MY HEALTH IS MY TREASURE

A GUIDE FOR LIVING WELL WITH DIABETES

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Come on Goyo! This is really getting to you!

Oh Chela! Don’t get me started. I’ve got diabetes and I don’t know what to do!

Goyo! Why so sad?!

Only the one who bears the loads knows what’s happening inside. You speak because you don’t know what diabetes is all about.

Yes, I do, I have diabetes too!

Oh wow! I don’t believe it; you look so healthy.

I look and I feel good. I have learned to better my life.

To live with diabetes and lead a quality life, you have to care about: food, activity, rest, feelings, getting regular medical checkups to track your progress, and setting really clear goals.

Let’s start with the cause of a lot of our problems: the food we choose.
An ideal meal is rich in vegetables and whole grains and low in fats and calories. You decide what foods to put on your plate.
The American Diabetes Association recommends a diet low in fats and carbohydrates. You decide whether to follow a traditional diet or a plant-based one without meat, eggs, dairy products like milk or butter, or oil. Both can reduce A1c.

### RECOMMENDED FOODS

The following foods are recommended for a diet low in fats and carbohydrates. You can choose from either a regular diet or a plant-based diet.

#### REGULAR

Eat small portions and at specified times, avoid overeating and skipping meals. You can eat from 8 to 10 portions during the day.

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>[1 or 2 eggs, roasted poblano chilies with onion, coffee and water.]</th>
</tr>
</thead>
<tbody>
<tr>
<td>SNACK</td>
<td>[Carrots, cucumbers, Mexican turnip with lemon and powdered chili.]</td>
</tr>
<tr>
<td>LUNCH</td>
<td>[2 slices of cheese, ¼ avocado, 2 slices of ham, 1 hard-boiled egg, ½ apple, baby carrots, lettuce, 3 tablespoons of roasted peanuts without salt. Water.]</td>
</tr>
<tr>
<td>SNACK</td>
<td>[Salad of black beans, cilantro, chili jalapeño, corn and onion.]</td>
</tr>
<tr>
<td>DINNER</td>
<td>[Chicken tacos with corn tortillas, 2% fat cheese, beans, lettuce, guacamole and tomato. Water.]</td>
</tr>
</tbody>
</table>

#### PLANT BASED

It is VERY important what you eat and less important how much you eat. You can eat to full, but ONLY whole foods without meat, dairy, eggs or fat.

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>[Banana with peanut butter (100% peanut, no oil or sugar). Water.]</th>
</tr>
</thead>
<tbody>
<tr>
<td>SNACK</td>
<td>[Carrots, cucumbers and jicama with lemon and chili. Black beans with cumin.]</td>
</tr>
<tr>
<td>LUNCH</td>
<td>[Lentil soup, tomato, beans and corn salad with rice. Nopal salad, watermelon and water.]</td>
</tr>
<tr>
<td>SNACK</td>
<td>[Oatmeal with nuts, raisins, apples, pears, orange, coffee and water.]</td>
</tr>
<tr>
<td>DINNER</td>
<td>[Tortillas without oil or lard, homemade beans, lettuce, guacamole, pico de gallo, cilantro, salad with lettuce, cucumber, tomato and carrots, dressing of balsamic vinegar and mustard. Slices of mango. Water.]</td>
</tr>
</tbody>
</table>
Fatty foods, sausage, cheese, hot dogs, fried beans with lard, oil or any other fat, all fried foods, toast, and fast foods such as hamburgers, pizza, and fried chicken.

Foods high in fat and sugar, ice cream, chocolates, cakes, cookies, chips and fried foods.

Fatty foods, sausage, cheese, hot dogs, fried beans with lard, oil or any other fat, all fried foods, toast, and fast foods such as hamburgers, pizza, and fried chicken.

Energy drinks, sweetened, powdered, diet and alcoholic beverages.

Foods high in fat and sugar, ice cream, chocolates, cakes, cookies, chips and fried foods.

Canned meats or meats with a lot of fat and salt such as Spam, deli meats such as ham, packaged foods with preservatives, chemicals, salt and carbohydrates.

No more than 3 corn tortillas at the same time.

Whole milk

Chicken with skin.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 230</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size</td>
<td>2/3 cup (55g)</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 8g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 37g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
<td></td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
</tr>
<tr>
<td>Protein 3g</td>
<td></td>
</tr>
</tbody>
</table>

*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.

The nutrition label indicates calories, amount of fat, cholesterol, sodium, protein etc. that the product has. Reading it helps us to make healthy choices.
There are exercises that don’t require special equipment...

That’s right Goyo. So that’s why you need to know how to choose what’s good for us and avoid what harms us.

I know what to eat and what to avoid, that food is found everywhere!

There are exercises that help us as much as eating properly.

EXERCISE! The closest park is so far away.

There are exercises that don’t require special equipment...

The important thing is that you want to, even though you cannot go to the park or to the gym.

You can lift weights with bottles of water or sand, you can use a rope...

You can even use a chair for exercise.
1. Start slowly with what you like and set realistic goals. At your own pace, exercise at least 10 minutes a day, and little by little add time and activities.

2. Take time and do your daily routine alone or with company.

3. Wear comfortable and appropriate clothing, shoes and socks.

4. Check your feet before and after exercising.

5. Listen to your body! Warm up before exercise. If you have any pain, stop and consult a doctor.

6. Always exercise 1-3 hours after eating, when your blood sugar level is highest.

7. Always bring something with sugar: candy, fruit, juice, raisins, in case your blood sugar level drops.

8. Stay hydrated! Drink enough water throughout the day.
DAILY PHYSICAL ACTIVITY
Always consult your doctor before starting your exercise plan.

**SOME BENEFITS OF EXERCISE**

- Reduces joint pain and nerve pain.
- Increases energy and decreases depression.
- Lowers cholesterol and triglycerides.
- Strengthens bones.
- Reduces body fat and increases muscle mass.
- Lowers blood pressure and blood sugar.
- Increases energy and decreases depression.
- Lows blood pressure and blood sugar.
- Reduces body fat and increases muscle mass.
- Reduces cholesterol and triglycerides.

**AT HOME**

- Lift weights with bottles filled with water or sand.
- Exercise your legs on the ground or in a chair.
- Play some music and dance.
- Jog lightly in place.
- Stretch with yoga and tai chi.
- Play a team sport, like soccer.
- Go biking.
- Go gardening.
- Go for a hike or an outing.
- Swimming.
- Gardening.
- Go biking.
- Play a team sport, like soccer.
- Walk, jog, run.
- One can...
That’s great Chela! I can exercise anywhere and it doesn’t matter if I have special equipment or clothes.

That’s right Goyo. What matters is being willing to do it and knowing it will improve your health.

Even though my feet hurt sometimes, I am going to try to start with at least 10 minutes...

Yes indeed, Goyo, don’t play around with your feet! People with diabetes have to be more careful.

And although we have diabetes, we can do any activity with the proper care.
DAILY FOOT CARE

It’s very important that your doctor or nurse examines your feet when you go to the clinic.

Every day you should:

1. Wash them with soap and warm water.
2. Dry them well, especially between toes.
3. Keep your skin moisturized with cream but don’t use it between toes.
4. Use a mirror or ask for help to check for wounds or blisters.
6. Wear clean stockings or socks daily. Make sure they fit well.
7. Wear comfortable shoes to keep your feet protected and dry. Your doctor will tell you if you need special shoes.
8. Check that your shoes are in good condition, and that there is nothing about them that could hurt you.
9. Avoid walking barefoot inside and outside the house.
PREVENTING ILLNESS AND PRACTICING GOOD HYGIENE
These are some things that you can do at home or at work so that you and your family don’t become sick.

COVER...
Your mouth and nose when sneezing or coughing and afterwards wash your hands.

WASH...
Your hands with soap and water, rubbing them together for 20 seconds.

AVOID...
Touching your hands, eyes, nose, and mouth.

EAT...
A healthy and balanced diet.

DRINK...
Lots of liquids, water, skim milk, and natural unsweetened juice.

EXERCISE...
Regularly, following the advice of your doctor.

SLEEP...
And rest sufficiently.

CONTROL...
Tension and stress. Relax and do what makes you feel happy.

IF YOU BECOME ILL...
Stay home, rest, and consult your doctor. Better to miss a day of work than become sicker and miss the whole week.
...but drinking, smoking, and overeating adds more problems to those we are already carrying....

That's great that you recognize that, Goyo! There are moments when we believe there is no way out, that no one understands what we are going through....

Chela, at times, I feel alone because others don't understand my illness and it's very hard to take care of myself....

...and in those moments, I really want to eat everything, even if it has sugar, flour, or fat all the way to wanting to even smoke and drink.

So how do I deal with how I feel without ruining my health?

There are many things that we can do. Chat about what you feel. Talk with friends, a spiritual guide, or a healthcare provider.

...but drinking, smoking, and overeating adds more problems to those we are already carrying....

Chela, at times, I feel alone because others don't understand my illness and it's very hard to take care of myself....
I have control. I CAN DO IT!
Thanks Chela! I’ll do it right away. I’ll tell them about what’s going on, listen to their voices, have them tell me what’s going on there at home... these’ll all make me feel better.

We can measure blood sugar and write down the numbers but there are times when I don’t feel like doing anything. And that isn’t easy.

I get it Goyo. There are certain things that cannot be measured and they affect our wellbeing and health.

Luckily for me, I have my family to support me, and I take advantage of that. They remind me if I forget something and they encourage me when I am struggling.

You’re so lucky Chela! My family is far away and they cannot support me like yours does.

Even though they are far away, they can support you. Call them and tell them your plans, tell them what’s going on, you will see that when you share these things, you’ll feel and see things differently.
TAKE CARE OF YOUR FEELINGS

There are things that you don’t see, but which you feel and bear: anxiety, pressure, or stress.

We miss our family because we migrate out of necessity.

We miss our language. When we are unable to communicate, we feel out of place, like we do not belong.

We miss everything that we were used to, the streets, the weather, the environment.

We live worried and fearful of what’s around us and what might happen to us as migrants.

We miss our family because we migrate out of necessity.

There are always things we can do to feel better

Accept what we feel.

Maintain communication with those we left behind.

Improve relationships with those we live with here and now.

Serve out local services from community outreach programs and non-profit organizations.

Sorrow

Nostalgia

Uncertainty

Grief

Chat about how we feel with friends, a spiritual guide, or healthcare provider.
A1c is the average level of sugar in the blood in the last 3 months.

To control my blood sugar, to have a healthy life and reduce the risk of complications in the future, I promise to follow this plan:

**Write your goals in the blank spaces below:**

1. **Have my A1c checked:**
   - A1c Date: __________ Result: __________ Goal: __________
   - A1c Date: __________ Result: __________ Goal: __________
   - A1c Date: __________ Result: __________ Goal: __________

2. **Take my medications:**
   - Goal: __________________ Achieved: __________________
   - __________________
   - __________________
   - __________________

3. **Exercise:**
   - Goal: __________________ Achieved: __________________
   - __________________
   - __________________
   - __________________

4. **Eat healthy:**
   - Goal: __________________ Achieved: __________________
   - __________________
   - __________________
   - __________________

5. **Control my weight:**
   - Goal: __________________ Achieved: __________________
   - __________________
   - __________________
   - __________________

**Controlling blood sugar helps you feel better, avoid health complications, and can even save your life! Check your A1c every 6 months.**

A1c Blood sugar Controlling blood sugar helps you feel better, avoid health complications, and can even save your life! Check your A1c every 6 months.

**SUCCESS!**

Blood sugar

- DANGER!
- CAUTION!
- SUCCESS!