

Choose to Live

Sisters Strong TogetherSM



Stay Focused

My Food and Exercise Daily Journal

www.diabetes.org

1-800-DIABETES (1-800-342-2383)

Name: _____

PhoneNumber: _____

Email Address: _____

Choose to Live: Sisters Strong TogetherSM

With **Sisters Strong TogetherSM** the American Diabetes Association is challenging you to **Choose to Live** a healthful life. You can take charge of your own health by taking the **Choose to Live: Sisters Strong TogetherSM** pledge to take better care of yourself. Think about things that will make a difference in your health and in your life.

We all want to be healthy and live for a long time. Remember that small steps can make a big difference in how you feel. Take time to make healthy choices when you eat. Make time to get some exercise most days of the week. You'll be taking care of yourself. And you'll be stronger for your sisters, your family, and your community.

Choose to Live: Sisters Strong TogetherSM pledge:

I am joining the millions to **Stop Diabetes**, starting with a healthier me. Today, I will begin by:

1. _____

2. _____

In this journal you will find:

All About Moving More.....	3	Looking for Ideas.....	11
All About Losing Weight.....	5	Rate Your Plate	11
Dealing with Depression	7	Create Your Plate	12
Taking Care of Stress.....	8	How to Use this Daily Journal.....	14
Making My Plan for Taking Action....	9	Tips for Healthy Living.....	23

Choose to Live: Sisters Strong TogetherSM is summed up in the word “sisters.” Each letter stands for a message to remember:

- **S** means start now!
- **I** reminds us to ID or identify ways to exercise.
- **S** is for staying focused.
- **T** means take the pledge.
- **E** is for educating ourselves.
- **R** means rally your support group.
- **S** is for stop diabetes.

All About Moving More

Practical Ways to Move More

Let's identify ways to exercise and move more. Physical activity can be fun. It doesn't have to be a chore. Try to get a total of 30 minutes of activity a day five days a week. You can do 30 minutes all at one time or do three 10-minute sessions during your day. Pick an activity that's fun for you: walking, biking, or water aerobics with a friend or your support group.

Roadblocks

If you don't usually exercise, you probably have reasons why you don't. Those reasons that keep you from exercising are called roadblocks. For example, you may say “I don't have time” or “I don't want to mess up my hair”.

Ways around the Roadblocks that Keep You from Being More Active

There are ways to get around roadblocks. What about not having time? Women are busy with a lot of obligations every day. Women also have a lot of things they want to do. Think about what you do when there's something you must do. You set aside time for it—right? If it's a manicure appointment, you make sure you get there. It's the same with exercise. It's not going to happen until we make it a priority and set aside time for it.

Making Time to Get Up and Go

Make an appointment with yourself and your support group for that half-hour walk most mornings. Or choose a time that's going to work for you. Scheduling exercise will change it from a "someday" thing to an "almost everyday" thing.

Taking Care of Our Hair

Sometimes taking care of our hair can be a hassle. Think about it. Do you avoid exercise because you don't want to mess up your hair? To get around this roadblock, think about changing your hairstyle to something more natural or a longer style that can be pulled back and tied or braided. Or maybe wrap a cotton or silk scarf around your head. Some women find that shorter hair is easier to care for. Dividing your walk into three sessions will keep our heads from getting sweaty.

What are your roadblocks to moving more?

You're probably not going to start exercising on a regular basis until you think of ways to get around your roadblocks. ID or identify your roadblocks to exercise and how you'll get around them:

Exercise ideas—what I can do:

How will I get around my roadblocks?

Date to start:

Exercise ideas—what I can do:

How will I get around my roadblocks?

Date to start:

All About Losing Weight

We all know the basics of cutting down on calories, such as eating smaller portions and fewer fatty foods. But there are roadblocks to eating healthfully. If you aren't eating healthfully, you probably have reasons why you aren't. Those reasons are those roadblocks again.

Roadblocks

There are ways to get around roadblocks to eating healthfully and losing weight. Perhaps you come home from work hungry and it's going to take too long to cook what you had planned to cook. Research shows that if you start your meal with a light salad or a broth-based soup, you'll actually eat fewer calories. Have salad ingredients ready for a quick salad. After you've had your salad, you won't be as hungry while you're making dinner.

Large portion sizes can be another roadblock to eating fewer calories. Try using smaller plates and skipping second helpings. If you need a second serving, try having another helping of vegetables, salad or fruit. Another helpful trick is to put extra food right into the refrigerator for another day. You won't be tempted to eat more since you'll know lunch or dinner is made for the next day.

What are your roadblocks to eating healthfully and losing weight?

You're probably not going to start eating healthfully and losing weight until you think of ways to get around your roadblocks to healthful eating. ID or identify your roadblocks to losing weight and how you'll get around them:

Food ideas to eat healthfully and lose weight—what I can do:

How will I get around my roadblocks?

Date to start:

Food ideas to eat healthfully and lose weight—what I can do:

How will I get around my roadblocks?

Date to start:

My Prescription Medicines

Names and strength of medicine	Used for	How much to take	When to take	Notes	Date started

My Nonprescription Medicines, Vitamins, Minerals, Herbs, and Supplements

Names and strength of medicine	Used for	How much to take	When to take	Notes	Date started

Dealing with Depression

Depression is a medical condition that's more than just feeling sad or irritable once in a while. Most women with depression will have several of the following symptoms for most of the day, almost every day, **for at least two weeks**.

- Feeling down and depressed.
- Losing interest in their usual activities.
- Feeling that things that used to make them happy no longer bring pleasure.
- Gaining or losing weight.
- Having trouble sleeping or sleeping too much.
- Feeling nervous or feeling sluggish.
- Having crying spells or being very emotional.
- Feeling very tired or having no energy.
- Having trouble focusing or making decisions.
- Thinking about death or suicide.

Symptoms like these are normal after major losses, such as the death of a loved one, but people usually start feeling better after a while. Women with depression can't trace their symptoms directly to an event or a condition. Serious depression is especially common in women. Contrary to what many people used to think, depression is not a sign of personal weakness or failure.

It isn't clear whether diabetes causes depression or exactly how depression is related to diabetes. But sometimes diabetes or other chronic conditions can cause women to feel overwhelmed by the demands of day-to-day care.

What can I do if I think I have depression?

Get help as soon as you can. Make an appointment to see your health care provider. Tell your provider how you've been feeling and ask whether you might have depression. Your provider will talk about ways you can get help.

How is depression treated?

Depression is treated with medicine and counseling. Some women use both treatments. Others find that either medicine or counseling alone helps them. Depression can come and go throughout life. Knowing the symptoms and taking action to get help when depression occurs will help you return to "your old self" as soon as possible.

A Real-Life Sister Story

I was feeling tired and out of sorts all of the time. I was grumpy with my family and friends. I wasn't interested in doing any of the things I used to enjoy. Nothing was making me feel happy. I finally said something to my doctor about how I was feeling. The doctor said I had depression. I started taking medicines for it and also went to a counselor. I feel so much better today—I'm really glad I got help. My advice to everybody is to get help right away if you're feeling depressed or really down for more than two weeks.

Tanya

Taking Care of Stress

We feel stressed when changes in our life, like problems at home or work, put a strain on us. Even happy events like a vacation or your daughter's wedding can feel stressful. You're probably thinking that stress can be a roadblock to taking care of yourself. You're right!

You can't get rid of all the stress in your life, but you can learn to look at events in a different way. You can learn better ways to handle stress. Be good to yourself, get help from others, and set realistic goals.

Are you stressed out?

How do you feel when you're stressed out? Do you get headaches, or other aches and pains? Are your muscles tense? Does your heart pound? Do you feel shaky and nervous? Are you cranky with your family and friends?

Stress Busters

Take time to relax. Set aside a few minutes each day to do something you enjoy. Find or identify a way to exercise and do something most days of the week. Exercise is one of the best ways to cope with stress. Talk with family and friends about what you need. Rally your support group. You may need help with running errands, shopping, or cleaning the house.

Set Realistic Goals

Be clear about how you respond when you feel stressed. For example, is eating all day a problem? Or is eating in the evenings a problem? Think about making a pledge to take these problems head-on. Of course, these are roadblocks to eating more healthfully.

Ways around Those Roadblocks Caused by Stress

Choose ways to cope with stress:

- I can learn better ways to handle stress.
- I can get help from my friends, family, and support group.
- I can be good to myself by _____.

Making My Plan for Taking Action

Changing habits can be hard to do. But you can learn a step-by-step approach that will help you take action and reach your goals.

Think about a change you might want to make in your life. Maybe you'd like to start exercising. Or perhaps you'd like to cut down on calories. You can make sure you're ready, willing, and able to take action by making your own plan for change.

You'll up your chance of success with a realistic, achievable plan. Make your plan as specific as possible. Write your plan below. Choose something that you're ready to do now. Make a copy of this form so you can use it again for other actions.

• **Here's my goal:**

Example: I want to lower my risk for diabetes by losing weight.

• **Here's why I want to reach my goal:**

Example: I want to stay healthy and be around for my grandchildren.

• **Here's a change or a new habit to help me reach my goal:**

Example: I'll start exercising.

• **Here's what I'll do:**

Example: I'll take a walk 5 days a week for half an hour.

- **Here's when I'll do it:**

Example: I'll walk after breakfast.

- **Here's what I need to get ready:**

Example: First I'll check with my doctor to make sure it's OK for me to start exercising. Also, I'll need comfortable walking shoes.

- **How will I get started?**

Example: I'll start by walking for 5 to 10 minutes a day. Then I'll add on 5 or 10 minutes each week until I reach half an hour.

- **How long will I give this new habit a try?**

Example: I'll try it for one month and see how it's working for me. If it isn't working, I'll think of something else to do for exercise.

- **Is my plan realistic? How sure am I that I can do this?**

Example: I think it's realistic. I'm fairly sure I can do this.

- **What roadblock might get in the way of my plan:**

Example: If it's raining, I won't be able to walk outside.

- **If that happens, I'll do this instead:**

Example: I'll go to the recreation center and walk around inside.

- **Here's when I'll start:**

Example: I'll start my walks on Monday.

- **Here's how I'll reward myself for sticking to the plan:**

Example: I'll have a girls' night out with my friends every month.

Looking for Ideas?

Not sure what to do to improve your health? Talk with your health care team for ideas. Check the American Diabetes Association's food and fitness website at **www.diabetes.org.food-and-fitness**. Or see 'Tips for Healthy Living' on pages 19-21 in this journal for ideas. Then jot down several ideas to try in the next few months.

Rate Your Plate

Here's one way to plan what to put on your plate. Instead of measuring or weighing food, try this! Take a look at pages 12 & 13 and notice how the plate is divided into 3 sections.

- Half of the plate is filled with vegetables and salad. Fill this big section with non-starchy vegetables such as salad, cucumbers, beets, mushrooms, peppers, turnips, green beans, greens, broccoli, cabbage, carrots, or tomatoes.
- One of the two smaller sections contains rice. Fill this section with starchy foods such as whole grain bread, tortillas, other whole grains, rice, pasta, cooked beans and peas, potatoes, or corn.
- The other small section in the photo has chicken. Fill this section with protein foods, such as chicken or turkey (without the skin), fish or shellfish, lean cuts of beef or pork, eggs, tofu, or low-fat cheese.
- Round out your meal with a glass of low-fat milk, some low-fat or fat-free yogurt, or soymilk. You can also add a serving of fruit or a small roll.



LIVE EMPOWERED

LEARNING TO THRIVE WITH & PREVENT DIABETES

American Diabetes Association

Create Your Plate!

Trying to figure out how you're supposed to eat now that you have diabetes? A good place to begin is the "Plate Method." You don't need any special tools and don't need to do any counting. You just need to focus on filling your plate with more non-starchy vegetables and less starchy foods and meats. It's simple and it works.

- 1** Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.
- 2** Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.
- 3** Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.
- 4** The other small section is for meat, fish, chicken, eggs, or tofu.
- 5** Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high-fiber cereal
- cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn



Once you have changed how much you are eating, you can work on making healthier choices of each type of food.

Protein

- chicken or turkey (without the skin)
- fish such as tuna, salmon, cod, or catfish
- other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese

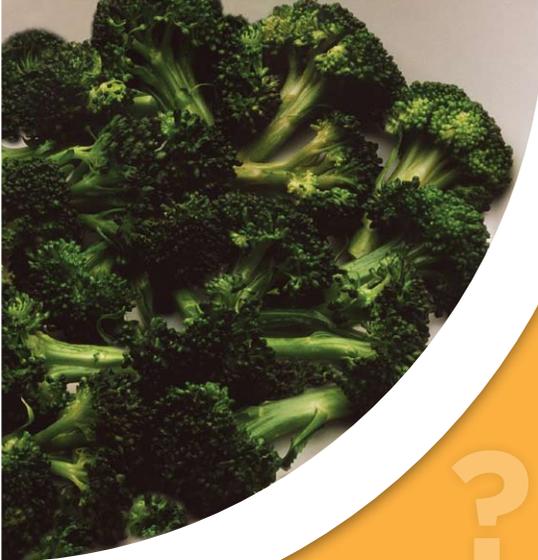
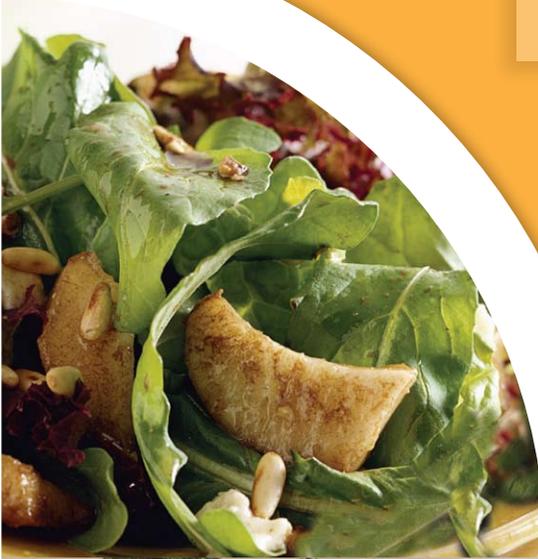


Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit

**Non-Starchy Vegetables**

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip

How Deep?

For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.

A Real-Life Sister Story

My friend told me about 'Rate Your Plate' and I decided to try it at home with my family. All of us—me, my husband, and my two teenagers—could stand to lose a little weight. I worry about the kids getting diabetes, since it runs in the family. I used to nag everyone about not eating so much, but it just made them mad and then I was mad too. This plate thing works great because everyone feels full at the end of a meal. Just don't tell my kids they're eating more of the foods that are good for them!

Alice

How to Use this Daily Journal

Your journal will help you **stay focused** on your goals. Use this journal every day to write down what you eat and what you do for exercise. Research shows that writing everything down can help you stay on track if you're trying to lose weight, make healthy food choices, and stay active. Make copies of a blank daily page as needed. If you prefer an online form, go to www.nhlbi.nih.gov and search on food diary.

A Real-Life Sister Story

I have struggled with my weight all my life. It's always been hard for me to cut down on how much I eat. But I tried using this food and exercise journal and it's been a big help. It helps me think about what I'm eating and especially how much I'm eating. If I know I will be writing down what I eat, I think twice before I reach into that bag of chips.

Lorraine

Tips for Healthy Living

Place a checkmark next to things you want to do. Then try one or two new tips each week or month.

Exercise

ID or identify ways to move more!

- Go for a half-hour walk most days of the week.
- Go for three 10-minute walks, every day if you can.
- Weed the garden or mow the grass.
- Walk at the mall.
- Go dancing.

Don't let hair care be a roadblock.

- Change to a more natural style or to short hair.
- Tie back long hair.
- Braid your hair.
- Tie a cotton or silk scarf around your hair.
- To keep your head from sweating, go for three 10-minute walks instead of one long walk.

ID or identify time to exercise.

- Experiment and find the best time of day for exercise.
- Schedule it!
- Find help with food shopping or cooking to give yourself time.
- Find help with child-care to give yourself time.
- Take short walks during your workday.
- Make a date with a friend to walk. Your friend can be your support group!

Eating • *Cut calories by taking these steps:*

Change how you eat.

- Eat a light salad or a broth-based soup before your meal.
Research shows you'll eat less of the rest of the meal.
- Serve up plates in the kitchen instead of putting bowls of food on the table to avoid overeating.
- After you serve up plates, put extra food into the refrigerator for another meal. You'll be less tempted to have seconds.
- Use smaller plates, bowls, and glasses to eat less food.
- Eat breakfast every day.
- Eat more frequently during the day with small meals and snacks instead of big meals. Then you won't get overly hungry and overeat.

Change what you buy at the grocery store.

- Switch from cheese with 10 grams of fat per ounce to a cheese with about 5 or 6 grams of fat per ounce.
- Buy skim or 1% milk instead of whole milk.
- Select low-fat salad dressings, mayonnaise, and sour cream.
- Choose whole grain sandwich-thins and bagel-thins to cut the calories in half.
- Look for low-fat snack foods such as crackers, chips, ice cream, and flavored yogurts.
- Shop for lean cuts of meat, such as loin chops, pork tenderloin, and sirloin.

Eat a little less than usual.

- Fill half of your plate with vegetables such as green beans, collard greens, sliced tomatoes, or carrots.
- Write down everything you eat and drink throughout the day. Use this journal to stay focused. Research shows this is one of the most effective ways to lose weight.
- Cut back on serving sizes instead of giving up favorite foods.
- Drink diet sodas and sugar-free iced tea.

Change how you cook.

- Use a nonstick pan and nonstick cooking spray instead of cooking with oil or butter.
- Bake, broil, grill, steam, or sauté your food rather than frying.
- Cook lower-fat versions of favorite recipes.
- Cut the fat by one-half in most recipes.
- Cook more vegetables and broth-based soups for most meals.

Eat healthier snacks.

- Have a fruit or a vegetable every time you have a snack.
- Cut up fresh fruit and top with low-calorie whipped cream topping, a low-calorie flavored yogurt, or low-calorie ice cream.
- Measure out snack foods and put the bag away before starting to eat your snack.
- Count out “hand-to-mouth” snacks such as raisins, nuts, and crackers.
- Enjoy a low-calorie frozen fruit bar.

Choose lower-calorie foods when you eat out.

- Order the smallest size available, such as a small fillet instead of a 12-ounce steak.
- Split entrees with a friend or family member.

- Order an appetizer instead of an entrée.
- Order dessert with four spoons—to share with friends.
- Ask for a box and take half of your meal home for tomorrow's lunch.
- Ask for sauces and salad dressing on the side.

Cut down on fat.

- Use light margarine on toast, rolls or bread—or none at all.
- Use a squeeze of lemon or a dash of herbs to season vegetables instead of butter.
- Choose white-meat chicken more often than dark-meat chicken.
- Use lower-fat deli meats, such as ham, turkey or lean roast beef.

Where to find recipes

- Go to the American Diabetes Association website at **www.diabetes.org.food-and-fitness**. You'll find recipes, tips on planning meals, and more.
- Be sure to look at My Food Advisor at **tracker.diabetes.org**. It offers recipes, nutrition information, and lots of other features.
- Review the American Diabetes Association online bookstore for cookbooks that appeal to you. Their books offer healthy recipes for everyone. You can order books at **www.shopdiabetes.org** or by calling 1-800-232-6733.
- Visit your local library and check out several cookbooks.
- Try the recipes in the ***New Soul Food Recipe Sampler***.

Ideas for rewarding yourself

- Get a manicure or pedicure.
- Get a new hairstyle.
- Go to a movie or play.
- Buy a new pair of shoes.
- Attend a sports event such as a basketball, baseball, or football game.
- Spend time with a friend.

A Real-Life Sister Story

I used to think that being physically active was an all-or-nothing kind of thing. I was never athletic and used to hate gym class in school. But I've learned that being active can be a bunch of small steps during my normal day. I don't have to join a gym or even take a class. I can stay fit by taking the stairs whenever possible, going for a walk after lunch while I'm at work, taking the dog for a walk after dinner, and things like that. All those little steps add up.

Sarah

Your American Diabetes Association

Choose to Life: Sisters Strong TogetherSM is sponsored by the African American Initiatives of the American Diabetes Association. This program is designed to help African American women take charge of their own health. African American women, like everyone else, sometimes don't take care of themselves. We sometimes neglect ourselves so we can take care of others. This journal will help you learn ways to take care of yourself, which in the end will help our families, our friends, co-workers, community, and ourselves.

The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. They offer lots of information by phone and on their website. Call **1-800-DIABETES** (1-800-342-2383) or go to www.diabetes.org. They can help you delay or prevent prediabetes and diabetes or help you manage these conditions.

If you're interested in more information about the Association's other programs for African Americans, please contact your local American Diabetes Association by calling **1-888-DIABETES** (1-800-342-2383). These programs include

- The Live Empowered Programs
- ID Day
- Project Power
- Just a Touch
- Your Diabetes Wellness Kit

The Association also offers free enrollment in a special program for people with type 2 diabetes called "Living with Type 2 Diabetes." You can enroll online at diabetes.org/living or by calling **1-800-DIABETES** (1-800-342-2383).

For more information about this program and others from the African American Initiatives section of the American Diabetes Association, please call toll-free **1-888-DIABETES** (1-888-342-2383) or go to www.diabetes.org/in-my-community/programs/african-american/programs/ online.

Postcard Flap



www.diabetes.org

1-800-DIABETES (1-800-342-2383)

