

## Setting SMART Goals for Diabetes Management

If you have type 2 diabetes, a healthy lifestyle is vital to keeping your blood sugar levels within a healthy range.

If reaching your health and wellness goals calls for a change in habits, setting SMART goals can be a helpful way to find what works for you and plan for possible challenges.

- **SPECIFIC**—specific goals are simpler to follow. For example, a goal to “eat healthier” is vague and hard to plan for. Instead, you might set a goal to eat your recommended servings of fresh fruits and veggies each day for a week.
- **MEASURABLE**—measurable goals make it simpler to track progress. If your goal is to get more exercise, set an amount of time each day and/or the number of times each week you plan to exercise. Then, see if you’ve met your goal.
- **ATTAINABLE**—it’s vital to set realistic, doable goals to stay motivated to keep going. If you’re new to your fitness journey, a triathlon may seem too hard. Instead, try setting a goal to walk 15-20 minutes three times a week. You can then slowly work your way up to longer walks or add to the intensity of your route.
- **RELEVANT**—focus your goal on what you want most. Do you want to be able to walk farther? Are you hopeful to lose weight? By matching your goals to what you want to achieve, you raise your chances for success.
- **TIMELY**—setting a timeline can help you stick to your goals. Break down your goals into steps and assign doable timelines. For example, a goal to lose 10 pounds over six months, supported by a nutritionist or certified diabetes educator, gives you a specific goal and timeline to track your progress.



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The choice to make healthy choices can help you in many areas of your life. If you’re ready to set health-promoting changes, remember to be SMART about your goals.

**References:** Orenstein, Beth W., et al. “Setting Achievable Goals for Type 2 Diabetes: Everyday Health.” *EverydayHealth.com*, [www.everydayhealth.com/hs/healthy-living-type-2-diabetes/setting-achievable-goals/](http://www.everydayhealth.com/hs/healthy-living-type-2-diabetes/setting-achievable-goals/).



## Tips for managing high blood pressure

One in three Americans suffer from high blood pressure, and that number increases to two out of three for those with diabetes. High blood pressure won't go away on its own. Fortunately, it can be improved.

**Consider lifestyle changes**—if you choose to drink alcohol, limit it to one serving a day for women, and two for men. If you're a smoker, it's time to quit.

**Make smart food decisions**—healthy eating goes a long way. Focus on eating at least one serving of fruits and vegetables each meal. Switch to low-fat or fat-free dairy products. Choose lean meats and meat substitutes like beans, fish, or chicken without the skin. Try to avoid fried food and adding extra salt.

**Watch your weight and be physically active**—to maintain or lose weight, cut down on unhealthy calories. This includes sugary drinks, candy, and salty snacks. Add exercise into your day. Aim for 30 minutes of aerobic activity, like brisk walking, most days of the week. Consider doing weight training twice a week, too.

**Talk to your doctor about medication**—certain medicines can also help lower your blood pressure. Some of the most common include Angiotensin-Converting-Enzyme (ACE) inhibitors, Angiotensin Receptor Blockers (ARBs), beta blockers, calcium channel blockers, and diuretics.

Visit your doctor to learn your numbers today!



**Sources:** "High Blood Pressure." American Diabetes Association, [www.diabetes.org/diabetes-risk/prevention/high-blood-pressure](http://www.diabetes.org/diabetes-risk/prevention/high-blood-pressure).; "Treating High Blood Pressure in People with Diabetes." American Diabetes Association, [professional.diabetes.org/sites/professional.diabetes.org/files/media/Treating\\_High\\_Blood\\_Pressure\\_in\\_People\\_with\\_Diabetes.pdf](http://professional.diabetes.org/sites/professional.diabetes.org/files/media/Treating_High_Blood_Pressure_in_People_with_Diabetes.pdf).; "What Is High Blood Pressure?" [www.heart.org](http://www.heart.org), [www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure](http://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure).

# Reading Food Labels

## MAKING SENSE OF FOOD LABELS.

If you get tripped up when reading food labels, you're not alone. It can be hard when you're trying to make the right choices. Here are some helpful definitions for terms on the food label.

- > **Serving size:** All the information on a food label is based on the serving size listed. If you eat more, that means you'll be getting more calories, carbs, etc. than what is listed.
- > **Amount per serving:** The information on the left side of the label tells you the total of each nutrient in one serving of food. Use these numbers to compare labels of like foods.
- > **Calories:** Your body "burns" calories for energy. Talk with a Registered Dietician (RD) or Registered Dietician Nurse (RDN) about how many calories you should eat each day.
- > **Total carbohydrate:** This includes all three types of carbohydrate: sugar, starch, and fiber. It's vital to use the total grams when counting carbs or choosing which foods to eat. Below the Total Carbohydrate (carbs), you will find a breakdown of the types of carbs in the food.
- > **Added sugar:** One of the three types of carbs in food is sugar. As of January 2021, the Food and Drug Administration (FDA) requires labels must have "added sugar" to help you know which foods have naturally occurring sugar (like fruit or yogurt) and which foods have added sugar (like cookies, candy, or soda).
- > **Sugar alcohols:** Sugar alcohols are a type of sugar substitute that has less calories per gram than sugars and starches. Sorbitol, xylitol, and mannitol are some examples of sugar alcohols. If a food has sugar alcohols, it will be listed on the label under Total Carbohydrate. Foods that have sugar alcohols are not necessarily low in carbs or calories. Just because a package says "sugar-free" on the outside does not mean that it is low-calorie or carbohydrate-free. Always check the label for the grams of total carbs and the calories.



- > **Fiber:** Fiber is the part of plant-based foods that is not digested, or only partly digested. Dried beans such as kidney or pinto beans, fruits, veggies, and whole uncut grains are all good sources of fiber. The amount of fiber you need depends on your age and gender. Healthy adults need between 25 and 38 grams of fiber a day. You can find recommendations for your age group and gender in the Dietary Guidelines for Americans (DGA) at [dietaryguidelines.gov/](https://www.dietaryguidelines.gov/).
- > **Fats:** Total fat tells you how much fat is in one serving of food. Try to replace foods high in saturated fats or trans-fat with foods rich in mono-unsaturated and poly-unsaturated fats to lower your risk of heart disease.
- > **Sodium:** Sodium, or salt, does not change blood sugar. But, eating too much salt raises your risk of high blood pressure and heart disease. While you can clearly taste the salt in some foods like pickles or bacon, other foods, like salad dressing, lunch meat, or canned soup, make it hard to tell. Reading labels can help you compare the amount of salt in these foods and more. Whether you have high blood sugar or not, it is recommended to not eat more than 2300 milligrams (mg) or less of salt each day. If you have high blood pressure, talk with your health care team to find out the best goal for you.

> **List of ingredients:** Ingredients are listed in order by weight with the first being the highest amount in the food. This can be helpful when making healthy choices like eating more fiber (look for words like whole grain, whole wheat, etc.) or lowering sugar (look for words like cane sugar, agave, maple syrup, honey, etc.).

> **Percent Daily Values (%DV):** The Percent Daily Values are found in the right column on the label. These tell you what percent of each nutrient the food has if you are on a 2,000 calorie/day food plan. As a rule of thumb, aim for less than 5% for things you want to limit, such as salt and saturated fat. Aim for 20% or more for things you want to get more of, such as fiber, vitamin D, calcium, and iron.

Serving Information →

Calories →

Nutrients →

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

Quick Guide to percent Daily Value (%DV)

- 5% or less is low
- 20% or more is high

\* 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.



## OTHER NUTRIENT CLAIMS:

- > There can be some nutrition claims on food packages that are hard to make sense of, such as the difference between the terms: fat free, saturated fat free, low fat, reduced fat, and less fat. The government has defined some claims that can be used on food packaging. Here's what they mean:

### Calories

- > Calories free: less than 5 calories per serving
- > Low calorie: 40 calories or less per serving

### Total, saturated, and trans fat

- > Fat free: less than 0.5 grams of fat
- > Saturated fat free: less than 0.5 grams of saturated fat
- > Trans fat free: less than 0.5 grams of trans fat
- > Low fat: 3 grams or less of total fat
- > Low saturated fat: 1 gram or less of saturated fat
- > Reduced fat or less fat: at least 25% less fat than the regular version

### Sodium

- > Sodium free or salt free: less than 5 mg of sodium per serving
- > Very low sodium: 35 mg of sodium or less
- > Low sodium: 140 mg of sodium or less
- > Reduced sodium or less sodium: at least 25% less sodium than the regular version

### Cholesterol

- > Cholesterol free: less than 2 mg per serving
- > Low cholesterol: 20 mg or less
- > Reduced cholesterol or less cholesterol: at least 25% less cholesterol than the regular version

### Sugar

- > Sugar free: less than 0.5 grams of sugar per serving
- > Reduced sugar: at least 25% less sugar per serving than the regular version
- > No sugar added or without added sugars: no sugar or sugar-containing ingredient is added during processing

### Fiber

- > High fiber: 5 grams or more of fiber per serving
- > Good source of fiber: 2.5 to 4.9 grams of fiber per serving

*References: Center for Food Safety and Applied Nutrition. "How to Understand and Use the Nutrition Facts Label." U.S. Food and Drug Administration, FDA, [www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label](http://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label).; "Reading Food Labels." American Diabetes Association, [www.diabetes.org/healthy-living/recipes-nutrition/reading-food-labels](http://www.diabetes.org/healthy-living/recipes-nutrition/reading-food-labels).*





# Low carb veggie fried rice bowl

## NUTRITION FACTS

- 2 Servings
- Serving Size about 1 3/4 cups
- Amount per serving
- Calories 250
- Total Fat 12g
- Saturated Fat 2.5g
- Trans Fat 0g
- Cholesterol 140mg
- Sodium 410mg
- Total Carbohydrate 11g
- Dietary Fiber 4g
- Total Sugars 6g
- Added Sugars 1g
- Protein 25g
- Potassium 870mg
- Phosphorus 310mg

## INGREDIENTS

- 1 tbsp canola or other vegetable oil
- 1 cup diced, cooked lean protein of your choice (such as chicken, pork, shrimp, tofu, etc)
- 3 tbsp chopped scallions or other onion
- 3/4 tsp grated fresh ginger (or 1/8 tsp ground ginger)
- 1/2 tsp minced garlic (about 1 clove)
- 1 1/2 assorted vegetables, chopped into bite-sized pieces (cooked or raw)
- 1 1/2 cups cauliflower "rice"
- 1 egg (beaten)
- 1 tbsp teriyaki sauce
- 2 tbsp chopped fresh cilantro



## DIRECTIONS:

1. Heat a nonstick wok or large skillet over medium-high heat. Add the oil and after about 20 seconds, add diced protein, onions, ginger, garlic, assorted veggies, and riced cauliflower, stirring often with spoon or spatula, for about 2 minutes.
2. Reduce heat to medium and pull the mixture away from the center of the pan with a spatula. Pour the beaten egg in the center. When it starts to cook, use a spatula to stir all the fried rice ingredients together for about a minute to finish cooking the egg.
3. Sprinkle teriyaki sauce and cilantro over the top and gently stir to blend flavors (about 1 minute more). Taste and add more teriyaki sauce if desired. Divide into two bowls and serve!

**Reference:** Association, American Diabetes. "Low Carb Veggie Fried Rice Bowl." *Diabetes Food Hub*, 13 Apr. 2021, [www.diabetesfoodhub.org/recipes/low-carb-veggie-fried-rice-bowl.html](http://www.diabetesfoodhub.org/recipes/low-carb-veggie-fried-rice-bowl.html).

# Health checks/diabetic screenings:

These are vital yearly screenings if you've been diagnosed with diabetes.

## DILATED EYE EXAM:

- > **What it is:** An eye doctor (optometrist or ophthalmologist) will check your eyes for signs of diabetic eye disease, such as diabetic retinopathy. The doctor will also check for other eye problems, such as glaucoma and cataracts.
- > **Why you need it:** Diabetes puts you at risk for diabetic eye disease.
- > **How often:** It depends on your type of diabetes you have and how long you've had it. Here are some guidelines:
  1. People with type 1 diabetes: within five years of diagnosis, then every one to two years after diagnosis, or more often if you have signs of eye disease
  2. People with type 2 diabetes: at diagnosis, then every one to two years after diagnosis, or more often if you have signs of eye disease
  3. People with any type of diabetes who have eye disease: at least yearly

## A1C:

- > **What it is:** A blood test that measures your average blood sugar level over the past two to three months. An A1C of less than 5.7 percent is thought to be normal; 5.7 to 6.4 percent is considered pre-diabetes; and an A1C of 6.5 or higher suggests diabetes.
- > **Why you need it:** A high A1C is a sign of frequent high blood sugar, which puts you at risk for problems such as nerve damage, kidney disease, and vision impairment.

- > **Target number:** Less than 7 percent for many adults. However, A1C is individualized. Your doctor may give you a higher or lower A1C goal, based on your needs. For instance, women with diabetes should aim for an A1C as close to normal as possible before trying to get pregnant and during pregnancy. A more relaxed goal may be needed for kids or adults who have frequent low blood sugar (hypoglycemia) or who don't have symptoms of hypoglycemia (hypoglycemia unawareness). Older adults are more at risk for lows and may have other health problems, such as heart disease, that call for extra care. In these cases, an A1C of less than 8 percent may be appropriate
- > **How often:** It depends on whether you're meeting your treatment goals, but most often:
  - > Every six months if your last A1C was in goal range
  - > Every three months if your medications have changed or your last A1C was not in your target range

**Reference:** "Health Checks for People with Diabetes." American Diabetes Association, [www.diabetes.org/diabetes/newly-diagnosed/health-checks-people-with-diabetes](http://www.diabetes.org/diabetes/newly-diagnosed/health-checks-people-with-diabetes).

## Reminders

Part of helping you live the healthiest life possible is protecting you from sickness and disease when possible. The COVID-19 vaccine is covered 100% on all SelectHealth® plans. Please visit [selecthealth.org/who-we-are/covid-19-coverage](http://selecthealth.org/who-we-are/covid-19-coverage) if you have any questions about COVID-19 coverage information.

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