

MY HEALTH IS MY TREASURE

MIGRANT CLINICIANS NETWORK



A GUIDE FOR LIVING WELL WITH DIABETES



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Let's start with the cause
of a lot of our problems:
the food we choose.



An ideal meal is rich in vegetables and whole grains and low in fats and calories.
You decide what foods to put on your plate.

**DRINKS
WITHOUT SUGAR**



FRUITS



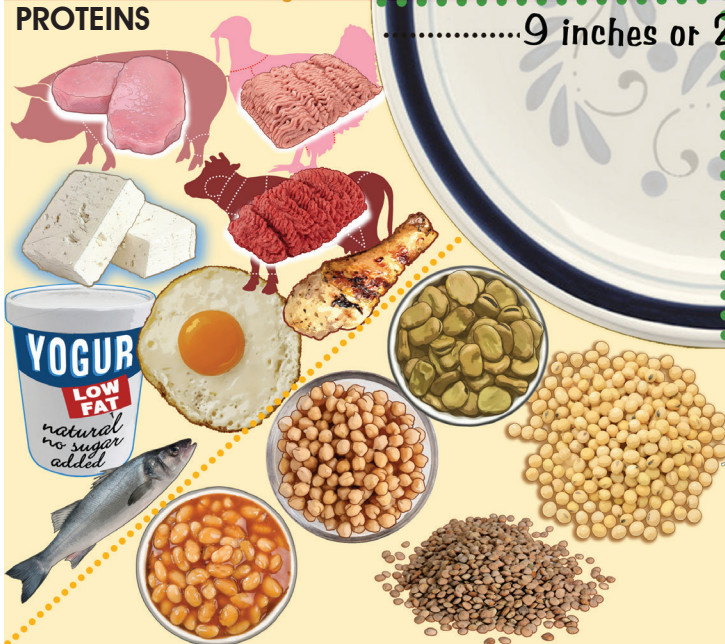
GRAINS AND STARCHY VEGETABLES



VEGETABLES



PROTEINS



.....9 inches or 22 centimeters.....

SNACKS



RECOMMENDED FOODS

The American Diabetes Association recommends a diet low in fats and carbohydrates. You decide whether to follow a traditional diet or a plant-based one without meat, eggs, dairy products like milk or butter, or oil. Both can reduce A1c.

REGULAR

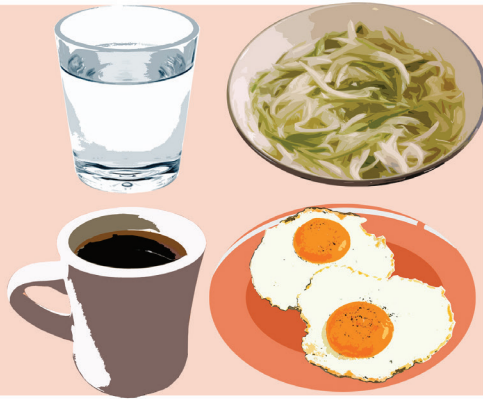
Eat small portions and at specified times, avoid overeating and skipping meals. You can eat from 8 to 10 portions during the day.

PLANT BASED

It is VERY important what you eat and less important how much you eat. You can eat to full, but **ONLY** whole foods without meat, dairy, eggs or fat.

BREAKFAST

1 or 2 eggs, roasted poblano chilies with onion, coffee and water.



Oatmeal with nuts, raisins, apples, pears, orange, coffee and water.



SNACK

Carrots, cucumbers, Mexican turnip with lemon and powdered chili.



Banana with peanut butter (100% peanut, no oil or sugar), water.



LUNCH

2 slices of cheese, 1/4 avocado, 2 slices of ham, 1 hard-boiled egg, 1/2 apple, baby carrots, lettuce, 3 tablespoons of roasted peanuts without salt. Water.



Lentil soup, tomato, beans and corn salad with rice. Nopal salad, watermelon and water.



SNACK

Salad of black beans, cilantro, chili jalapeño, corn and onion.



Carrots, cucumbers and jicama with lemon and chili. Black beans with cumin.



DINNER

Chicken tacos with corn tortillas, 2% fat cheese, beans, lettuce, guacamole and tomato. Water.



Tortillas without oil or lard, homemade beans, lettuce, guacamole, pico de gallo, cilantro, salad with lettuce, cucumber, tomato and carrots, dressing of balsamic vinegar and mustard. Slices of mango. Water.



FOODS TO AVOID



Energy drinks, sweetened, powdered, diet and alcoholic beverages.



Foods high in fat and sugar, ice cream, chocolates, cakes, cookies, chips and fried foods.



Fatty foods, sausage, cheese, hot dogs, fried beans with lard, oil or any other fat, all fried foods, toast, and fast foods such as hamburgers, pizza, and fried chicken.



No more than 3 corn tortillas at the same time.



Chicken with skin.

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Canned meats or meats with a lot of fat and salt such as Spam, deli meats such as ham, packaged foods with preservatives, chemicals, salt and carbohydrates.



STARTING TO EXERCISE



1. Start slowly with what you like and set realistic goals. At your own pace, exercise at least 10 minutes a day, and little by little add time and activities.

2. Take time and do your daily routine alone or with company.

3. Wear comfortable and appropriate clothing, shoes and socks.

4. Check your feet before and after exercising.

5. Listen to your body! Warm up before exercise. If you have any pain, stop and consult a doctor.

6. Always exercise 1-3 hours after eating, when your blood sugar level is highest.

7. Always bring something with sugar: candy, fruit, juice, raisins, in case your blood sugar level drops.

8. Stay hydrated! Drink enough water throughout the day.

DAILY PHYSICAL ACTIVITY

Always consult your doctor before starting your exercise plan

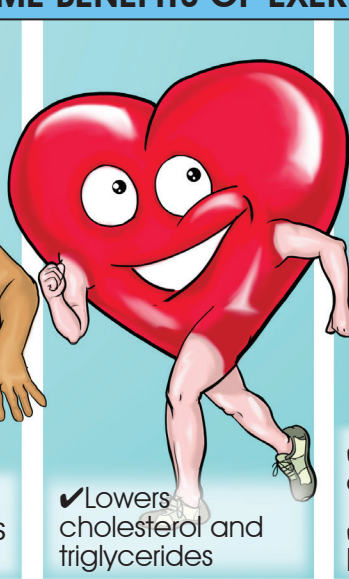
SOME BENEFITS OF EXERCISE



✓Lowers blood pressure and blood sugar



✓Reduces body fat and increases muscle mass



✓Lowers cholesterol and triglycerides



✓Reduces joint pain and nerve pain.
✓Strengthens bones.



✓Increases energy and decreases depression.

AT HOME

One can...



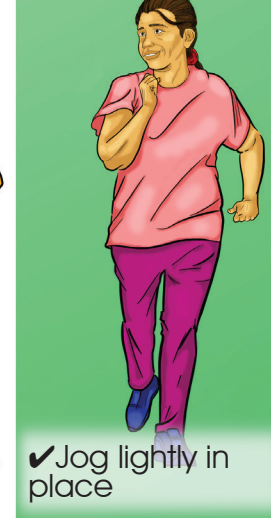
✓Lift weights with bottles filled with water or sand.



✓Exercise your legs on the ground or in a chair



✓Play some music and dance

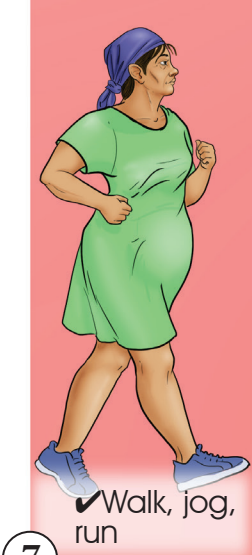


✓Jog lightly in place



✓Stretch with yoga and tai chi

OUTSIDE



✓Walk, jog, run



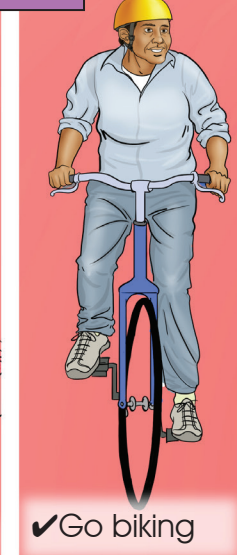
✓Go for a hike or an outing



✓Swimming



✓Gardening



✓Go biking



✓Play a team sport, like soccer



That's great Chela! I can exercise anywhere and it doesn't matter if I have special equipment or clothes.

That's right Goyo. What matters is being willing to do it and knowing it will improve your health



Even though my feet hurt sometimes, I am going to try to start with at least 10 minutes...

Yes indeed, Goyo, don't play around with your feet! People with diabetes have to be more careful.



And although we have diabetes, we can do any activity with the proper care.

DAILY FOOT CARE

It's very important that your doctor or nurse examines your feet when you go to the clinic.

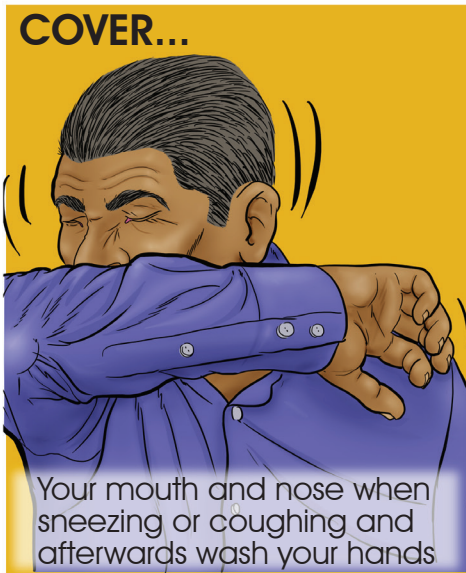
Every day you should:



PREVENTING ILLNESS AND PRACTICING GOOD HYGIENE

These are some things that you can do at home or at work so that you and your family don't become sick.

COVER...



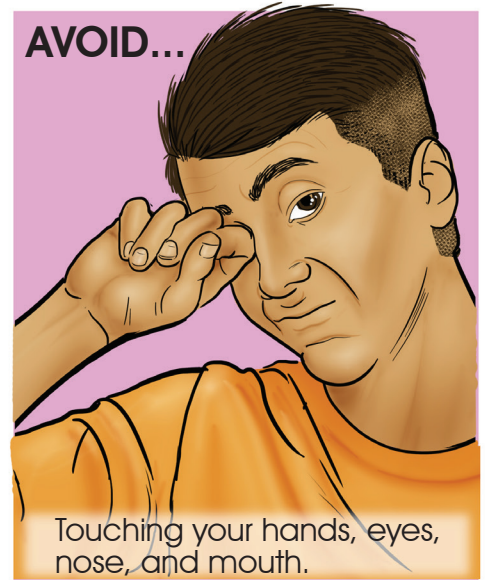
Your mouth and nose when sneezing or coughing and afterwards wash your hands

WASH...



Your hands with soap and water, rubbing them together for 20 seconds.

AVOID...



Touching your hands, eyes, nose, and mouth.

EAT...



A healthy and balanced diet

DRINK...

Lots of liquids, water, skim milk, and natural unsweetened juice



Don't drink from other people's cups

EXERCISE...



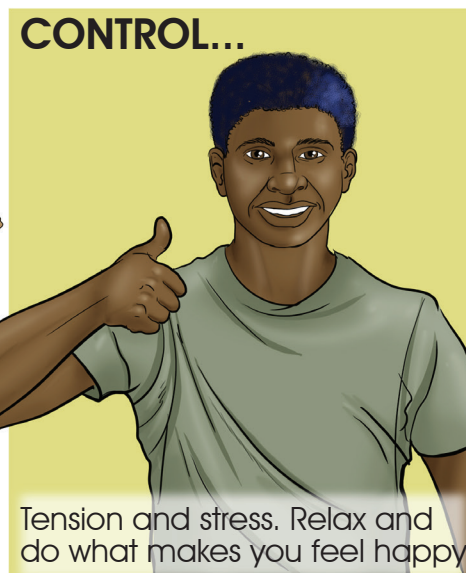
Regularly, following the advice of your doctor

SLEEP...



And rest sufficiently

CONTROL...



Tension and stress. Relax and do what makes you feel happy

IF YOU BECOME ILL...

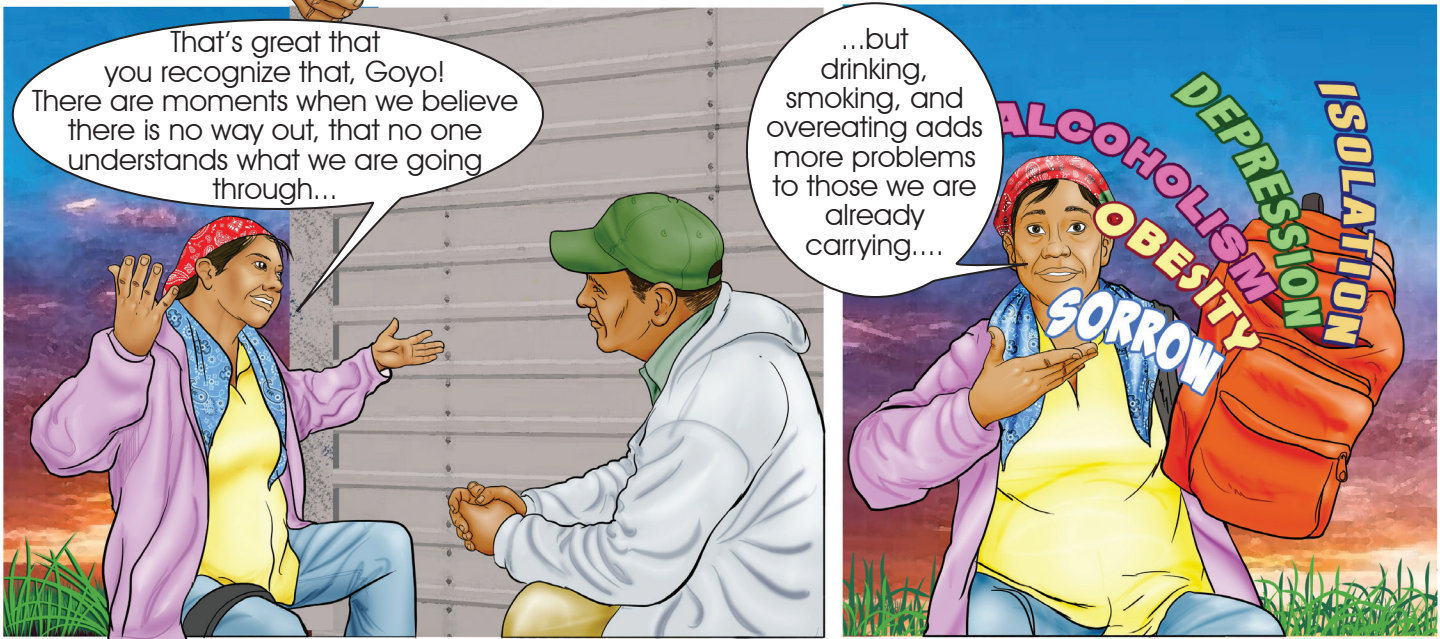


Stay home, rest, and consult your doctor. Better to miss a day of work than become sicker and miss the whole week.



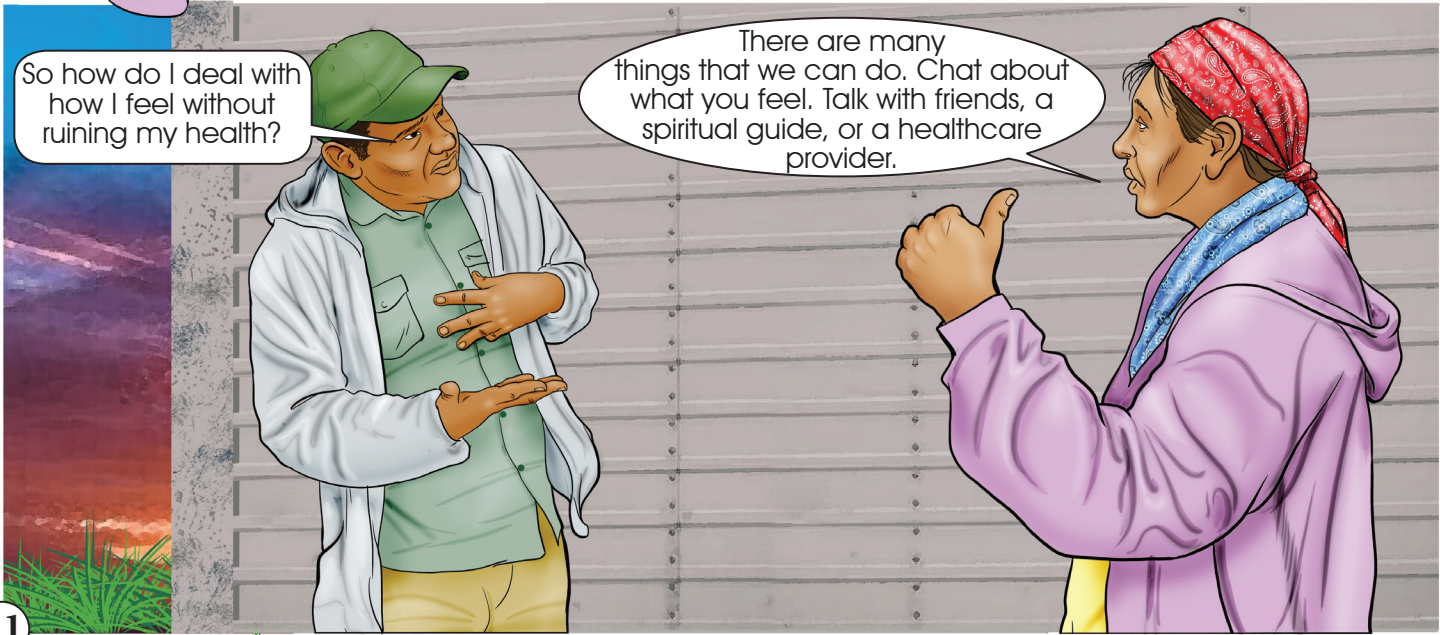
Chela, at times, I feel alone because others don't understand my illness and it's very hard to take care of myself.

...and in those moments, I really want to eat everything, even if it has sugar, flour, or fat all the way to wanting to even smoke and drink.



That's great that you recognize that, Goyo! There are moments when we believe there is no way out, that no one understands what we are going through...

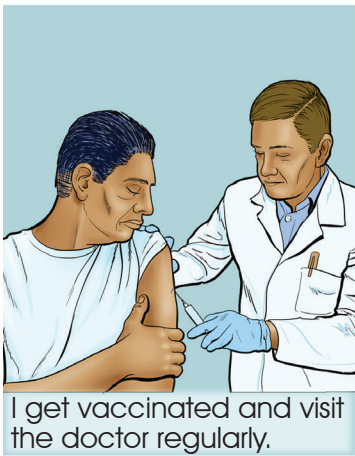
...but drinking, smoking, and overeating adds more problems to those we are already carrying....



So how do I deal with how I feel without ruining my health?

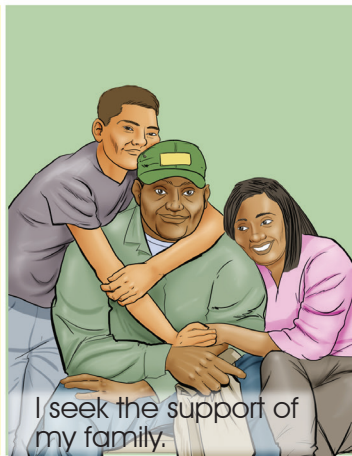
There are many things that we can do. Chat about what you feel. Talk with friends, a spiritual guide, or a healthcare provider.

LIVING WITH DIABETES

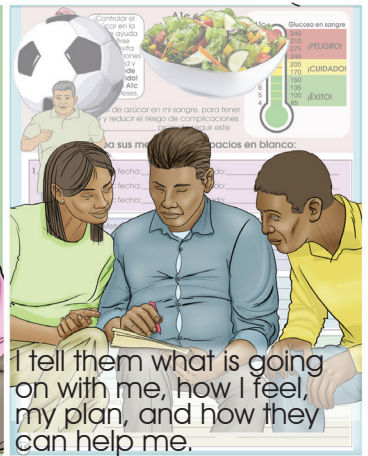


I get vaccinated and visit the doctor regularly.

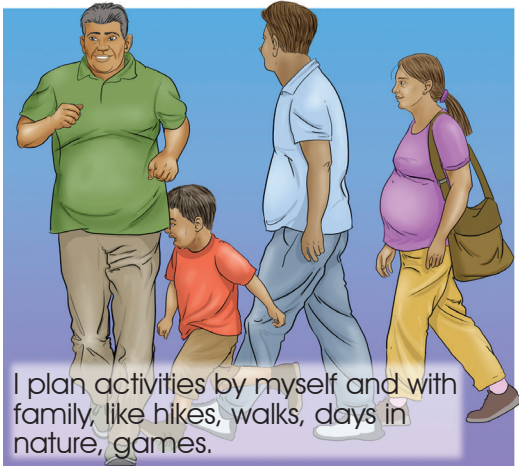
I have my A1c checked every 6 months.



I seek the support of my family.



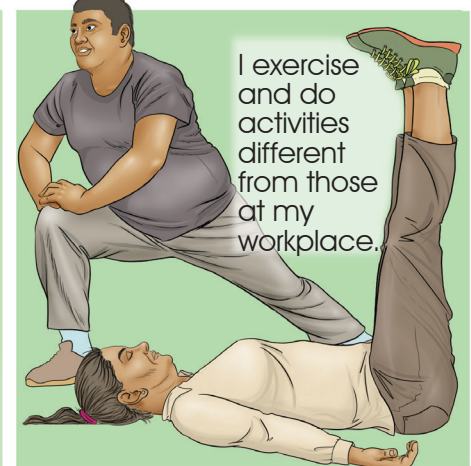
I tell them what is going on with me, how I feel, my plan, and how they can help me.



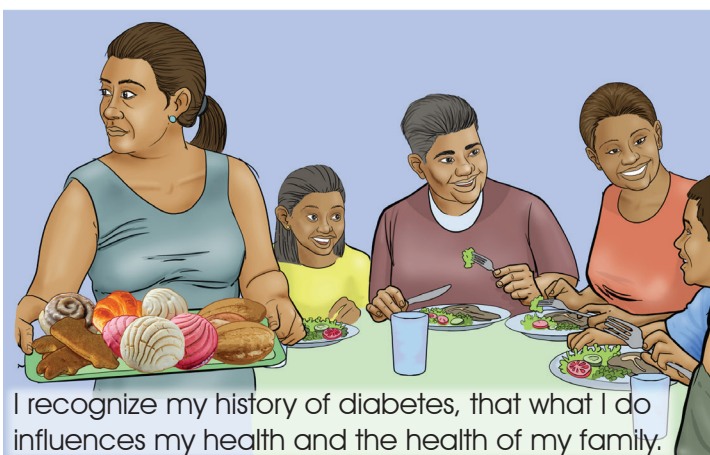
I plan activities by myself and with family, like hikes, walks, days in nature, games.



I take the medications the doctor suggests and I finish my course of treatment.



I exercise and do activities different from those at my workplace.



I recognize my history of diabetes, that what I do influences my health and the health of my family.

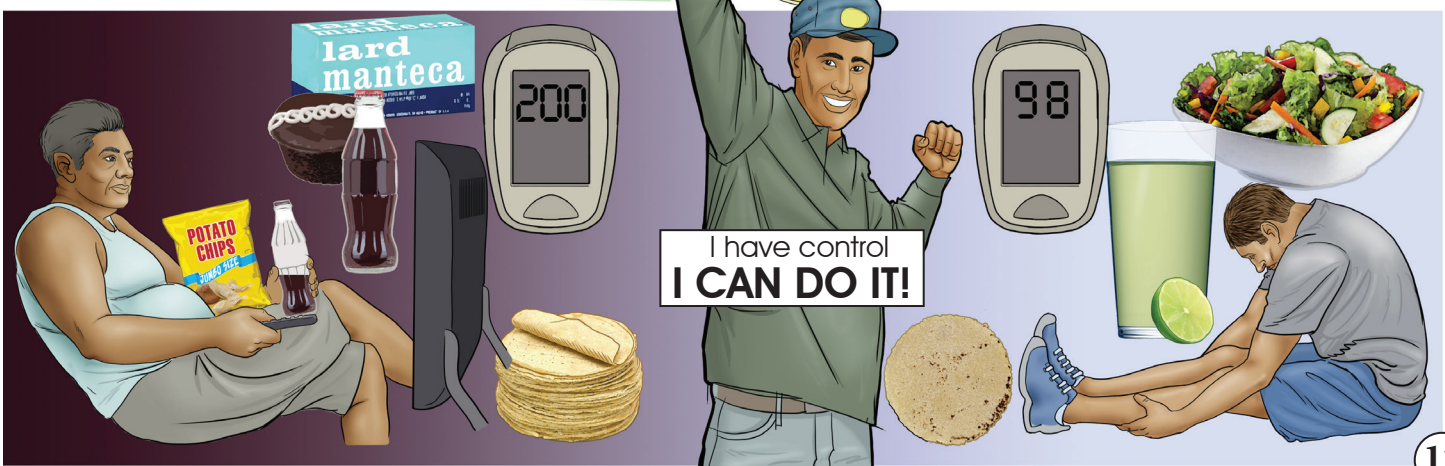
High blood sugar affects:

- Vision
- The Heart
- Kidneys
- Nerves of hands and feet

Low blood sugar causes:

- ✓ Dizziness
- ✓ Fainting
- ✓ Seizures

But there are many things you can do to live a healthy life



I have control I CAN DO IT!



We can measure blood sugar and write down the numbers but there are times when I don't feel like doing anything. And that isn't easy.

I get it Goyo. There are certain things that cannot be measured and they affect our wellbeing and health.



Luckily for me, I have my family to support me, and I take advantage of that. They remind me if I forget something and they encourage me when I am struggling.

You're so lucky Chela! My family is far away and they cannot support me like yours does.



Even though they are far away, they can support you. Call them and tell them your plans, tell them what's going on, you will see that when you share these things, you'll feel and see things differently.

Thanks Chela! I'll do it right away. I'll tell them about what's going on, listen to their voices, have them tell me what's going on there at home... these'll all make me feel better.

TAKE CARE OF YOUR FEELINGS

There are things that you don't see, but which you feel and bear: anxiety, pressure, or stress.



We miss our family because we migrate out of necessity.



We miss our language. When we are unable to communicate, we feel out of place, like we do not belong.

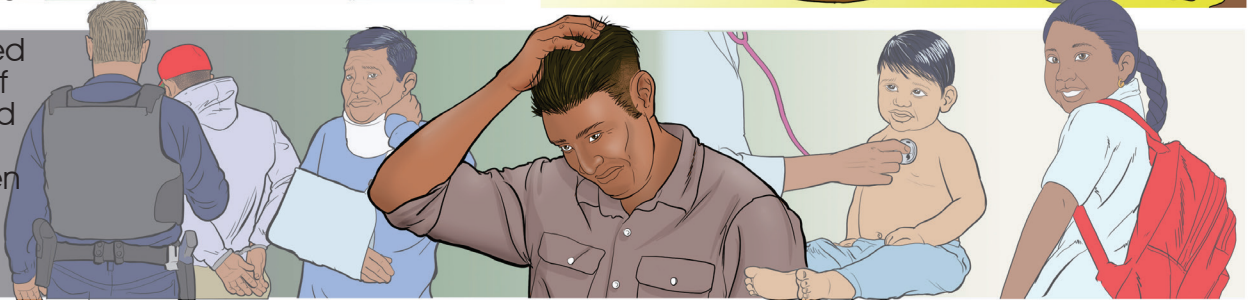


κατά δε την άξιασιν, εὐδοκίμει, οὐκ ἀπὸ τὸ πλεόν ἐς τὰ κοινά

We miss everything that we were used to, the streets, the weather, the environment.



We live worried and fearful of what's around us and what might happen to us as migrants.



There are always things we can do to feel better

Accept what we feel.



Maintain communication with those we left behind.

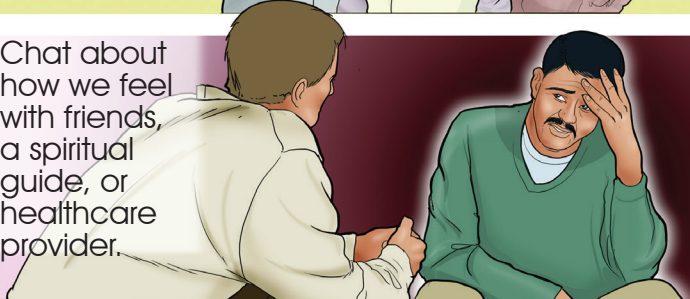


Improve relationships with those we live with here and now.



Build a new world, new friends and acquaintances.

Chat about how we feel with friends, a spiritual guide, or healthcare provider.



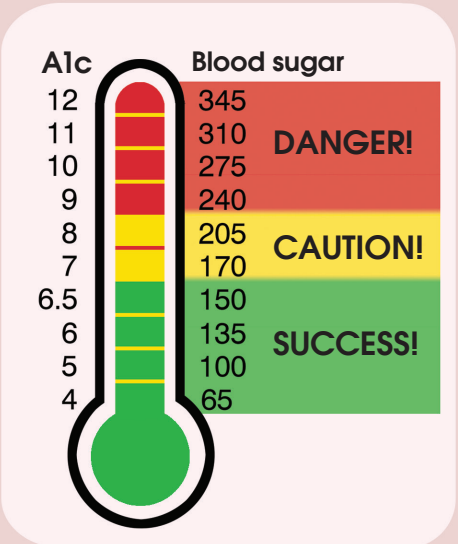
Seek out local services from community outreach programs and non-profit organizations.





Controlling blood sugar helps you feel better, avoid health complications, and can even save your life! Check your A1c every 6 months.

A1c is the average level of sugar in the blood in the last 3 months.



To control my blood sugar, to have a healthy life and reduce the risk of complications in the future, I _____ promise to follow this plan:

Write your goals in the blank spaces below:

1. Have my A1c checked:

A1c Date : _____ Result: _____ Goal: _____

A1c Date: _____ Result: _____ Goal: _____

A1c Date: _____ Result: _____ Goal: _____

2. Take my medications:

Goal: _____ Achieved: _____

3. Exercise:

Goal: _____ Achieved: _____

4. Eat healthy

Goal: _____ Achieved: _____

5. Control my weight:

Goal: _____ Achieved: _____
