or delay a meal
- Increase your physical activity
- Drink too much alcohol without enough food
- Are sick

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**SAY** Symptoms of hypoglycemia tend to come on quickly and can vary from person to person. Some symptoms are feeling:

- Shaky or jittery
- Sweaty
- Hungry
- Headachy
- Sleepy or tired
- Dizzy or lightheaded
- Confused or disoriented

The severe symptoms of hypoglycemia are:

- Unable to eat or drink
- Seizures or convulsions (jerky movements)
- Unconsciousness

**SAY** To get your blood sugar levels back up to normal, quickly eat or drink 15 grams of carbohydrates, such as:

- four glucose tablets or one tube of glucose gel
- ½ cup (4 ounces) of fruit juice—not low-calorie or reduced sugar
- ½ can (4 to 6 ounces) of soda—not low-calorie or reduced sugar
- 1 tablespoon of sugar, honey, or corn syrup
- 2 tablespoons of raisins

Keep glucose tablets or other rescue foods handy—such as in your purse, at your desk, or in your pocket—if you’re away from home.

## B. Hyperglycemia

**SAY** Hyperglycemia is when your blood sugar is too high, usually 180 mg/dL or above. This happens when your body can’t make enough insulin or can’t use it right away. It can be very serious also!

People with diabetes can get hyperglycemia from:

- Not eating the right foods
- Skipping or not taking medicines properly
- Having an infection
- Taking certain medicines
- Having hormone problems
- Being very sick

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**SAY** Early symptoms of hyperglycemia are:

- Having to pee more often
- Feeling more thirsty or tired than usual
- Blurred vision
- Headache

Later symptoms of hyperglycemia are:

- Fruity-smelling breath
- Nausea and vomiting

- Shortness of breath
- Dry mouth
- Weakness
- Confusion
- Stomach pain
- Coma

**SAY** Talk with your health care provider about what to do if you have high or low blood sugar. You may need to change your medication or what you eat.

## 8. Complications of Diabetes

**SAY** Can anyone name complications of diabetes?

### NOTE



Allow 3 to 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

**SAY** Over time, high blood sugar levels damage your blood vessels and nerves, including the nerves that control your heart. The longer you have diabetes and the less well you control your sugar levels, the greater the chances you'll develop complications.

Diabetes can lead to:

- Heart disease and heart attack
- Stroke
- Amputations of the feet or legs. Diabetes can cause nerve damage. If you have nerve disease, you may lose feeling or have tingling or pain in the toes, feet, or legs.
- Kidney disease. Having high blood sugar can harm blood vessels in your kidneys. African Americans have high rates of kidney failure, the final stage of kidney disease.



- Eye disease. Diabetes can harm your vision or even cause blindness. People with diabetes need to have their eyes examined by a medical eye specialist once a year.
- Dental problems. Not controlling your blood sugar causes cavities and tooth infections. To prevent tooth decay, brush and floss your teeth every day. See your dentist every 6 months.
- Problems with digestion, bladder control, and sexual function

**SAY** If you or someone close to you has diabetes, be sure to talk to your health care provider about how to prevent or treat these complications.

**DO** **Give** and **review** the “Tender Care for Your Feet” handout (page 7.33).



HANDOUT

## 9. ABCs of Diabetes Control

**SAY** If you have diabetes, controlling your blood sugar levels can help prevent or delay complications.

**SAY** Now let’s talk about the ABCs of diabetes control.

**DO** **Give** participants the “Be Smart About Your Heart: Control the ABCs of Diabetes” handout (page 7.34).



HANDOUT

### NOTE



Allow a few minutes for participants to read the handout.

**SAY** Ask your health care provider:

- What are my ABC numbers?
- What should my ABC numbers be?
- What should I do to control my ABC numbers?

## 10. Food Label Activity: Carbohydrates and Sweeteners



**SAY** People with diabetes should control their sugar intake. Sugar is high in calories and contributes to weight gain. Eating too much sugar can lead to increased blood sugar levels.

Carbohydrates are found in foods such as baked goods, rice, cereal, potatoes, pasta, and sweet beverages. Because carbohydrates turn into sugar in your body, they affect your blood sugar level more than other foods do.

Manufacturers add other types of sweeteners besides sugar to food, like high-fructose corn syrup, fructose, honey, corn syrup, and others. Those sweeteners act like sugar in your body.

Foods you wouldn't expect, especially at restaurants, can have a lot of sugar. For example, a serving of "fruit and maple oatmeal" at a fast food restaurant has almost as much sugar as a can of soda. So does 4 tablespoons of barbeque sauce.

You don't have to give up a favorite food to eat a healthy diet. When a food you like is high in a nutrient you want to eat less—such as carbohydrates and sweeteners—balance it with foods that are low in that nutrient at other times of the day, or get small portions.

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**SAY** Now let's use food labels to find foods with fewer carbohydrates and sweeteners.

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**DO** **Give** participants the "Read the Food Label for Carbohydrates" handout (pages 7.35-7.36).



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**SAY** Do you see the amount of carbohydrates listed on the label for a Coke at the top of the handout? That's the total amount of sugar, starches, and other carbs in the drink.

Daily Value is the amount of a nutrient that you need every day if you were eating 2,000 calories a day.

The Percent Daily Value listed on the right of the label is the amount of that nutrient in one serving. You can use that number to compare foods. If the Percent Daily Value for total carbohydrates is 5 percent or lower, it's generally low carb. If it's 20 percent or higher it's high carb.

**SAY** The food label also tells you how much sugar is in your food. It tells you how much of the sugar has been added by the manufacturer, to make the product sweeter.

**Q: Which drink has less sugar—grape juice or unsweetened iced tea?**

A: The unsweetened iced tea has no sugar. The grape juice has 35 grams.

**NOTE**

Unlike other nutrients, sugar doesn't have a Percent Daily Value on the food label.

**SAY** Let's try another activity. Pam needs our help.

**DO** **Give** participants the "Pam's Food Choices" handout (pages 7.37-7.38).



**SAY** First, I'm going to describe Pam's problem. Then we'll use the food labels to find some solutions.

## Pam's Food Choices

Pam has offered to go grocery shopping for her mother, Ms. Diane, who has diabetes. Pam wants to buy her mother food that's lower in calories and carbohydrates. Which items should Pam buy? Look at the food labels. Write the number of your choice for each pair in the space between the labels. Then write the number of grams of carbohydrates you saved by this choice.



### NOTE



The correct answers to the questions are underlined.

- Cooked oatmeal (plain) or a toaster pastry  
*The cooked oatmeal saves 26 grams*
- Unsweetened or sweetened applesauce  
*The unsweetened applesauce saves 7 grams*
- Light or original strawberry yogurt  
*The light yogurt saves 8 grams*
- Sweet or unsweetened tea  
*The unsweetened tea saves 29 grams*

## 11. Think Before You Drink: Sweeteners in Drinks Activity



**SAY** Let's play a guessing game about how much sugar is in some common drinks.

**DO** **Give** participants the “Think Before You Drink: Sweeteners in Drinks” handout (page 7.39).



**DO** **Show** participants the names of the beverages on the five displays that you prepared before the session.

**SAY** Guess how many teaspoons of sugar are in each drink. Write your answers on the handout.

### NOTE



Allow 2 minutes for participants to write down their answers.

**DO** **Ask** participants to share their guesses. Then **show** them the actual amounts. **Pass around** the display cards one by one.

**SAY** In this part of the activity, you'll learn how much sugar and how many calories are in your favorite drink.

**DO** **Give** participants the “How Much Sweetener and How Many Calories Are in Your Favorite Drink?” handout (page 7.40).



**SAY** Find your favorite drink on the list. How much sugar does it have? How many calories? Notice that fruit juices, soft drinks, and sports drinks tend to have more of each. Water, including sparkling water, has zero of both.

**SAY** You can see how easy it is to get too many calories. Remember, any extra calories, even in drinks, can make you gain weight.

Choose water and other unsweetened drinks. Limit how often you have sweetened soda, tea, coffee drinks, smoothies, energy drinks, and juice.

## 12. Staying Healthy With Diabetes: Real Life Stories— Group Activity

**NOTE**

This activity will help participants think about ways they can help their relatives and friends with diabetes stay healthy.

**DO**

**Give** participants the “Staying Healthy With Diabetes: Real-Life Stories” handout (pages 7.41-7.43).

**DO**

**Divide** participants into groups of three to five people and **give** each group a different story (handout) to discuss. (Your copy of the handouts with the answers is below.)

**SAY**

Each group will review a story and think about ways to solve the problem described. Please choose a leader of your group to read the story and questions out loud and to write down your group’s answers.

**NOTE**

Allow 5 to 7 minutes for participants to do the activity.

**SAY**

Now leaders will take turns reading their group’s story and answers to all of us.

**NOTE**

After each leader has read, **ask** if anyone has other additional solutions to share.

## Staying Healthy With Diabetes: Real-Life Stories

### Scene 1: Harris family reunion

Saturday is the Harris family reunion. Many relatives will bring tasty foods and desserts. Harold hasn't been to a potluck since his health care provider told him he has diabetes. He's worked hard to change his eating habits. Now Harold wonders what he should bring to the reunion and how he can stick to his eating plan.

#### NOTE



**Add** the bulleted answers if they aren't mentioned.

### What can Harold bring to the reunion?

- Unsweetened iced tea with slices of lemon or orange
- A green salad with sliced, fresh vegetables, and low-fat dressing
- Cold bean salad

### How can Harold stick to his eating plan at the reunion?

- Eat smaller portions, particularly of baked goods, rice, potatoes, and pasta.
- Have only one helping of the main course.
- Eat salad if he's still hungry.
- Limit sweets, high-fat foods, sauces, gravies, and alcohol.

### What else can Harold do?

- Eat a healthy snack, such as a low-fat cheese stick or small portion of nuts, before the party, so he's not too hungry.
- Take a walk after eating.
- Check his sugar 2 hours after eating to see how his food choices affected it.

**Staying Healthy With Diabetes: Real-Life Stories** (continued)**Scene 2: Connie's new shoes**

Connie bought new shoes a week ago. She wore them two days in a row because her feet felt fine. At the end of the second day, however, Connie noticed red spots on both of her feet and blisters on the big toe of her right foot. She's concerned that she didn't feel the sores. She also worries that her diabetes isn't under control.

**NOTE**

**Share** the answers to each question if they aren't said.

**What can Connie do about the sores on her feet?**

- People with diabetes need to see a health care provider if they have a cut, blisters, or signs of infection on their feet.
- Connie should go for a foot screening, which includes inspection, testing for feeling, and other tests.
- Because she can't feel sensation in her feet, Connie needs to practice personal foot care every day to look for changes and infections.

**What should people with diabetes consider when buying shoes?**

- Medicare provides coverage of special shoes for people with diabetes. Check with your health care provider to see if you qualify.
- Walking shoes and athletic shoes are good for daily wear. They support your feet and allow them to breathe.
- Don't wear vinyl or plastic shoes, because they don't stretch or breathe.
- Have the salesperson measure both feet. Test the shoes by wearing them for at least 5 minutes in the store.
- Buy shoes at the end of the day, when your feet are the largest.
- If the shoes hurt, don't buy them.
- Break in new shoes slowly by wearing them for only a few hours a day. Check for irritation or redness every time you remove your shoes and socks. Never wear new shoes all day.



**Staying Healthy With Diabetes: Real-Life Stories** (continued)**Scene 3: What's wrong with Angela?**

**First visit:** When Angela and her cousin, Dawn, go shopping, Angela often has to stop to use the restroom. Dawn, a community health worker, asks her if anything is wrong. Angela says she's been more tired and thirsty lately and has to pee frequently. Even though she's physically active, Angela worries she has diabetes. She asks Dawn what to do.

**NOTE**

**Add** the bulleted answers if they aren't mentioned.

**Dawn should say to Angela:**

- Get your blood sugar checked! If you have diabetes, you need treatment right away. Only a health care provider can diagnosis diabetes.
- People are more likely to have diabetes if they're overweight, inactive, have a parent or sibling with diabetes, or are age 45 or older.

**Second visit:** Angela tells Dawn that she went to the health care provider and she has diabetes. Now she's afraid.

**Dawn can help Angela overcome her fear by saying:**

- It's normal to feel scared, depressed, or angry. You'll feel better when you learn how to control your diabetes.
- Controlling your blood sugar, blood pressure, and cholesterol will delay or prevent complications. One complication might be eye problems, so be sure to get a thorough eye exam.
- You should go to classes at the clinic and join a support group for people with diabetes.
- Please learn how to take care of your heart also. Diabetes can affect your heart.

### 13. Soul Food Makeover: Fruit Salad Recipe

**NOTE**

This activity will give participants a chance to try heart healthy recipes at home.

**DO**

**Give** participants the “Soul Food Makeover: Fruit Salad Recipe” handout (page 7.44).

**SAY**

Here’s a healthy dessert that you can bring to a family gathering or other event.

**DO**

**Ask** participants to prepare the recipe during the coming week. **Tell** them that using the recipe will give them a chance to practice some of the ideas from the session.

## Review of Today’s Key Points

**SAY**

Let’s review what we learned today.

**What is diabetes?**

- Diabetes is when our body doesn’t make enough insulin or can’t use it well. This causes glucose (a type of sugar) to build up in our blood. As a result, our body can’t function well.

**What are risk factors for diabetes?**

- Having prediabetes
- Being age 45 or older
- Being overweight, especially if the extra weight is around your waist
- Having a parent or sibling with diabetes
- Being physically inactive

- Being African American, Hispanic/Latino American, Alaska Native, American Indian, Asian American, Native Hawaiian, or Pacific Islander
- Having had gestational diabetes or given birth to a large baby (weighing more than 9 pounds)
- Having depression
- Having polycystic ovary syndrome, also called PCOS
- Having acanthosis nigricans, which is dark, thick, velvety skin around your neck or armpits

### **How can you prevent or delay type 2 diabetes?**

- Doing at least 2 hours and 30 minutes of physical activity each week
- Losing weight if you're overweight
- Eating healthier

### **What are the ABCs of diabetes control?**

- **A** is for the A1C blood test. It shows your average sugar level over the past 3 months. The goal for many people with diabetes is an A1C below 7 percent. Ask your health care provider what your goal should be.
- **B** is for blood pressure. High blood pressure increases your risk for a heart attack, stroke, and kidney and eye damage.
- **C** is for cholesterol. High LDL (the “bad”) cholesterol increases your risk of having a heart attack or stroke. Ask your health care provider what your goal should be.
- **S** is for stop smoking. Not smoking is especially important for people with diabetes. Smoking and diabetes both narrow your blood vessels, which makes your heart work harder.

### **How does diabetes affect your body?**

- Having high sugar levels increases your risk of having heart disease; stroke; nerve damage; and kidney, eye, dental, and foot problems.

## Weekly Pledge



**SAY** Today you learned a lot about diabetes. Please think of one change you can make in your everyday life to prevent or control diabetes. This will be your pledge for the week.

**SAY** Be specific about **what** you plan to do, **how** you'll do it, and **when** you'll start. Here are some examples:

- I'll talk to my health care provider about my risk for diabetes and about getting my blood sugar checked.
- If I have diabetes, I'll check my blood sugar levels as often as my health care provider tells me to.
- I'll compare food labels when I go grocery shopping and choose foods with fewer carbohydrates.
- I'll drink water with my meals instead of soda or other sugary drinks.
- Write your pledge on the "Be Smart About Your Heart: Control the ABCs of Diabetes" handout. Keep this handout where you can see it easily and keep your goals in mind.

### NOTE



Allow 5 minutes for participants to think of a pledge.

**SAY** Would anyone like to share their pledge with the group?

### NOTE



**Write** down participants' pledges.

**SAY** *(Optional)*

Keeping a personal value in mind can help you prevent or control diabetes. Remember that a personal value is a quality that you consider important.

Today the value is joy. Joy can help you replace boredom or indifference with a positive outlook. As today's quote says, "Be healthy and take care of yourself, but be happy with the beautiful things that make you, you."

Joy can help you enjoy preparing foods the healthy way. Joy is contagious, and others may follow your example!

**ASK** How could you use joy, or another value, to help you keep your pledge?

**NOTE**

Allow 3 minutes for participants to share their thoughts.

**SAY** We'll discuss the results of your pledges next week. Remember to continue working on your pledges to be more physically active; to cut back on sodium, sugar, and saturated fat; and to have a healthy weight.

## Closing

**SAY** Thank you for coming today. What did you think of today's session?

**NOTE**

Allow a moment for participants to respond.

**SAY** I'm looking forward to seeing you at the next session. It will be about making traditional African American meals heart healthy. Please continue to fill out your family health history.

**NOTE**

**Think** about today's session. What worked? What didn't work? Have you made changes in your own life because of today's session?

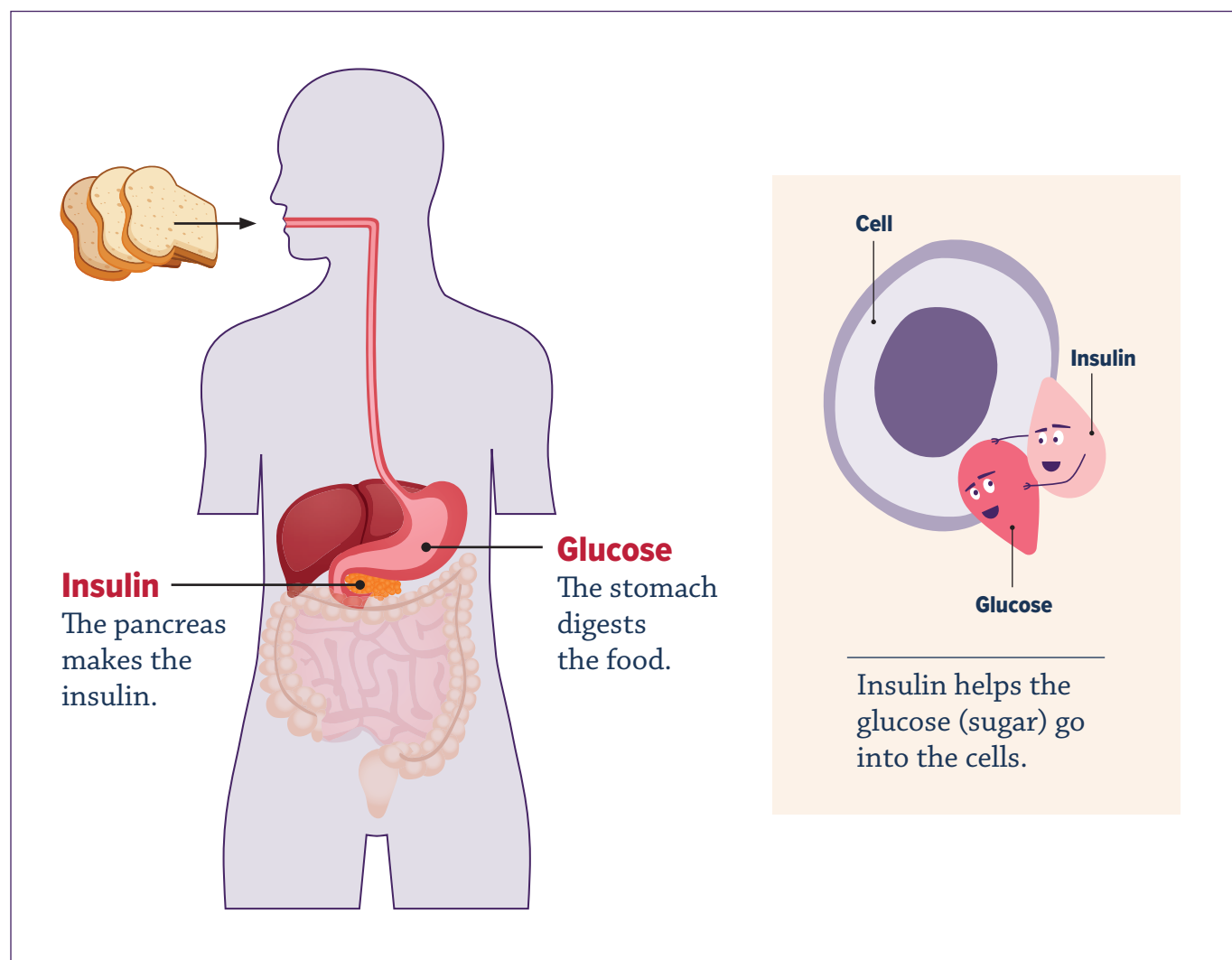


## What Is Diabetes?

Diabetes is when the body doesn't make enough insulin or can't use it well. This causes glucose (a type of sugar) to build up in the blood. As a result, the body doesn't function well.

### Know your body

- Your stomach digests your food and breaks it down into glucose, a type of sugar.
- Blood carries that sugar to cells, where the body turns it into energy. Insulin helps the sugar go into the cells. Your pancreas makes insulin.
- If your body can't produce enough insulin, or the cells can't use the insulin well, then the sugar builds up in your blood and you have prediabetes or diabetes.





# Are You at Risk for Type 2 Diabetes?

## Check your risk factors

The more risk factors you have, the higher your risk for developing type 2 diabetes. Only your health care provider can determine if you have diabetes. On your next visit, talk to your health care provider about getting tested for diabetes.

- I'm overweight (especially around the waist).
- I have a parent, brother, or sister with diabetes.
- My family background is African American, Hispanic/Latino American, Alaska Native, American Indian, Asian American, Native Hawaiian, or Pacific Islander.
- I have had gestational diabetes or I gave birth to a large baby (weighing 9 pounds or more).
- I'm not physically active.
- I have depression.
- I have polycystic ovary syndrome (PCOS).
- I have acanthosis nigricans (dark, thick, and velvety skin around your neck or armpits).





## Symptoms of Diabetes

The symptoms of type 2 diabetes develop over time, and some people have no symptoms.

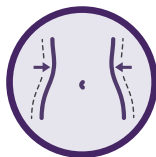
### Here's what to look out for:



**Having to pee  
a lot, often at  
night**



**Feeling very  
thirsty**



**Losing weight  
without trying**



**Feeling very  
hungry**



**Blurry vision**



**Numbness or  
tingling in hands  
or feet**



**Feeling  
very tired**



**Dry skin**



**Sores that  
heal slowly**



**More  
infections  
than usual**





## Tender Care for Your Feet

Diabetes can cause nerve damage, which reduces sensation in your feet. Diabetes may also affect blood flow in your legs and feet, making it harder for cuts or sores to heal. Small injuries may become infected and can become very serious.

### Daily care

- Wash your feet with soap in warm (not hot) water every day. Test the water to make sure it's not too hot. Dry them carefully, especially between your toes. Don't soak your feet.
- Look at your feet every day to check for cuts, sores, blisters, redness, calluses, or other problems. If you can't bend over or pull your feet up to check them, use a mirror, or ask someone else to check your feet.
- If your skin is dry, rub a thin coat of lotion on your feet after you wash and dry them. Don't put lotion between your toes.
- If your health care provider tells you to, smooth corns and calluses gently with an emery board or pumice stone. Do this after your bath or shower. Don't use a pocketknife or razor blade that can cut your skin.
- Trim your toenails, when needed, after you wash and dry your feet. Use toenail clippers and trim your nails straight across.



### Periodic foot exam

- Remind your health care provider to check your feet at every visit.
- Get a complete foot exam once a year. If you have problems with your feet, have your health care provider check them every 3 to 6 months.

### Footwear

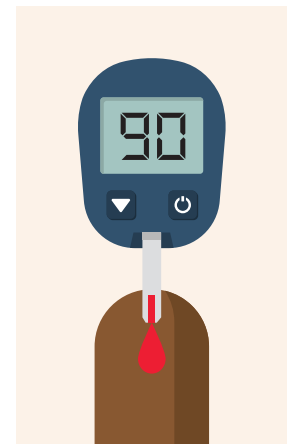
- Wear well-cushioned shoes and socks at all times. Don't go barefoot.
- Change your socks every day, and make sure they're clean and soft.
- Buy shoes that are roomy and allow your feet to "breathe."
- Medicare provides coverage of special shoes for people with diabetes. Check with your health care provider to see if you qualify.



## Be Smart About Your Heart: Control the ABCs of Diabetes

Prediabetes is when blood sugar levels are higher than normal but not as high as they would be if you had diabetes. If you have prediabetes, eating healthy foods, being active, and losing weight if you're overweight can help improve how your body uses insulin and can prevent or delay type 2 diabetes.

If you have diabetes, you can prevent or delay complications by controlling your blood sugar levels.



### The ABCs of Diabetes

If you have diabetes, follow these ABCs to lower your risk of having a heart attack or stroke. Always talk with your health care provider to find out what number is best for you to aim for, since it can be different for each person.

- **A** is for the A1C blood test. This test measures your average blood sugar level over the past 3 months. It lets you know if your sugar level is under control. Get this test at least twice a year.
- **B** is for blood pressure. The higher your blood pressure, the harder your heart has to work. Get your blood pressure checked at every visit to your health care provider.
- **C** is for cholesterol. Maintain healthy blood cholesterol levels. LDL (“bad”) cholesterol builds up and clogs your arteries. Get your LDL cholesterol tested at least once a year.
- **S** is for stop smoking. Not smoking is especially important for people with diabetes. Smoking and diabetes narrow your blood vessels, which stresses your heart. There’s no “safe” level of smoking.

### Be sure to ask your health care provider:

- What are my ABC numbers?
- What should my ABC target numbers be?
- What actions should I take to reach my ABC target numbers?

**Write the changes you’ll make this week to control your blood sugar, blood pressure, or cholesterol.**

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# Read the Food Label for Carbohydrates

Food labels help you choose foods that are lower in calories and in carbohydrates and sweeteners. Here is a food label for a 12-ounce regular soda. The label provides lots of useful information.



## 1. Serving Size and Number of Servings

The serving size is 12 ounces. There's 1 serving in this container.

## 2. Amount Per Serving

The nutrient amounts on the label are for one serving. If you have more than one serving, you'll get more calories and other nutrients. For example, if you drink 2 cans of soda, you're drinking 2 servings, which has 320 calories and 74 grams of sugar.

## 3. Percent Daily Value\*

The Percent Daily Value (%DV) helps you compare nutrient amounts in products. Products with 5% DV or less are low in carbohydrates, products with 20% DV or more are high.

## 4. Calories and Carbohydrates

Here are the amounts of calories and carbohydrates in one serving.

12-ounce soda

Nutrition Facts	
1 serving: per container	
Serving size	1 can (12oz) (372g)
Amount Per Serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 37g	
Includes 37g Added Sugars	<b>74%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 4mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 19mg	<b>0%</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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



## Read the Food Label for Carbohydrates (continued)

### The Choice Is Yours — Compare!

Which one would you choose?

The unsweetened iced tea has fewer calories and no carbohydrates. That makes the iced tea a better choice! You can learn a lot from a food label.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 cup (248g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 35g	
Includes 0g Added Sugars	<b>0%</b>

#### 100% Grape Juice

One cup of grape juice has 150 calories and 37 grams of carbohydrates.

Nutrition Facts	
<b>Serving size</b>	<b>1 cup (240g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>0</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> < 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>

#### Unsweetened Iced Tea

One cup of unsweetened iced tea has 0 calories and less than 1 gram of carbohydrates.

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



## Pam's Food Choices

Pam is grocery shopping for her mother, Ms. Diane, who has diabetes. Pam wants to buy foods that are lower in calories and carbohydrates for her mother. Look at the food labels. Help Pam select foods that are lower in sugar. Which foods should Pam buy? **Write the number of your choice for each pair in the space between the labels. Then write the number of grams of sugar you saved.**

### 1. Cooked Oatmeal

Nutrition Facts	
13 servings per container	
<b>Serving size</b>	1/2 cup (117g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0.2g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.7mg	4%
Potassium 66mg	2%

Lower  
sugar  
choice

Grams  
of sugar  
saved

### 2. Toaster Pastry

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	1 pastry (54g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 5g	6%
Saturated Fat 1.6g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 39g	14%
Dietary Fiber < 1g	3%
Total Sugars 17g	
Includes 16g Added Sugars	32%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 2.3mg	15%
Potassium 46mg	0%

### 3. Sweetened Applesauce

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1/2 cup (122g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 6g Added Sugars	12%
<b>Protein</b> 0g	0%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.1mg	0%
Potassium 92mg	2%

Lower  
sugar  
choice

Grams  
of sugar  
saved

### 4. Unsweetened Applesauce

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1/2 cup (128g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>50</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	0%
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0.3mg	2%
Potassium 94mg	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.



## Pam's Food Choices (continued)

### 5. Light Strawberry Yogurt

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 container (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 4g Added Sugars	8%
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 2mcg	10%
Calcium 210mg	15%
Iron 0mg	0%
Potassium 260mg	6%

Lower  
sugar  
choice

Grams  
of sugar  
saved

### 6. Regular Strawberry Yogurt

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 container (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 13g Added Sugars	26%
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 2mcg	10%
Calcium 220mg	15%
Iron 0mg	0%
Potassium 280mg	6%

### 7. Sweet Tea

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 can (12 fl. oz) (372g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 28g Added Sugars	56%
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 126mg	2%

Lower  
sugar  
choice

Grams  
of sugar  
saved

### 8. Unsweetened Tea

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 can (12 fl. oz) (360g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>0</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 133mg	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.



# Think Before You Drink: Sweeteners in Drinks

Guess how many teaspoons of sugar are in each drink.

Drink	Teaspoons of Sugar	
	My Guess	True Amount
 Fruit-flavored drink, powdered, reconstituted	_____	_____
 Sparkling water	_____	_____
 Grapefruit juice	_____	_____
 Soft drinks	_____	_____
 Lemonade, fruit-flavored drink	_____	_____
 Iced tea	_____	_____
 Unsweetened coconut water	_____	_____



# How Much Sweetener and How Many Calories Are in Your Favorite Drink?



Non-alcoholic Beverages			
Drink (12-ounce serving)	Sugar* (grams)	Sugar (teaspoons)	Calories
water	0 grams	0 teaspoons	0
unsweetened tea	0 grams	0 teaspoons	0
diet cola	0 grams	0 teaspoons	0
iced coffee, 2% milk, unsweetened	2 grams	½ teaspoon	25
light lemonade	7½ grams	1⅞ teaspoons	37
café latte, whole milk	14 grams	3½ teaspoons	180
sports drink	21 grams	5¼ teaspoons	80
sweet tea	32 grams	8 teaspoons	120
powdered drink mix with sugar	33 grams	8¼ teaspoons	135
fruit punch	38⅞ grams	9⅝ teaspoons	168
lemonade	42 grams	10½ teaspoons	180
blended cold coffee drink, whole milk, caramel and chocolate syrup, whipped cream	44 grams	11 teaspoons	350
orange soda	44 grams	11 teaspoons	160
root beer	45 grams	11¼ teaspoons	160
grape juice	54 grams	13½ teaspoons	210
Alcoholic Beverages**			
1.5 ounces of 80-proof distilled spirits or liquor (40% alcohol content)			97
5 ounces of wine (12% alcohol content)			128
8 ounces of malt liquor (7% alcohol content)			139
12 ounces of beer (5% alcohol content)			155

\* There are two types of sugar in food: naturally occurring and added sugar. Fruits and milk have naturally occurring sugar. Sodas and sports drinks have added sugar. People with diabetes should limit all drinks with a lot of sugar, naturally occurring and added.

\*\* Alcoholic beverages have no or very little sugar.





# Staying Healthy With Diabetes: Real-Life Stories

## Scene 1: Harris family reunion

Saturday is the Harris family reunion. Many relatives will bring tasty foods and desserts. Harold hasn't been to a potluck meal since his health care provider told him he has diabetes. He's worked hard to change his eating habits. Now, Harold wonders what he should bring to the reunion and how he can stick to his eating plan.

**What can Harold bring to the reunion?**

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**How can Harold stick to his eating plan at the reunion?**

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**What else can Harold do?**

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# Staying Healthy With Diabetes: Real-Life Stories

(continued)

## Scene 2: Connie's new Shoes

Connie bought a new pair of shoes a week ago. She wore them 2 days in a row because her feet felt fine. When she took off her shoes at the end of the second day, however, Connie noticed some red spots on both of her feet and blisters on the big toe on her right foot. She wonders what she needs to do about the red spots and blisters on her feet. She's concerned that she didn't feel the sores on her feet. She also worries that her diabetes isn't under control.

**What can Connie do about the sores on her feet?**

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**What should people with diabetes consider when buying shoes?**

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# Staying Healthy With Diabetes: Real-Life Stories

(continued)

## Scene 3: What's wrong with Angela? What can you do?

**First visit:** When Angela and her cousin, Dawn, go shopping, Angela often has to stop to use the restroom. Dawn, a community health worker, asks her if anything is wrong. Angela says she's been more tired and thirsty lately and has to pee frequently. Even though she's physically active, Angela worries she has diabetes. She asks Dawn what to do.

**What should Dawn tell Angela?**

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**Second visit:** Angela tells Dawn that she went to the health care provider and she has diabetes. Now she's afraid.

**How can Dawn help Angela overcome her fear of having diabetes?**

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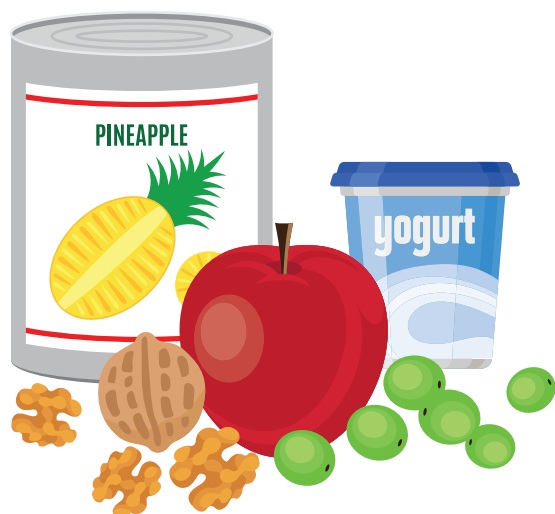
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## Soul Food Makeover: Fruit Salad Recipe

<b>1 teaspoon</b>	lemon juice
<b>1 medium</b>	apple, cored and chopped
<b>1 can (8 ounces)</b>	pineapple chunks in juice, drained
<b>1 can (15 ounces)</b>	peaches in juice, drained
<b>1 cup</b>	grapes, halved
<b>½ cup</b>	plain, nonfat Greek yogurt
<b>2 tablespoons</b>	walnuts (shelled and chopped)

1. Cut up the apples and grapes.
2. Drain the pineapple chunks and peaches.
3. Combine fruit in a large bowl.
4. Stir in Greek yogurt and walnuts until combined.
5. Refrigerate and serve when chilled.



### Makes 12 servings

<b>Serving size:</b> ½ cup	<b>Sodium:</b> 6 mg
<b>Calories:</b> 65	<b>Dietary Fiber:</b> 1 g
<b>Total Fat:</b> 1 g	<b>Protein:</b> 2 g
<b>Saturated fat:</b> 0 g	<b>Total Carbohydrates:</b> 14 g
<b>Cholesterol:</b> 1 mg	<b>Total Sugars:</b> 11 g