IS THIS MY FAULT?
Absolutely not! Diabetes is nobody’s fault. You did not “eat your way to diabetes”… so no guilt! But while getting diabetes isn’t your fault, it is your responsibility to understand diabetes and take care of it so that you’ll be healthy.

WHY DID I GET DIABETES?
We don’t know what causes diabetes—we do know that genetics plays a big role and that lifestyle and environmental factors can trigger the onset. But here’s the good news-- most people who learn what they Need to Know and control their diabetes tell us that they are grateful to have gotten diabetes because it has forced them to adopt a healthier life style more in tune with their bodies. They tell us they feel better, despite having diabetes, than they did before they had it. And you will, too.

WHAT’S THE MOST IMPORTANT THING FOR ME TO DO?
Learn. And that’s why you’re here, right? You need to understand your diabetes, your body, your medicines, and your responsibilities. You need to learn how food and activity impact diabetes. And learning what you Need to Know isn’t as hard as you’re worried that it will be.

WHY SHOULD I TEST MY BLOOD SUGAR?
It is important for you and your doctor to understand how food, stress, and activity will affect your blood sugars. If you are taking medications for diabetes it is important to test your blood sugar to know if your dosage is correct. Testing isn’t a punishment, it’s a game of discovery. Testing reveals what is working right in your diabetes treatment plan and what isn’t working right. It lets you see how various foods and activities impact your diabetes. It’s the ultimate tool for learning about your own diabetes. Actually, most of us love to test. We find it both informative and liberating. It gives us a level of understanding and control that most people do not have.

I JUST GOT A REALLY HIGH NUMBER AND I DON’T THINK I DID ANYTHING DIFFERENT TODAY— WHAT DID I DO WRONG?
First, wash your hands and re-test. Make sure the high number is real, and not a problem with your blood glucose meter. (If you think that something may be wrong with your meter, you should test it with the control solution that works with your meter.) If you test again and it’s still high... know that sometimes stuff happens. Things beyond our control sometimes drive our sugar up including: stress, a bad night’s sleep, an oncoming cold or flu, or a painful injury; and sometimes it just spikes for no apparent reason. One high number doesn’t really give you a lot of information anyway—what you really want to be looking at are trends over time. Remember to ask your doctor what your individual blood sugar goals should be in order for you to determine what your doctor considers is high for you. If your numbers stay high, call your doctor.
HOW CAN I TELL WHETHER A FOOD WILL MAKE MY BLOOD SUGAR GO UP?

How much a food will raise your blood sugar depends on the number of carbs in the food as well as the portion size. There are also many other factors that determine how high your blood sugar will go after eating a food as well—“How active was I?” “Was I under any stress?” “Was my food high in fat?” and “What else did I eat?” are questions you can ask yourself. The best way to find out what a food will do to your blood sugar is to test. You can test your blood sugar before you eat, then two hours later. Any meal that raises your blood sugar 50 points or less is a very good choice and works well for you and your diabetes.

WHAT SHOULD MY TARGET NUMBER OF CARBS FOR A MEAL BE? HOW MANY CARBS CAN I HAVE IN A DAY?

The number of carbs per meal you should eat depends on a whole lot of things—your height, weight, gender, age, activity level and what your doctor recommends. A general guideline though is 60-75 grams of carbs per meal for men and 45-60 grams of carb per meal for women. One way to figure out what's right for you though is to test in pairs after different amounts of carbs—test before you eat and then two hours after the first bite of a meal. If your blood sugar is less than 180 mg / dL after the meal, then you’ll know that that number of carbs is a good choice.

WHAT ARE FOODS THAT WON’T MAKE MY BLOOD SUGAR GO UP?

Anything that used to run, walk, crawl, slither, fly, or swim. Any properly prepared and properly-sized portion of meat will treat your blood sugar well. Also leafy green vegetables, nuts, and cheeses are good choices. But that doesn’t mean that you can’t eat other things. The key is a properly balanced and varied diet—sign up for our email program to learn how to eat the foods you love and still keep your blood sugar in range.

WHAT ARE THE WORST FOODS FOR PEOPLE WITH DIABETES TO EAT?

The worst foods are drinks with sugar in them. Avoid regular sodas, fruit juice, sweet tea and other drinks with a lot of sugar-- like bottled teas and some sports and energy drinks. These are empty calories with little nutritional value. Beyond that, foods with lots of flour and sugar, like cakes and breads, can cause problems; and so too can potatoes, rice, and corn. That does not mean you can’t have these foods, but you need to learn how much of them you can eat and still keep your blood sugar in control. You can do that by taking our free email program and learning how to test and learn.

MY BLOOD SUGAR IS HIGH RIGHT NOW. IS THERE ANYTHING I CAN DO TO MAKE IT GO DOWN?

There is always something you can do—drinking lots of water and being active are two good places to start. Muscles in motion burn more sugar than muscles at rest, so a good way to lower blood sugar is get active. Take a brisk walk or lift some weights. Another thing to keep in mind is that if you are following your meal plan and are active but your blood sugar continues to be high and you are on diabetes medicine, consult with your doctor to see if you should adjust your medication.