Each time you see an out-of-range blood sugar over the landmines. When on the road, I also really like the Seven Minute Workout (an iPhone and I always forget that even a little activity makes a difference. I've found that even a small amount of activity can make a big difference. Sneak in activity whenever possible. When I'm eating with at least one other person, it's easy to see how relatively small the amount of food I'm eating is. It's almost always that I'm around food, and my brain is telling me to eat it, even though I don't have the sensation of hunger.

When I stack insulin, it's because I'm taking too many manual boluses. Using a bolus calculator to account for insulin on board can help. I've been experimenting with the following black-and-white approach: at least three hours must pass between snacks/meals (unless I'm low). This prevents me from snacking indiscriminately just because food is around. I've been using scissors to cut a small triangle off the corner of snack packages. This strategy has proven very effective in cutting my consumption; it takes much more shaking, effort, time, and patience to get the same quantity out of a package.

Sneak in activity whenever possible. When I'm eating with at least one other person, it's easy to see how relatively small the amount of food I'm eating is. It's almost always that I'm around food, and my brain is telling me to eat it, even though I don't have the sensation of hunger. When I stack insulin, it's because I'm taking too many manual boluses. Using a bolus calculator to account for insulin on board can help. I've been experimenting with the following black-and-white approach: at least three hours must pass between snacks/meals (unless I'm low). This prevents me from snacking indiscriminately just because food is around. I've been using scissors to cut a small triangle off the corner of snack packages. This strategy has proven very effective in cutting my consumption; it takes much more shaking, effort, time, and patience to get the same quantity out of a package.