

# Taking care of your heart



## Managing your diabetes

People living with diabetes are at increased risk of events caused by heart disease.

Your healthcare team may help you manage diabetes and reduce your chances for heart disease. The tips below can be used to make an action plan.



## Make an action plan that works

Together, with the help of your healthcare provider and family, make a plan that fits your lifestyle and your daily routine. Start by identifying actions you can take to improve your health.

Here are some things to consider including in your plan:

- **Keep track of your blood pressure, triglyceride, and cholesterol levels.**
- **Check your blood sugar levels** regularly as recommended by your healthcare provider.
- **Go to all of your medical appointments.**
- **Take your medications as directed.**

- **Stop smoking** by asking for help to quit.
- **Get to and stay at a healthy weight.**
- **Be physically active** for at least 30 minutes every day for five days of the week or as recommended by your healthcare provider. Limit the amount of time you spend sitting down to less than 90 minutes at any one time.
- **Eat foods low in salt, sugar, saturated fat, and trans fat.**

## Checking your blood sugar levels

Keep track of your blood sugar levels—managing your blood sugar may help you protect your heart.

- Check your own blood sugar levels at home. If you do not know how to do this, ask your healthcare provider to show you. Be sure to write down the results and times of all your tests. Share this information with your healthcare team.
- Have an A1C test done 2 or more times a year or as directed by your healthcare provider. This gives your average blood sugar level over the past 2 to 3 months.

## My target goals

Ask your healthcare provider to learn what your blood sugar goals should be. Write your goals in the last row of the table below.

Blood sugar	Before a meal	1 to 2 hours after starting a meal	A1C
Recommended target goal	80 to 130 mg/dL*	Less than 180 mg/dL*	Under 7%†
My target goal			

\*This is a way to measure blood sugar in lab tests—mg/dL means *milligrams per deciliter*.

†Your healthcare provider may set a higher or lower A1C target goal for you.



## Healthy foods to choose more often

The chart on the right gives you examples of healthy foods that are low in cholesterol, saturated fat, trans fat, or salt (sodium).

## Foods to eat less often or in small amounts

The chart on the right gives you examples of foods that are high in cholesterol, saturated fat, trans fat, or salt (sodium).

## Eat well to live well

Maintaining a diet high in fresh fruits and vegetables, whole grains, lean protein, and healthy fats is a good choice. This type of diet (sometimes called a *Mediterranean-style diet*) has been shown to be beneficial by decreasing the risk for developing heart disease.

It is also important to eat healthy amounts of foods. This means limiting portion sizes. You can still enjoy many types of food while eating healthy!

Use the information below to help you make healthy food choices.

### Check off which of these healthy foods you will choose MORE often:

- |                           |                          |  |
|---------------------------|--------------------------|--|
| <b>Meats and proteins</b> | <input type="checkbox"/> | Fish, lean beef and pork, chicken and turkey (with skin removed), tofu, and beans                        |
| <b>Fresh vegetables</b>   | <input type="checkbox"/> | Green vegetables such as broccoli, spinach, snow peas, kale, bok choy, green peppers, and collard greens |
| <b>Fresh fruits</b>       | <input type="checkbox"/> | Apples, pears, peaches, plums, nectarines, oranges, bananas, papayas, and mangoes                        |
| <b>Whole-grain foods</b>  | <input type="checkbox"/> | Brown rice, whole wheat bread, and whole-grain cereals   |
| <b>Healthy fats/oils</b>  | <input type="checkbox"/> | Olive or canola oil, nuts, and fish (such as tuna or salmon)   |
| <b>Other foods</b>        | <input type="checkbox"/> | Low-fat milk and cheese  |
|                           | <input type="checkbox"/> | Herbs (fresh or dried), salt-free seasonings, and lemon juice for added flavor                           |

### Check off which of these foods you will choose LESS often:

- |                       |                          |   |
|-----------------------|--------------------------|---|
| <b>Meats</b>          | <input type="checkbox"/> | Meats that are high in fat or cholesterol, such as hot dogs, sausage, and bacon   |
| <b>Unhealthy fats</b> | <input type="checkbox"/> | Saturated fats (fats that are solid at room temperature), such as butter, margarine, shortening, and lard                               |
|                       | <input type="checkbox"/> | Artificial trans fats, often found in microwave popcorn and baked goods such as pastries, biscuits, and crackers                        |
| <b>Refined grains</b> | <input type="checkbox"/> | White rice, regular pasta, white bread, and macaroni  |
| <b>Fried foods</b>    | <input type="checkbox"/> | Fried rice, fried dumplings, deep-fried chicken, french fries, chicken-fried steak, battered and fried vegetables (such as onion rings) |
| <b>Other foods</b>    | <input type="checkbox"/> | Whole milk and regular cheese   |
|                       | <input type="checkbox"/> | Processed foods, such as frozen meals, canned soup, deli meats, and prepared mixes  |

**Talk with your healthcare provider or dietitian to learn more.**