

DIABETES CARE TOOL KIT

This tool kit is designed to accompany PCRM's live weekly Online Video Support Group. Track your weight and lab changes and email the results to GetHealthy@pcrm.org anytime during the week, and we will review your results LIVE on air. Or you can send us your results during the LIVE show. We welcome your biggest successes and biggest challenges.

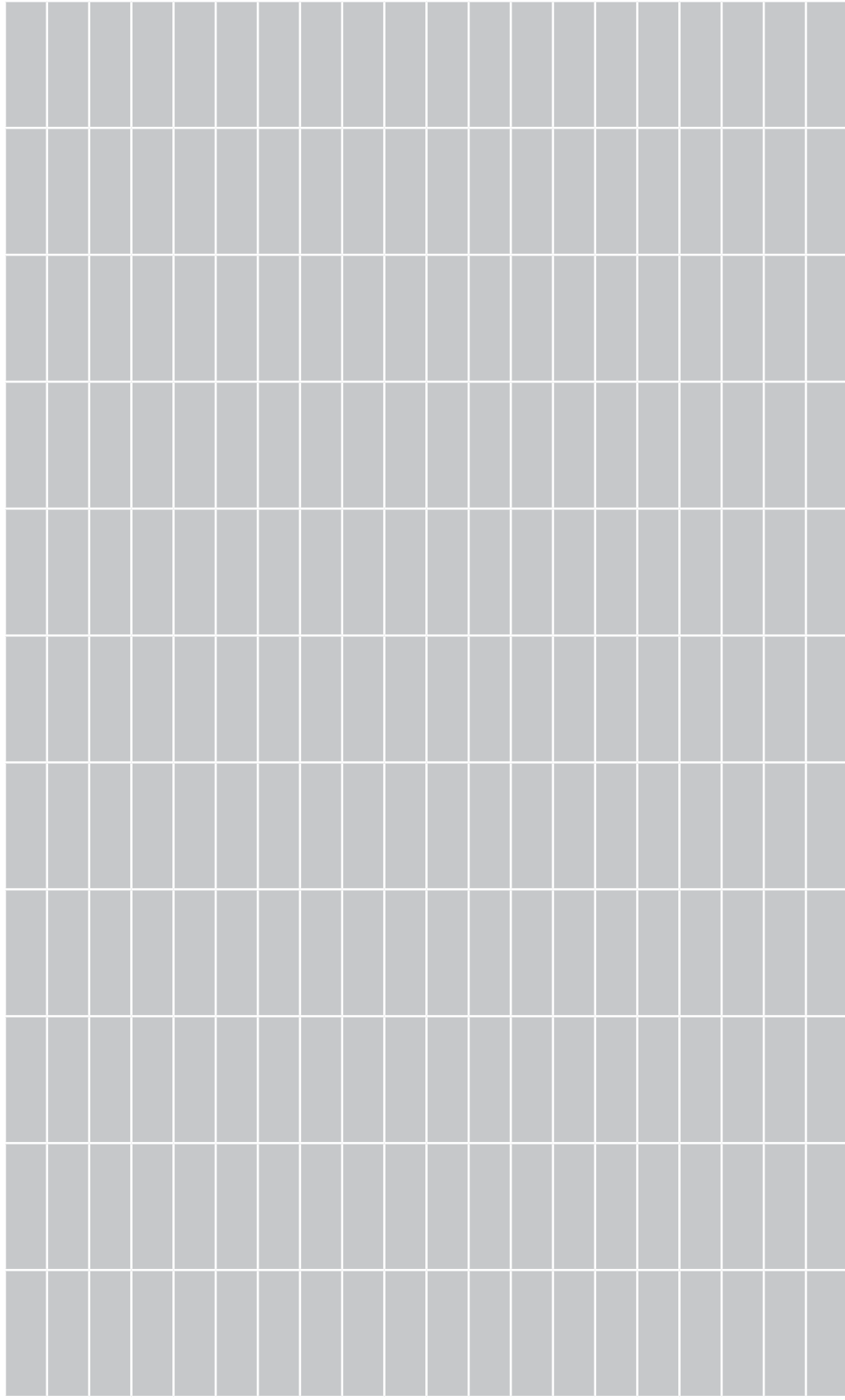
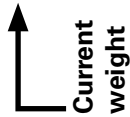
Three components of diet

- **Vegan**
- **Low-fat**
- **Low glycemic index (GI)**

WEIGH YOURSELF WEEKLY

1. Customize this chart. Put your current weight on the chart to the left on the line indicated.
2. Number the white horizontal lines accordingly. Each line represents one pound.

Weight by 1 lb



Week 1 Date _____ Week 2 Date _____ Week 3 Date _____ Week 4 Date _____ Week 5 Date _____ Week 6 Date _____ Week 7 Date _____ Week 8 Date _____ Week 9 Date _____ Week 10 Date _____ Week 11 Date _____ Week 12 Date _____

GOOD NUMBERS TO KNOW

	Test date	Result	Test date	Result	Test date	Result	Test date	Result
A1c								
Blood pressure (mmHg) (example: 120/80)								
Total cholesterol (mg/dl)								
LDL cholesterol								
Urine albumin to creatinine ratio Spot sample (µg/mg)								

Hemoglobin A1c targets:

Normal: 4 to 6 percent

Blood pressure:

Top number (systolic): 130 or lower

Bottom number (diastolic): 80 or less

Cholesterol targets:

Total cholesterol: less than 200; ideal is below 150

LDL (“bad”) cholesterol: Below 100 mg/dl; 70 mg/dl if other heart disease risk factors are present, such as smoking, history of heart attack.

Urine albumin to creatinine ratio:

Less than 30 µg/mg