

Managing Your Diabetes: When Special Situations Arise

When you have diabetes, knowing how to adapt your eating plan for special situations is an important part of keeping your blood sugar in control. For example, dining out, celebrations, illness or unexpected events can influence when, or even whether, you eat. And while physical activity helps you stay healthy and fit, it also means paying special attention to your blood sugar level and food choices.

Eating Away from Home

Whether it's fine dining or fast food – eating out can fit into your diabetes meal plan with a little planning.

Be a strategic eater. Plan ahead so you can balance your restaurant meal with the rest of your food choices for the day. For example, save some fat choices for eating out.

Time it right. Try to schedule eating out at your usual meal times. If you eat earlier or later than usual, check your blood sugar more often and always carry a small snack to prevent or treat low blood sugar.

Watch your portions. Carry a wallet copy of your meal plan. Try to match your choices and portions to your meal plan. If portions are large, set part aside before you begin eating. Then enjoy your saved portions for another meal!

Make special requests. Ask questions about how food is prepared and, if necessary, make special requests.

- ◆ Can food be grilled or broiled instead of fried?
- ◆ Can sauces, dressings and toppings be served on the side?
- ◆ Can ingredients be substituted? Mustard or reduced fat mayonnaise instead of butter, baked potato instead of fries?
- ◆ Is fresh fruit available for dessert?

Special Occasion Eating

Holidays, parties and special occasions often include lots of food. You don't have to pass up the offerings, just be aware of what you eat while you have a great time.

Budget your choices. Decide before you arrive how many



TRISCUIT® Bruschetta
Roasted Red Pepper and Feta Spread

carbohydrates or calories you plan to “spend” on your food choices – and stick to your plan.

Curb your appetite before you go. Eat a snack, such as cheese and crackers, yogurt or a small muffin or bagel, about an hour before you leave home, and it will be easier to make sensible choices.

Keep an eye on portions. Whenever possible, serve yourself. Take only what fits your meal plan and savor every bite!

Be flexible. Don't get discouraged if you stray from your eating plan. To help make up for overeating, adjust your food choices at your next meal and plan time to be more active.

Fitting in Physical Activity

Make physical activity part of your diabetes management routine. Try to be active for about 30 minutes on all or most days of the week. Shorter bouts of activity spaced during the day can offer health benefits, too. It's always wise to check with your doctor or certified diabetes educator before you begin a new exercise program. He or she can help you fit regular physical activity into your meal plan and medication schedule.

Active Pursuits

To improve your fitness level, choose activities that raise your heart rate and use large arm and leg muscles – consider walking, biking, swimming or dancing. Even household activities, such as mowing the lawn, scrubbing floors or washing and waxing the car can count toward your daily total.

Eating for Exercise

You may need to eat before you exercise if it's been more than an hour since your last meal. Check your blood sugar before exercise. If it is:

- ◆ 60 mg/dL or less – have a food with about 15 grams of carbohydrate (see chart). Wait 30 minutes and test your blood sugar again before you begin.
- ◆ 60-100 mg/dL – have a snack (about 15 grams of carbohydrate) before you exercise.

- ♦ 100-150 mg/dL – you may need a snack after you exercise, or during exercise if it lasts more than 30 minutes.
- ♦ 150-300 mg/dL – a snack is not needed before exercise.
- ♦ >300 mg/dL – don't exercise until your blood sugar is under better control.



These recipes are easy and taste great. Try them as part of a lunch or snack.

FOODS WITH ABOUT 15 GRAMS OF CARBOHYDRATE

- ✓ 1/2 cup fruit juice or regular soda
- ✓ 1 cup sports drink
- ✓ 1 cup milk
- ✓ 1/3 cup regular JELL-O® Brand gelatin dessert
- ✓ 1/2 cup ice cream or unsweetened applesauce
- ✓ 1 small piece of fruit (e.g., orange or apple)
- ✓ 6 PREMIUM® Saltine Crackers
- ✓ 5 TRISCUIT® Baked Whole Wheat Crackers
- ✓ 3 squares HONEY MAID® Honey Grahams
- ✓ 2 tablespoons raisins
- ✓ 1/2 small bagel or 1 slice of toast
- ✓ 3/4 oz. pretzels

How much to eat will also depend on how long and how hard you exercise. If you exercise for more than an hour, you may need about 15 grams of carbohydrate every 30 minutes. Be sure to check your blood sugar after exercise, too.

Sick Day Strategies

Illness, such as a cold, flu or infection, can raise your blood sugar and make it more difficult to control. *Even when you're sick and don't feel like eating, it's important to take your insulin or diabetes pills.* Ask your healthcare professional for specific advice; he or she will probably suggest something similar to these general guidelines to keep a minor illness from becoming more serious:

- ✓ Test your blood sugar more often when you're sick – about every 4 hours. Consult your doctor or diabetes educator if your blood sugar is very high.
- ✓ Get plenty of rest.
- ✓ Drink at least 1 cup of water or sugar free beverage every hour.
- ✓ If you're not eating at your usual meal and snack times, try to eat or drink something with about 15 grams of carbohydrate every hour or about 50 grams of carbohydrate every 3 to 4 hours. Try easy-on-the-stomach foods, such as applesauce, regular gelatin, crackers and soup.

Follow the advice of your healthcare professional when it comes to managing your diabetes.

TRISCUIT® Bruschetta

Prep time: 20 minutes **Bake time:** 10 minutes

- 1 cup chopped plum tomatoes
- 1/2 cup KRAFT® Shredded Low Moisture Part-Skim Mozzarella Cheese
- 1/4 cup KRAFT® 100% Grated Parmesan Cheese
- 1/4 cup chopped green onions
- 2 Tbsp. chopped fresh parsley
- 1/2 tsp. chopped garlic
- 36 TRISCUIT® Reduced Fat Crackers

MIX tomatoes, cheeses, green onions, parsley and garlic in bowl.

TOP each cracker with 2 tsp. tomato mixture. Place on cookie sheet.

BAKE at 400° F for 8 to 10 minutes or until cheese melts. Serve hot.

Makes 3 dozen.

A Taste of Nutrition: Help your friends and family eat right with this tasty twist on a classic Italian appetizer.

Nutrition Information Per Serving (3 topped crackers): 70 calories, 2.5g total fat, 1g saturated fat, <5 mg cholesterol, 135mg sodium, 10g carbohydrate, 2g dietary fiber, <1g sugars, 4g protein, 4% daily value vitamin A, 6% daily value vitamin C, 8% daily value calcium, 4% daily value iron.

Exchange: 1/2 Starch, 1/2 Fat

Roasted Red Pepper and Feta Spread

Prep time: 10 minutes plus refrigerating

- 1/2 cup BREAKSTONE'S® FREE Sour Cream
- 6 Tbsp. ATHENOS® Reduced Fat Crumbled Feta Cheese with Basil & Tomato
- 1/4 cup chopped roasted red peppers
- 56 TRISCUIT® Low Sodium Crackers

BLEND sour cream, feta cheese and red peppers in small bowl. Refrigerate until ready to serve.

SERVE as a spread with crackers.

Makes 1 cup.

A Taste of Nutrition: For a real taste treat, spread TRISCUIT® Low Sodium Crackers with this tangy topping. The red peppers provide a good source of vitamin C.

Nutrition Information Per Serving (2 Tbsp. mixture with 7 crackers): 170 calories, 6g total fat, 1.5g saturated fat, <5mg cholesterol, 200mg sodium, 25g carbohydrate, 4g dietary fiber, 2g sugars, 5g protein, 10% daily value vitamin A, 10% daily value vitamin C, 4% daily value calcium, 8% daily value iron.

Exchange: 1-1/2 Starch, 1 Fat

This Fact Sheet provides general nutrition information. For personal dietary advice, consult a health professional.