

Teaching Tool Download

DIABETES FRIENDLY EATING PLAN

5 WAYS TO REDUCE STRESS - HELP WITH DIABETES MANAGEMENT

Diabetes is 24/7 and requires a long list of things to do. If you plan some of the things involved with diabetes management, it can lighten your load and reduce your stress. Here are some suggestions:



1. Plan your week of meals on the weekend (breakfast, lunch, dinner, and snacks). Choose three main dinner entrees and prepare enough so that you have leftovers to be able to cut back on cooking every night. Choose your favorite protein food for breakfast and lunch and then vary your carb containing foods like fruit, oatmeal, popcorn, crackers, or bread throughout the week.



2. Write your grocery list as you plan your meals so that you will have all the ingredients in stock in your kitchen after shopping. Remember to include your entrée and side dishes.



3. Set up an automatic re-order plan with your pharmacy for your diabetes medications. If you are able to use an online pharmacy ordering system, you can schedule your 90-day supply of medications to automatically be re-ordered and delivered to your front door every three months. This saves time on running to your local pharmacy too.



4. Schedule your lab tests (A1C, glucose, BUN, creatinine, cholesterol, tri-glycerides) the day you are at your doctor's office and write it on your calendar. People with diabetes typically need to get lab work completed one to two times per year. Either at your doctor's office or once you get home, schedule your annual or bi-annual lab work. Done.



5. Pick a time of day that you schedule at least 15 minutes of exercise and place it on your calendar as an appointment. Choose a time you know you can set aside and keep your appointments with yourself. It may be that you get up 15 minutes earlier or take part of your lunch as physical activity time. Start with just 15 minutes.

