**DIABETES CARE IN THE ADULT FAMILY HOME**

**The Diabetes Meal Plan: Best Foods to Include**

* **Lots of vegetables and fruits in lots of different colors**
* **Non-starchy vegetables such as spinach, carrots, broccoli or green beans**
* **Whole grain foods**
* **Beans like pinto, black or kidney beans and lentils**
* **Fish two or three times a week**
* **Lean meats with the skin removed**
* **Sugar-free drinks and limited fruit juice**

**Foods to Avoid**

* **Solid fats**
* **High calorie snacks and desserts**
* **Large portions**

**Sick Day Management for Residents with Diabetes**

* **Test blood glucose more frequently as ordered**
* **Test urine ketones if ordered**
* **Monitor temperature**
* **Adjust oral diabetic medication or insulin as ordered**
* **Maintain fluid intake**
* **Maintain food intake with sick day foods, including saltine crackers, vanilla wafers, graham crackers, dry toast, cooked cereal, frozen yoghurt, ice cream, sherbet, sugar free pudding, custard, jello, mashed potatoes, rice, banana, applesauce, soup, lifesavers**
* **Record and report symptoms such as thirst, frequent urination, nausea and vomiting as ordered**