

Healthy Eating Tackle your goals and stay in budget

Eating a variety of foods is essential to living a balanced and healthy lifestyle. So, how can this be done without going over budget at the grocery store?

Have a plan before heading to the store. This helps reduce the chance of purchasing items you do not need and spending more money than planned.

- Check out weekly flyers or store websites for sales
- Find coupons from weekly flyers, or sites like *coupons.com* or apps like *ibotta*
- Plan your meals and snacks around sale items



Take advantage of your local Dollar Store or food bank. They offer many staple items that are nutritional and affordable such as:

- Canned goods, peanut butter, bread, milk, frozen vegetables, applesauce, popcorn, eggs, and more perishable and non-perishable items

Your local food bank is a great resource when money is tight. Use the link provided below to find your local food bank and see what items are offered near you.

Purchase items in bulk or in their whole or original form. Pre-cut or individually packaged items often cost more due to the additional cost of labor to produce them and extra packaging.

- Buy a whole chicken and use each part of the chicken in your recipes
- Buy whole apples and slice them versus buying pre-sliced apples
- Instead of buying individual yogurt cups, buy one large tub of yogurt and portion yourself



Buy frozen or canned items when possible. Do you ever ask yourself?

- Will I/we eat this product fast enough before it goes bad?
- Didn't I buy this produce a few days ago? How did these greens wilt so quickly?

Luckily, frozen fruits and vegetables are great alternatives to these common issues. Canned foods are often known for their high sodium content; however, low sodium or no sodium canned options exist and provide a cost-friendly way to enjoy some of the foods you love.



Searching for a new recipe to try? These recipes utilize in-season, frozen and/or canned ingredients for a budget-friendly, nutritious meal.

(Click on the title to get the website link)

[Brunswick Stew \(Allrecipes\)](#)

[Penne with Chicken and Asparagus \(Allrecipes\)](#)

Additional Resources:

[Find Your Local Food Bank \(Feeding America\)](#)

[How to Eat Healthy on a Budget \(AHA\)](#)

[Diabetes Superfoods \(ADA\)](#)



KEEP YOUR
DIABETES ON A
STABLE PATH

Reducing Risks

These 3 are Key (Part two of a 3-part series)

The main goal of a diabetes self-management education and support (DSMES) program is to empower the patient to make changes which can improve their health outcomes. Behavior changes, like healthy eating, being active, getting adequate sleep, and getting the recommended vaccines and health screenings, can minimize or prevent complications of prediabetes and diabetes. These preventive actions you take now will benefit you in the future. You have the power to change your health outcomes.



Eye Exam: Having diabetes increases your risk for eye disease. A dilated eye exam checks for diabetic eye disease, diabetic retinopathy, glaucoma and cataracts.

- Type 1 should have an eye exam within 5 years of diagnosis.
- Type 2 should have an exam upon diagnosis.
- After the initial eye exam, you should have regular eye exams annually even if you do not have any signs of eye disease.



Dental Exam: People with diabetes have a higher risk of having gum disease which can lead to other diabetes complications which can make blood sugar control challenging.

- A dentist should check your teeth and gums every year to reduce health risks.
- Higher blood sugar levels can lead to increased plaque buildup on your teeth which can lead to cavities and tooth decay.
- Taking care of your mouth can help you to avoid additional dental work beyond regular cleanings in the future.



Foot Exam: Having diabetes puts you at higher risk for developing peripheral neuropathy (nerve damage in feet and/or hands).

- At least once a year, your doctor should check your feet for discoloration, injury, infection and nerve sensation.
- They will also check your pulses at your ankles.
- High blood sugar levels can cause your body to heal slower which can increase the risk of an infection to get "out of control".
- It is important to check your feet at home every day as a preventive measure.

Talk to your coach for more information - start reducing your risks.
Small steps can lead to big changes.

Coach's Corner



Know Your Low

Hypoglycemia a.k.a. Low blood sugar can be scary, frustrating, and annoying. It usually happens when you least expect it and if you aren't prepared, it could go from a controllable situation to an unexpected trip to the ER. Thankfully there are helpful tips and new medications to help you out.

15-15 Rule: When your blood sugar is low

- If you are able to swallow
 - Eat or drink **15** grams of sugar
 - Check your blood sugar after **15** minutes to make sure it is going up.
- If you are unable to swallow
 - Take the glucagon treatment
 - Call 911 or go immediately to urgent care

Emergency Toolkit: Should always be on hand for you or a family member to use

- Glucose tablets, candy or Junior juice box
- Glucose monitor (CGM or meter)
- Emergency contact information
- Glucagon

Glucagon works in opposition to insulin and can bring your very low blood sugar level up quickly. Over the last year, new versions have become available and are very easy to use.

(Click on the underlined word to link to more information)

Baqsimi is a nasal inhaler which can be carried with you where ever you go. No refrigeration needed.

Gvoke is available in a Hypopen or pre-filled syringes. Kept in the original foil wrapper, it should be stored at room temperature (no refrigeration needed).

Additional information about Hypoglycemia
Website: [Know Before the Low](#)

COACH SUPPORT:

Reach out when you have a question or concern.

You don't have to wait for your scheduled call.

Three ways to reach us: email, phone, mobile app