Be Sweet to Your Feet if You Have Diabetes

Taking care of your feet is very important for people with diabetes. Good foot care helps reduce your risk for serious foot problems that can lead to amputations.

To decrease your risk of foot problems, learn to manage the **ABCs** of diabetes. This means keeping your blood glucose (as measured by the **A1C** test), blood pressure, and cholesterol in the target range recommended by your health care provider. Ask your health care provider about your diabetes ABCs and how to do a foot exam at home.

Be sweet to your feet by following these foot care tips:

- **Check your feet every day** (evening is best) for cuts, blisters, red spots, swelling, and sore toenails. If you have trouble bending over to see your feet, use a plastic mirror or ask a family member or caregiver to help.

- **Wash your feet every day in warm water**, and be sure to dry well between the toes.

- **Rub a thin coat of skin lotion on the tops and bottoms of your feet**, but not between your toes.

- **Trim your toenails carefully and straight across when needed.** See your podiatrist if you need help.

- **Never walk barefoot**, and wear comfortable shoes that fit well and protect your feet. Nerve damage can cause loss of feeling. Look and feel inside your shoes before putting them on. Ask your team about getting special shoes.

- **Let your doctor know right away** if you have loss of feeling in your feet, changes in the shape of your foot or foot ulcers or sores that do not heal.

**Article from National Diabetes Education Program**
[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)
Directions

1. In a medium bowl, combine ranch dressing and mayo or salad dressing; stir in broccoli mixture.

2. Spread BBQ sauce onto tortillas. Top with chicken or turkey.

3. Add broccoli mixture on top of meat and roll up tortillas.

BBQ Ranch Wraps

**Ingredients**
- 2 tbsp. Reduced-fat Ranch dressing
- 1 tbsp light mayo or salad dressing
- 2 cups packaged shredded broccoli (broccoli slaw mix)
- 4 whole grain flour tortillas (8-inch)
- 2 tbsp bottled BBQ sauce
- 8 oz cooked chicken breast or turkey breast, shredded

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**Nutrition Facts per serving:**
- Serving Size: 1 wrap
- Calories 279
- Total fat 7g (Saturated fat 1g)
- Cholesterol 51mg
- Sodium 539mg
- Carbohydrate 31g
- Fiber 3g
- Protein 23g

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