

FOOD & EXERCISE

DAILY JOURNAL

You have the power to take control and manage your diabetes. It's a lot of work and it takes commitment, but it's possible and you can do it.

Much of diabetes management is about choices. Making the choice to choose healthy foods and get regular physical activity isn't always easy. But you are not alone. The American Diabetes Association is here to help.

Writing down your daily food intake and amount of physical activity can be helpful to learn how these things affect your blood glucose (blood sugar). It can also help keep you motivated!

Use this journal to help you keep track of what you eat and how much activity you get each day. Start with small changes and you'll be surprised at how much of a difference they can make!





WHY MOVE MORE AND EAT BETTER?

Being active and making healthful food choices is good for your health. But that is not the only reason to move more and eat better. You can:

- Lower your blood glucose
- Make your heart and bones stronger
- Lose weight
- Lower your risk of heart disease

Move More!

Physical activity can be fun. The goal is to get a total of 30 minutes of activity a day five days a week. If you do not have an entire 30 minutes, try three (3) 10 minute sessions throughout the day. Here are some small changes that you can add in your daily routine:

- Get off the bus or subway one stop early and walk the rest of the way
- Take 2 or 3 short walking breaks at work each day
- Play with your kids
- Turn on your favorite music and Dance! Dance! Dance!
- Form an exercise group with your friends and family. Not only is this a support system, you can cheer each other on.

TRACKING YOUR TARGETS

The American Diabetes Association suggests these targets for most people with diabetes. You may have different targets. You can record your targets and your results in the spaces provided below.

What to Do	ADA Targets	My Targets	My Results Date: <input type="text"/>	My Results Date: <input type="text"/>
At Every Office Visit				
Review blood glucoses				
Before meals	70-130			
2 hours after starting to eat	Below 180			
Blood Pressure	Below 130/80			
Check weight				
At Least Every 6 Months				
A1C	Below 7			
At Least Every Year				
Cholesterol				
LDL cholesterol	Below 100			
HDL cholesterol	Above 40 (men) Above 50 (women)			
Triglycerides	Below 150			
Dilated eye exam				
Foot exam				
Microalbumin	Below 30			

Healthy Reminders:

- Get a flu shot every year, and get a pneumonia shot at least once
- If you smoke, get help to quit. It's the best thing you can do for your health.
- Write down questions you have before you visit a health professional and write down actions you will take after a visit.

MY MEDICINES

Name and strength of medicine	Used for	How much to take	When to take	Notes	Date started
Nonprescription medicines and dietary supplements (vitamins, minerals, herbs and other substances)					

FOOD AND EXERCISE LOG

DATE: _____

Meal	Item / Amount
Breakfast	
Lunch	
Dinner	
Snacks	
Water	___OZ ___OZ ___OZ ___OZ ___OZ ___OZ ___OZ ___OZ









Minutes	Physical Activity (Cardio / Strength / Flexibility)

Blood Glucose Levels			
Breakfast	Lunch	Dinner	Other

Notes

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DATE: _____

Meal	Item / Amount
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Minutes	Physical Activity (Cardio / Strength / Flexibility)

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Try This Recipe!

This Grilled Caribbean Chicken Breast recipe is simple and delicious. Find more recipes, get nutrition content on your favorite foods and find healthier alternatives at diabetes.org/myfoodadvisor.

MyFoodAdvisor is an online tool to help you make healthy food choices. Visit diabetes.org/myfoodadvisor.

Grilled Caribbean Chicken Breasts

Spice up your chicken with this simple recipe!

Preparation Instructions

1. In a blender, combine all ingredients except the chicken.
2. Pour the marinade over the chicken breasts and marinate in the refrigerator at least 2 hours or up to 48 hours.
3. Grill or broil the chicken for about 6 minutes per side until no trace of pink remains.

Number of Servings: 6

Serving Size: 3-4 oz

Ingredients:

¼ fresh squeezed orange juice

1 tsp orange peel

1 Tbsp olive oil

1 Tbsp lime juice

1 tsp ginger, minced

2 garlic cloves, minced

¼ tsp hot pepper sauce

½ tsp fresh oregano, minced

1 ½ lb boneless, skinless chicken breasts, halved

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**Nutrition Information
(per serving)**

Calories 154
Calories From Fat.....41
Total Fat..... 5 g
Saturated Fat..... 1 g
Cholesterol..... 69 mg
Sodium61 mg
Total Carbohydrate 1 g
Dietary Fiber..... 0 g
Sugars 1 g
Protein.....25 g

Exchanges Per Serving
4 Very Lean Meats total



1-800-DIABETES (342-2383)

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