

# Living Healthy with **DIABETES**

3rd Quarter 2005  
For BlueCare® and  
TennCare<sup>SM</sup> Select Members

## Diabetes Food Pyramid Can Help You Make Healthy Choices

As a diabetic, it is important to watch what you eat. The Diabetes Food Pyramid helps make it easier for you to watch and remember what to eat. It divides food into six groups. These groups vary in size. The largest group has grains, beans, and starchy vegetables. This group is on the bottom. It means you should eat more servings from this food group than from any others. The smallest group is fats, sweets, and alcohol. This group is at the top. It means you should eat very few servings from this group.

The pyramid gives a range of servings. If you follow the least number of servings in each group, you would eat about 1600 calories. If you eat at the upper end of the range, you would eat about 2800 calories. Most active women eat at the lower end of the range. Many active men eat in the middle to high end of the range. The exact number of servings you need depends on your:

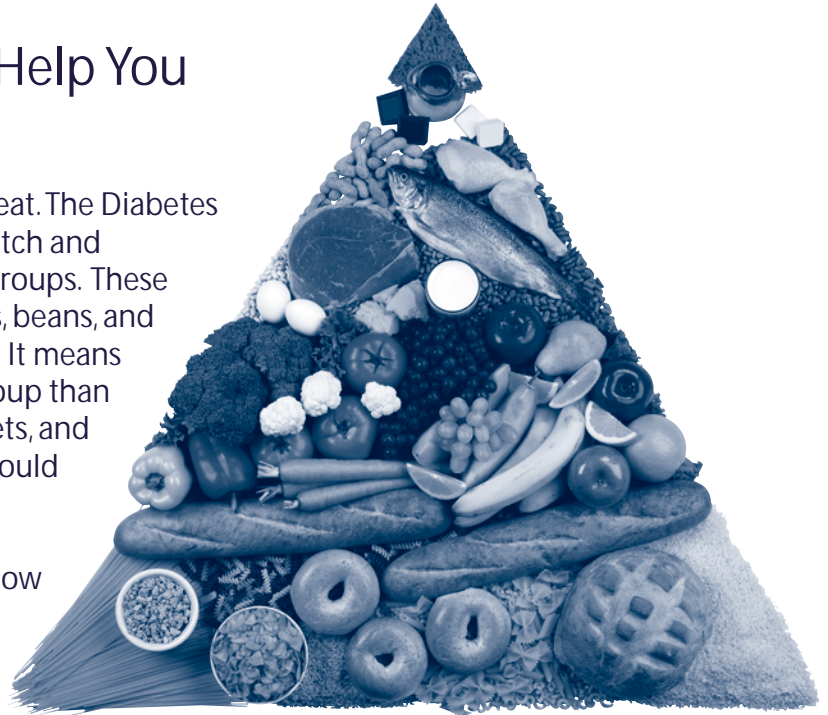
- diabetes goals,
- calorie and diet needs,
- lifestyle, and
- the foods you like to eat.

The pyramid is a little different than the USDA Food Guide Pyramid. The diabetes pyramid groups foods based on their carbohydrate and protein content. The USDA pyramid groups foods based on the food class in which they belong. To have about the same amount of carbohydrates in each serving, the portion sizes are a little different too.

### **Food Servings**

Following are the various food groups found on the pyramid. The suggested servings of each one are also listed. This information can help you better plan your meals.

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### **Check Health Information Library**

You can listen to 10 different recorded messages about diabetes. Just call the Health Information Library. The number is 1-800-999-1658. The recorded messages are available 24 hours a day. Press the 1 key on your touch-tone phone, and then follow directions. Codes for diabetes subjects are 4391 through 4400.

## Diabetes Food Pyramid Can Help You Make Healthy Choices

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### Grains and Starches

At the base of the pyramid are bread, cereal, rice, and pasta. These foods have mostly carbohydrates. This group includes: grains, such as wheat, rye, and oats; starchy vegetables, such as potatoes, peas, and corn; and dry beans, such as black-eyed peas and pinto beans. Choose 6-11 servings per day.

Serving sizes are:

- 1 slice of bread
- 1/4 of a bagel (1 oz.)
- 1/2 an English muffin or pita bread
- 1, 6" tortilla
- 3/4 cup dry cereal
- 1/2 cup cooked cereal
- 1/2 cup potato, yam, peas, corn, or cooked beans
- 1 cup winter squash
- 1/3 cup of rice or pasta

### Vegetables

All vegetables are naturally low in fat. They are good choices to include often in your meals. They also make great low-calorie snacks. Vegetables are full of vitamins, minerals and fiber. This group includes: carrots, tomatoes, cucumbers, lettuce, spinach, broccoli, cabbage, cauliflower, brussel sprouts, chicory, sorrel, Swiss chard, bok choy and kale. Choose 3-5 servings per day.

A serving is:

- 1 cup raw
- 1/2 cup cooked

### Fruit

The next layer of the pyramid is fruits. Fruits have a lot of carbohydrates. They also have many vitamins, minerals, and fiber. This group includes blackberries, cantaloupe, strawberries, oranges, apples, bananas, peaches, pears, apricots,

and grapes. Choose 2-4 servings per day.

A serving is:

- 1/2 cup canned fruit
- 1 small fresh fruit
- 2 tbs dried fruit
- 1 cup of melon or raspberries
- 1 1/4 cup of whole strawberries

### Milk

Milk products have a lot of protein and calcium. They also have many other vitamins. Choose non-fat or low-fat dairy products for the great taste. They



are also healthy. Plus, these products do not have saturated fat. Choose 2-3 servings per day.

A serving is:

- 1 cup non-fat or low-fat milk
- 1 cup of yogurt

### Meat and Meat Substitutes

The meat group has beef, chicken, turkey, fish, eggs, tofu, dried beans, cheese, cottage cheese, and peanut butter. Meat and meat substitutes are great sources of protein. They also have many vitamins and minerals. Choose from lean meats, poultry and fish. Cut off all the fat you see. And keep your portion sizes small.

Choose 4-6 oz. per day divided between meals.

Equal to 1 oz. of meat:

- 1/4 cup cottage cheese
- 1 egg
- 1 tbsp. peanut butter
- 1/2 cup tofu

### Fats, Sweets, and Alcohol

Things like potato chips, candy, cookies, cakes, crackers, and fried foods have a lot of fat or sugar. They aren't as healthy as vegetables or grains. Keep your servings small. And save them for a special treat! If you choose to drink, limit the amount and have it with food. Talk with your health care team about whether alcohol is safe for you. Also find out what amount of alcohol is safe for you. Serving sizes include:

- 1/2 cup ice cream
- 1 small cupcake or muffin
- 2 small cookies

### For More Help and Support

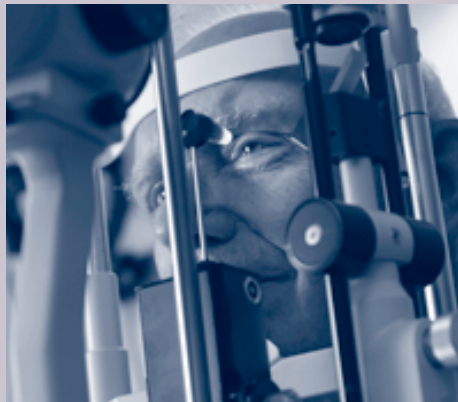
To find out just how much of what types of foods you ought to eat, you should work with a registered dietitian (RD). An RD works with people who have diabetes. This person can help you change your eating habits. He or she can also help you control your blood sugar. To find an RD near you:

- Find the names of American Diabetes Association Recognized Diabetes Education Programs in your area. Or call 1-800-DIABETES (1-800-342-2383).
- Call The American Dietetic Association at 1-800-366-1655.
- Call the American Association of Diabetes Educators at 1-800-TEAM-UP4 (1-800-832-6874).

# New Screening Technique for Diabetic Eye Problems Now Covered

Your health plan now covers digital imaging systems as a way of screening for diabetic retinopathy. Retinopathy is the most common type of eye disease caused by diabetes. This eye problem can lead to blindness.

The technology involves taking images of the retina of each eye with a digital camera. The retinal



images may then be:

- evaluated on site and stored to compare with future ones, or
- sent via the Internet for evaluation, storage and comparison with future images.

This service may be given in your eye doctor's office. The American Academy of Ophthalmology suggests the following eye exam schedule:

<i>Diabetes Type</i>	<i>Recommended Time of First Exam</i>	<i>Recommended Follow-up*</i>
Type 1	5 years after onset (Note: The American Diabetic Association recommends within 3-5 years after onset for screening diabetic retinopathy)	Yearly
Type 2	At time of diagnosis	Yearly
Prior to pregnancy (In preexisting diabetes; type 1 or type 2)	Prior to conception or early in the first trimester	No retinopathy to mild or moderate nonproliferative diabetic retinopathy: every 3-12 months  Severe nonproliferative diabetic retinopathy or worse: every 1-3 months

\*Abnormal findings may mean more follow-up tests.

## CareSmart Offers Support When You Need It Most

As a diabetic, you are prone to other health problems. But you can lower your risk of developing complications by taking steps now! Our CareSmart Diabetes Disease Management Program can help. The program gives you:

- key information about how to

- take care of your diabetes.
- helpful tips on eating and diabetes.
- guidelines on what to do if your blood sugar goes too high or too low.
- easy phone access to a registered nurse.

The CareSmart program is voluntary. It does not take the place of your doctor's care. The nurse at CareSmart works with your doctor to make sure you get the quality

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### ***CareSmart Offers Support When You Need It Most***

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- care you need. The nurse also:
- works with you and your doctor to create a plan of care for you.
  - arranges educational classes in your own area for you to attend, if needed.
  - calls you every 1-2 months to

talk to you about your diabetes and answer any questions you may have.

If you are interested in CareSmart, just call 1-888-416-3025.

No one is treated in a different way because of race, color, birthplace, language, sex, age, or disability. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1-866-311-4287. In Nashville, call 743-2000.

Para información acerca de TennCare en español llame al 1-866-311-4290. For more information about interpretation and translation services, which are free to the enrollee, BlueCare members call 1-800-468-9698. TennCare members call 1-800-263-5479.

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