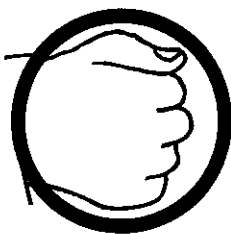


PORTION SIZES

WHEN YOU CAN'T MEASURE YOUR FOOD

Your Helpful Hands...

The best way to find out how much of a food you are eating, or your portion size, is to use measuring cups, spoons or a scale. Sometimes, such as when you eat out, you can't do this. Here are a number of ways you can use your hands to help you find out about how much you are eating. * The portion sizes in each food group use an adult *woman's* hand as a guide.



One fist clenched = 8 fluid ounces

- Cold and hot beverages



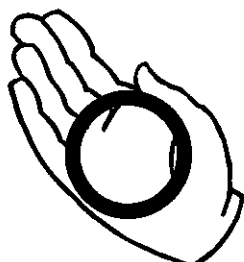
Two hands, cupped = 1 cup

- Breakfast cereal
- Soup
- Green salads (lettuce or spinach)
- Mixed dishes (chili, stew, macaroni and cheese)
- Chinese food



One hand, cupped = 1/2 cup

- Pasta, rice
- Hot cereal (oatmeal, farina)
- Fruit salad, berries, applesauce
- Tomato or spaghetti sauce
- Beans (cooked or canned)
- Cole slaw or potato salad
- Mashed potatoes
- Cottage cheese
- Pudding, gelatin



Palm of hand = 3 ounces

- Cooked meats (hamburger patty, chicken breast, fish fillet, pork loin)
- Canned fish (tuna, salmon)



Two thumbs together = 1 tablespoon

- Peanut butter
- Salad dressing
- Sour cream
- Dips
- Whipped topping
- Dessert sauces
- Margarine
- Cream cheese
- Mayonnaise

*Adapted from MyPyramid.gov. This handout is only a guide.

The amounts of foods in your meal plan may be different.

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Asthma Action Plan

Asthma Triggers

Try to stay away from or control these things:

- ☐ Smoke, strong odors or spray
- ☐ Mold
- ☐ Chalk dust/dust
- ☐ Pollen
- ☐ Animals
- ☐ Tobacco smoke
- ☐ Food
- ☐ Colds/Respiratory infections
- ☐ Carpet
- ☐ Change in temperature
- ☐ Dust mites
- ☐ Cockroaches
- ☐ Other

Name: _____ DOB: _____

Doctor: _____ Date: _____

Phone for Doctor or Clinic: _____

Predicted/Personal Best Peak Flow Reading: _____

1. Green - Go

- Breathing is good.
- No cough or wheeze.
- Can work and play.



Or Peak Flow _____ to _____ (80-100%)

Use these controller medicines *every day* to keep you in the green zone:

Medicine: _____ How much to take: _____ When to take it: _____ ☐ Home ☐ School

5-15 minutes before very active exercise, use ☐ Albuterol _____ (puffs).

Keep using controller green zone medicines everyday.

2. Yellow - Caution



Coughing



Wheezing



Tight Chest



Wakes up at night

Or Peak Flow _____ to _____ (50-80%)

Add these medicines to keep an asthma attack from getting bad:

| Medicine | How much to take | When to take it |
|-----------|--|---|
| Albuterol | <input type="checkbox"/> 2 puffs by inhaler | <input type="checkbox"/> May repeat every |
| or | <input type="checkbox"/> 4 puffs by inhaler | 20 min up to 3 doses |
| _____ | <input type="checkbox"/> with spacer, if available | in first hour, if needed |
| | <input type="checkbox"/> by nebulizer | |

If symptoms **DO NOT** improve after first hour of treatment, then go to **red zone**.

If symptoms **DO** improve after first hour of treatment, then continue:

| | | |
|-----------|--|--|
| Albuterol | <input type="checkbox"/> 2 puffs by inhaler | <input type="checkbox"/> Every 4 - 8 hours |
| or | <input type="checkbox"/> 4 puffs by inhaler | for _____ days |
| _____ | <input type="checkbox"/> with spacer, if available | |
| | <input type="checkbox"/> by nebulizer | |

_____, _____ times a day for _____ days ☐ Home ☐ School
(oral corticosteroid) (how much)

Call your doctor if still having some symptoms for more than 24 hours!

Call your doctor and/or parent/guardian **NOW!**

Take these medicines until you talk with a doctor or parent/guardian:

| Medicine: | How much to take: | When to take it: |
|-----------|--|---|
| Albuterol | <input type="checkbox"/> 2 puffs by inhaler | <input type="checkbox"/> May repeat every |
| or | <input type="checkbox"/> 4 puffs by inhaler | 20 minutes until |
| _____ | <input type="checkbox"/> with spacer, if available | you get help |
| | <input type="checkbox"/> by nebulizer | |
| _____ | _____ times a day for _____ days | <input type="checkbox"/> School <input type="checkbox"/> Home |
| | (oral corticosteroid) (how much) | |

3. Red - Stop - Danger

- Medicine is not helping.
- Breathing is hard and fast.
- Nose opens wide.
- Can't walk.
- Ribs show.
- Can't talk well.



Or Peak Flow _____ (Less than 50%)

Call 911 for severe symptoms, if symptoms don't improve, or you can't reach your doctor and/or parent/guardian.