

Mary's breakfast aha moment

“It’s the most important meal of the day” is the old saying about breakfast. In the case of Mary, it turned out to be true. What she ate—and didn’t eat—was giving her too sweet a start. How did she find this out? By using the ACCU-CHEK Testing in Pairs tool.

Mary works hard at staying in control of her diabetes. She exercises and cooks healthy meals. Being a Southerner, breakfast is all about pancakes with buttery syrup, grits, waffles and delicious rolls fresh-baked from the oven. Lunch and dinner? Mary was doing her veggies and lean meats and fish, so it never occurred to her that her morning goodies might be contributing to higher-than-usual blood glucose levels.

Feeling pooped by lunch, Mary complained to her doctor. She advised that Mary try testing her blood sugar before eating breakfast, and then 2 hours afterward to see what her readings were. Using the ACCU-CHEK Testing in Pairs tool, it was an easy, 7-day exercise.

The results were staggering to Mary. After only a few days, she saw a pattern of high jumps in her readings after eating her usual breakfast. She decided to see what would happen if she cut back on her portions and changed up her foods.

Aha! Lowering the total quantity of carbohydrates significantly reduced the jumps in her blood glucose! And adding in some protein also brought the numbers more in line.

What was the most amazing thing Mary discovered? “I don’t have to give up the breakfasts I love! With moderation, I can still have my favorites—and feel good, too.”

ACCU-CHEK® Testing in Pairs

What do I want to learn?				Name: <u>Mary S.</u>
Breakfast				Date of Birth: <u>5/22/66</u>
Day	Before	After	Change	Notes:
Jan 26	110	210	100	2 granola bars, 1 glass of milk and coffee
Jan 27	130	280	150	Ate w/sister. Pancakes, grits and coffee
Jan 28	125	255	130	2 cinnamon rolls, glass milk, 8 strawberries and coffee
Jan 29	120	220	100	2 granola bars, 1 glass of milk and coffee
Jan 30	110	155	45	1 granola bar, glass of milk, coffee
Jan 31	108	148	40	1/2 cinnamon roll, 1 glass milk, 4 strawberries and coffee
Feb 1	127	157	30	Ate out w/niece. Eggs, 1 toast and coffee

What did I learn?

What can I do next?

If I watch my _____ portions, I can still eat what I love.

Be aware of my _____ serving sizes.

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.



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