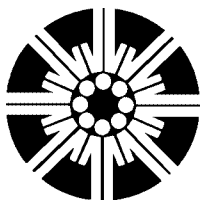


Learning to live with diabetes...

Algoma
Diabetes
Education &
Care Program

**IMPAIRED GLUCOSE
TOLERANCE**

a program of



**GROUP
HEALTH
CENTRE**



NDHN Member Program

Impaired Glucose Tolerance

This term simply means that the body is starting to have difficulty making enough insulin in the pancreas to keep the blood sugars at an acceptable level.

In this handout, we will look at ways to help the body maintain good blood sugar levels.

Best Blood Sugar Levels

Generally the aim is to keep all Blood Sugars between 4-7 mmol/L. Impaired Glucose Tolerance is diagnosed when Fasting Blood Sugars are greater than 5.7 mmol/L (taken in the morning before eating).

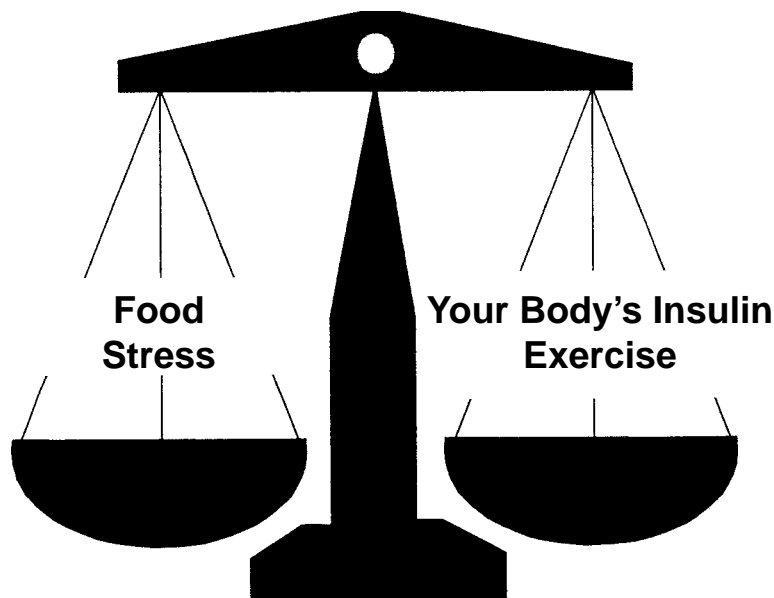
The Body's Balancing Act

In your body, there are four main factors influencing your blood sugar levels—food, exercise, your body's insulin and stress.

The main factors influencing your blood sugar levels are food, exercise, medication and stress.

Food: Causes your blood sugar to go up (i.e. too much food, or meals eaten too close together).

Stress: Either emotional or physical usually causes your blood sugar to rise.



Your body's insulin: Lowers your blood sugar levels.

Exercise: Improves your body's ability to use the sugar in your blood.

Good control means balancing these factors to keep your blood sugar levels as close to normal as possible so you will feel the best.

Let's look at some of these areas...

Healthy Eating for Good Blood Sugar Levels

1) Avoid concentrated sugars and sweets. Limit unsweetened fruit juices to 1/2 cup a day, to be taken at a meal.

2) **Enjoy your meals.** Eat three meals a day, spaced 4-5 hours apart. At each meal, include each of the following food groups.

- Starch foods (whole grain breads, cereals, pasta, corn, rice, potato, etc.)
- Protein foods (lean meats, poultry, fish, eggs, low fat cheese, and peanut butter). ***It is especially important to include protein at all 3 meals.***
- Fruits and root vegetables (oranges, bananas, carrots, peas, etc.)

Eat these with meals only, not as a snack.

- Milk (plain yogurt, milk, etc.) unless you are sensitive to milk.
- Extras (salad, vegetables, herbs and spices, diet beverages, etc.) may be included at any meals.

3) Make low fat choices (i.e. use skim milk, lean ground beef, trim fat on meat, chicken, etc. and cut down on added fat such as butter, oils and salad dressings).



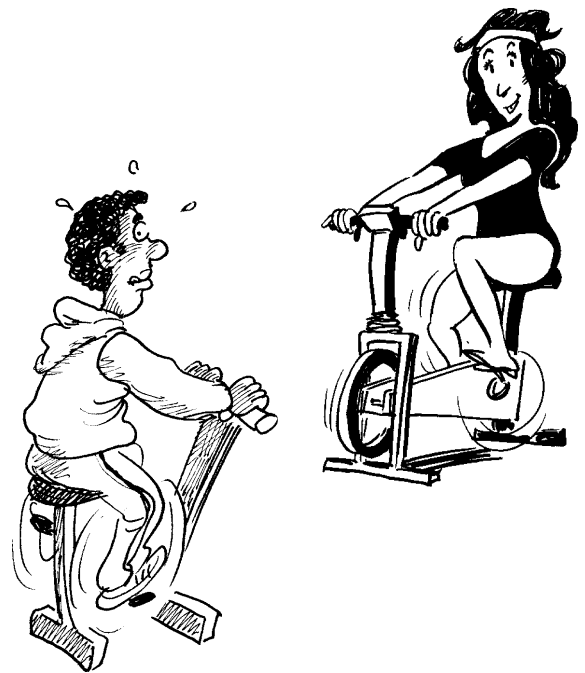
Exercise

Regular exercise helps you:

- lower blood sugar
- lower blood pressure
- feel better!
- lose weight
- improve blood fats

Tips:

- ask your doctor how much exercise you can do
- choose aerobic exercise that increases your heart rate, i.e. brisk walking, swimming, dancing, biking, aquatics
- pick an activity you enjoy
- wear comfortable footwear
- increase exercise gradually until you can:
 - exercise at least 3 times a week
 - be active for 30-45 minutes without stopping
- plan winter activities too, i.e. walking in malls, stationary bicycle, treadmill, exercise video
- ask a friend to join you and have fun!



Stress

- Try to find ways to lower your stress in your life.
- Plan good activities to “Let Go” of that stress.

Healthy Weight

A healthy weight will lower the work that the pancreas has to do. Losing weight slowly is the best way. Consider the following suggestions...

Tips to Help Promote Weight Loss

- Avoid second helpings
- Use a smaller plate at meals to reduce serving sizes and when you do snack, make healthier choices
- Avoid overeating in the evening
- Limit alcohol intake
- Eat out in restaurants and have take-out and “fast” foods less often
- Be aware of what you are eating–don’t watch T.V. or read at the same time
- Keep on with your regular exercise



Do keep in mind...

As time goes by, the pancreas may become weaker and blood sugars may begin to rise.

You may experience...

- Extra thirst
- Frequent urination
- Fatigue
- Unexplained weight loss
- General weakness
- Blurred vision

This is a signal to return to your doctor to report these changes.

You may also return to the Algoma Diabetes Education Centre to receive further education to help you progress in managing your blood sugars.

A Healthy Plate – The “Plate Method”

