

Know the signs!

Knowing the symptoms of Hyperglycemia (high blood sugar) and Hypoglycemia (low blood sugar) is important in order to prevent life-threatening complications and trips to the emergency room. Below is a list of symptoms that can occur during these episodes.

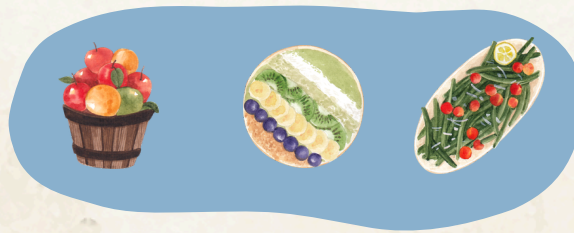
High Blood Sugar

- Blurred vision
- Extreme thirst
- Shortness of breath
- Urinating more often
- Nausea
- Confusion
- Dry Mouth
- Sweet/fruity smelling breath

Low Blood Sugar

- Lightheadedness
- Hunger/nausea
- Fast heart rate
- Shakiness
- Sweating/chills
- Confusion
- Seizures
- Being more irritable/impatient

Best way to check blood sugar levels is with fingerstick readings!



Managing diabetes isn't easy, but you don't have to do it alone. At Imperial Primary Care Medical Group, our dedicated team is here to provide the guidance and support you need on your journey to better health.

Call and book an appointment with us!
(562)-902-3000



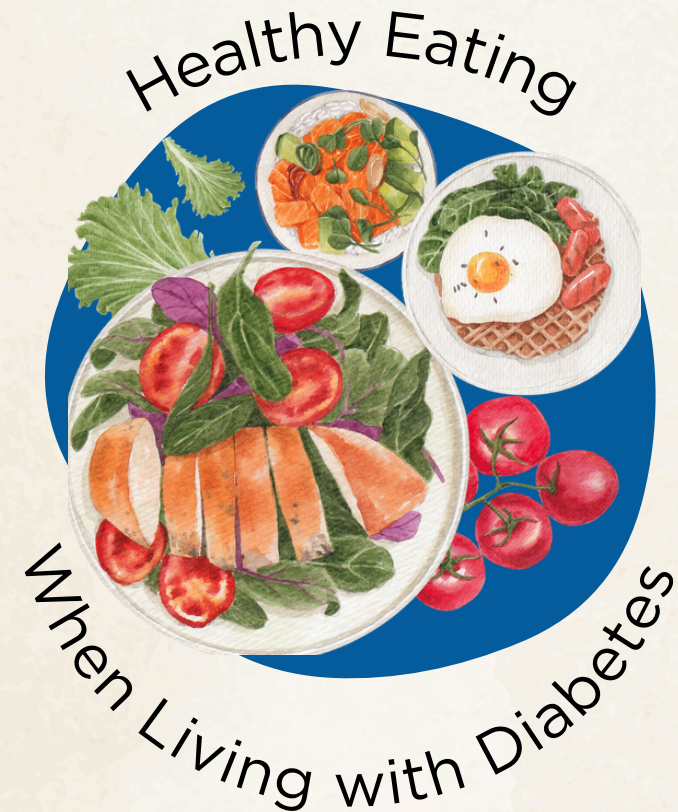
Recipes for you!

Delicious and nutritious? Absolutely! Scan the QR code below to access diabetes-friendly recipes that meet the nutrition guidelines of the American Diabetes Association.



This material does not cover all information and is not intended as a substitute for professional medical care. This material is for your education use only. ALL RIGHTS RESERVED

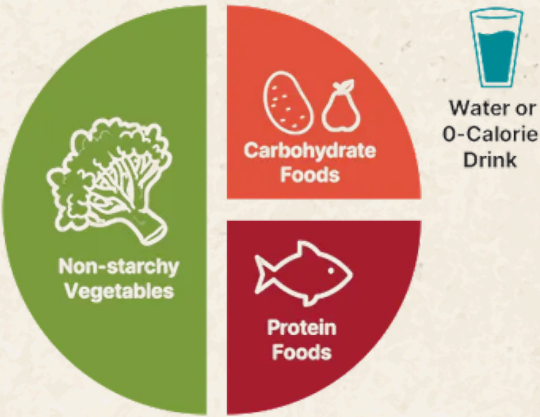
This material has been reviewed by Imperial Primary Care Provider, 2026



**IMPERIAL PRIMARY CARE
MEDICAL GROUP
& AFTER HOURS CLINIC**

Tips for Building a Healthy Meal Plan

According to the American Diabetes Association, the framework for managing diabetes starts with the food choices and portion sizes we choose. Below is a graphic from the American Diabetes Association of the “Diabetes Plate Method,” which can be used as a framework for building a healthy and delicious meal.



While nutrition is important, exercising can also help lower blood sugar, blood pressure, and cholesterol. Experiment with new activities until you find one you like! Exercise should not feel like a punishment but instead something fun!

Food Groups



Vegetables
Non-starchy vegetables such as broccoli, carrots, cauliflower, asparagus, eggplants, and so many more! The vegetables can be either fresh, frozen, or even canned (make sure to look for low salt/no salt added options).

Yes! You can have fruits! While they do count as a carbohydrate food, fruits have essential vitamins, minerals, and fiber! Fruits are also excellent substitutes for other sweet treats!

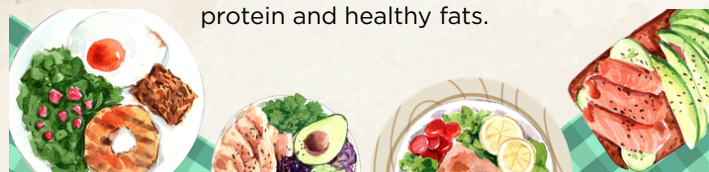


Lean Proteins
Protein is a key component for managing diabetes! Research supports that the best protein sources for managing diabetes are fish and poultry (without skin for less saturated fat and cholesterol). It is best to limit your intake of red meat and processed meats such as bacon, ham, and sausage.

Healthy fats such as olive oil, nuts, avocados, and a lot of other yummy foods are key in providing valuable nutrients that help lower cholesterol and protect your heart.



Carbohydrates
Carbohydrates are the body's primary energy source, but because they break down into glucose, they have the most direct impact on blood sugar levels. Managing diabetes effectively involves choosing high-quality, complex carbohydrates—like whole grains, non-starchy vegetables, and legumes—which contain fiber that slows digestion and prevents sharp glucose spikes. To maintain stable energy and avoid highs or lows, focus on portion control and consistency, such as using the Diabetes Plate Method to balance carbs with lean protein and healthy fats.



Examples of High Carb foods vs. Low Carb Foods

High Carbs

These foods are higher in carbohydrates and may cause blood sugar spikes. However, they can still be enjoyed in moderation or during special occasions as part of a balanced diet.

Fried vegetables such as french fries	Fried food such as fried chicken	Sugared drinks such as soda and juice
Candy and sweet treats	Syrups or sugared sweeteners	White bread and sugary bread such as pasteries

Low Carbs

These healthier alternatives support better blood sugar management and can be incorporated into your diet with confidence

Vegetables, fresh or frozen, both are great!	Oats and quinoa are perfect for satiety	Water, unsweetened teas and diet sodas
Popcorn is a great substitute for when you are craving chips or something salty!	Fruit is a perfect way to satisfy your sweet tooth	Greek yogurt (nonfat) is high in protein and good for a sweet treat