

# *Southeastern Endocrine & Diabetes, P.C.*

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## TURKEY SANDWICH DRILL

Eat turkey sandwich for each meal of the day. Be sure the sandwich is made the same way each time: same kind of bread, same amount of mustard and turkey. We recommend that you do not use mayonnaise as some of the low fat varieties contain carbohydrate. If you need more food than just one sandwich, you may eat two or add something else to the meal. Just be very sure of how many grams of carbohydrate are in the extra food, if any. Note on your report how many grams of carbohydrate were in the meal and try to make each meal the same amount.

Check blood sugar before each meal and give your meal dose plus a supplement if needed.

Check blood sugar 2 hours after starting each meal, but do not give any supplemental insulin, even if blood sugar is high for the 2 hour reading.

Record on blood sugar sheet supplied by office and fax results to 678-325-2261 or 2263. Be sure provider's name is on the report.