

Name:

Age:

SNM ID:

Gender:

**Diet Chart:**

Time of the day	Food and Portion Size
Early Morning (around 6:30 am)	
Breakfast (around 8:30 am)	
Mid-Morning (around 11:00 am)	
Lunch (around 1:00 pm)	
Snacks (around 4:00 pm)	
Snacks (around 6:30 pm)	
Dinner (around 8:30 pm)	
Post Dinner (around 10:30 pm)	

**Exercise Regime:**

Session	Exercise	Duration
Warm Up session	Stretching and PT exercises	5-10 Minutes
Workout	Any kind of physical activity ( if complication, doctor recommendation is required )	30-40 minutes
Cool Down session	Slow walk, breathing exercise	5-10 Minutes

**Lifestyle Modification Advice:**

- **Dos and Don'ts of Healthy Eating:**
  - ✓ Have at least three out of the four key food groups at each meal from *Eating Well*
    - Vegetables and fruit
    - Grain products
    - Milk and alternatives
    - Meat and alternatives
  - ✓ Have portion sizes that will help you reach or maintain a healthy body weight.
  - ✓ Include high-fibre foods such as whole grain breads, cereals, and pastas, fresh fruits, vegetables and legumes.

- ✓ Make lower fat choices (e.g. use skim milk and trim fat on meat, chicken etc., and use small amounts of added fat such as oil and salad dressings).
  - ✓ Healthy eating habits should be built around a healthy lifestyle – keep active every day.
- **SMBG (Self-Monitoring of Blood Glucose):** Self-monitoring of blood glucose (SMBG) refers to regular blood testing by yourself at home.
    - ✓ SMBG is very important in the management of Diabetes and helps you in knowing how bad or good you are doing as far as your "Diabetes Management Program" is concerned.

### **What is the need for SMBG?**

Checking Blood Sugar at home or office with glucometer is very important as it gives you a fair idea of the:

- ✓ Status of diabetes control
- ✓ The way your body responds to different foods
- ✓ Guides you to take action! Serves as a wakeup call- if you've been irregular with medicines, exercise or diet!
- ✓ In case of very high sugar levels- reaching hospital in time or starting insulin makes a great difference to treatment and its outcomes.
- ✓ It keeps you in touch with Diabetes and your responsibilities about managing it and preventing complications.

### **What are the benefits of SMBG?**

It helps in determining which foods are the best for you, how well the medication regime is working and to reduce fear/anxiety about hypoglycaemia. The benefits tend to be most pronounced when you have commitment and fully understand when to test blood glucose and how to interpret the results to get the best out of it.

It should be done at least 2 or 3 times a day as long as blood glucose is not controlled, and at least once a week even if blood glucose is well controlled. It should be done more frequently in certain situations where more tight control is required.

- **Stress Management Advice: "Practical Tips" for Stress Management –**
  - ✓ Find out the cause
  - ✓ Be Realistic
  - ✓ Positive Attitude
  - ✓ Communicate
  - ✓ Take Responsibility for your Diabetes
  - ✓ Focus on behavioural goals
  - ✓ Pace yourself

- ✓ Do one thing at a time
- ✓ Eat Right
- ✓ Breathing Exercises
- ✓ Reward Yourself
- ✓ Laugh
- ✓ Relaxation Techniques
- ✓ Meditation & Yoga

### ➤ **Hypoglycaemia**

Hypoglycaemia is a condition characterized by abnormally low blood glucose (blood sugar) levels, usually less than 70 mg/dl.

#### Causes of Hypoglycaemia

- Excess insulin/ Medication
- Decreased food/ Skipping meals
- Increased exercise
- Alcohol consumption

#### The Symptoms of Hypoglycaemia are

- Increased hunger
- Increased sweating
- Shaking of body or hands
- Weakness and Lethargy
- Palpitations
- Headache, Dizziness and Faintness
- Tingling on li
- Blurred or double Vision
- Confusion or Behavioral changes (abnormal behavior)
- Poor coordination
- Seizures
- Unconsciousness

#### Treatment

15 grams of simple carbohydrates commonly used (any one)

1. Glucose tablets
2. (1/2 cup) of juice or regular soda (not diet)
3. 3 teaspoons of sugar, honey , glucose in ½ glass of water
4. 3 Glucose Biscuits
5. 3 sugar candies
6. 1 bread slice

### “Rule of 15”

- ✓ Consume 15-20 grams of glucose or simple carbohydrates.
- ✓ Recheck your blood glucose after 15 minutes.
- ✓ If hypoglycaemia continues, repeat i.e. less than 100 mg/dl.
- ✓ Once blood glucose returns to normal (100mg/dl and above), eat a small snack if your next planned meal or snack is more than an hour or two away.

### Prevention of Hypoglycaemia

- Don't skip meals.
- Don't exercise empty stomach.
- Take medicines as prescribed by your doctor.
- Sugar monitoring is essential.

### ➤ **Insulin regime**

Insulin is a hormone, which keeps your blood sugar within normal limits. Whenever we eat food it gets digested & gets converted into glucose. Glucose thus formed gets absorbed and goes to blood, and from blood it is transported to cells with the help of Insulin.

Sites for Insulin Injection:

- Back and Outer aspects of Arms.
- Outer aspects of Thighs.
- Abdomen around Navel (1 inch away from umbilicus)
- Buttocks

The most preferred site is "Abdomen"

### SOME IMPORTANT TIPS FOR INSULIN:

- Always check the Type of Insulin, Manufacturing and Expiry Date; and also Type of Syringe.
- Always learn to take Insulin yourself and never change the type and dose of Insulin.
- Always store Insulin in door shelf of Refrigerator or in a Cool place.
- Always take some Insulin even during Fast.
- Always maintain a chart for Dose & Type of Insulin.
- Always inject Insulin at 90 degree in obese/normal and at 45-60 degree in lean patients.
- Always rotate the sites for Insulin injection and put a mark after every injection. Never inject in an area to be exercised.
- There is a common myth that Insulin is habit forming, it is wrong and totally baseless, as insulin is a life-saving drug and is essential for control of blood sugar esp. when oral drugs fail.
- Always remember that "INSULIN IS A NEED AND NOT A HABIT"

➤ **Eye care instructions:**

In diabetics, eyes can be damaged even without any symptoms. It is thus important for you to visit your eye specialist at least once in a year and immediately if you notice any of the following Symptoms:

- Blurred or diminished vision
- Double Image
- Pain in Eyes
- Black spots or Floaters in front of eyes

Dos & Don'ts:

- Wear goggles or safety glasses
- Wear sunglasses on bright days
- Keep your blood glucose & blood pressure under control
- Avoid alcohol & smoking
- Get fundus examination done every year
- Don't rub your eyes.
- Don't wear dirty contact lenses.
- Always get your eyes checked-up before planning pregnancy and later during 1st trimester of pregnancy. Existing eye problem may worsen during pregnancy.

➤ **Foot care instructions:**

Dos for diabetic foot care:

- Check feet everyday
- Wash feet everyday with lukewarm water and mild soap, dry them.
- Apply lubricating oil or lotion after bath on feet
- Soak feet in Luke-warm water before cutting nails
- Cut Nails in square shape rather than round
- Wear comfortable, well- fitting shoes
- Rotate between 2-3 pairs of shoes on a regular basis.
- Wear closet heel or strap ended sandals
- Buy shoes in the evening or afternoon when the feet are most swollen
- Inspect shoes before wearing for any internal edge or fallen object
- Wear socks in cold weather to prevent frostbite
- Make an appointment with a Podiatrist to treat foot problem
- Report immediately for any sores, infection, blisters, etc.
- Maintain Blood-sugar levels and hypertension
- Exercise daily

Don'ts for diabetic foot care:

- Stop Smoking
- Do not walk bare foot
- Avoid antiseptic solutions on feet as they are very caustic and can cause injury
- Avoid applying a heating pad or hot water bottle to the feet
- Avoid lotion in between the fingers
- Don't skip meals.

- Don't exercise empty stomach.
- Take medicines as prescribed by your doctor.
- Sugar monitoring is essential.

Disclaimer: The Diet Chart has been prepared based on your reports and the information provided by you. For any Clarifications, write to us at [dcp@lalpathlabs.com](mailto:dcp@lalpathlabs.com) . We will revert within 2 working days.

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