

A Dive into Diabetes Part 2

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Get 1% Better Every Day

“Habits are the compound interest of self-improvement. Getting 1% better every day counts for a lot in the long run.”

Atomic Habits by James Clear

How did you do on
your 1%?

Today's Topics

- Foods and types of foods that affect your blood sugar
- Nutrition basics
- Eating to nourish your body
- Counting carbohydrates/meal planning
- Reading food labels



Eating Patterns

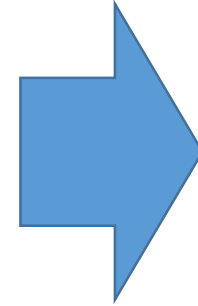
- Eat often: low-carb vegetables, fruit, whole grains, nuts and seeds, starchy beans and pea, lean proteins, low-fat dairy or alternatives, plant foods, olive oil
- Eat less often: red meat (beef, pork, lamb), sugar-sweetened beverages, refined grains, processed foods
- Drink plenty of water

Name 4 types of foods that
are carbohydrates

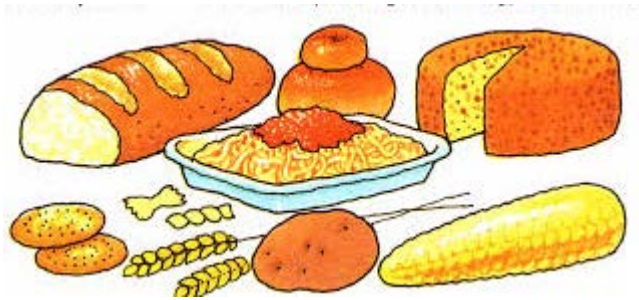
Carbohydrates



Starchy Foods
Fruits and Fruit Juice
Milk and Yogurt
Sweets and Desserts



Blood
Sugar



What are the target numbers??

- Blood glucose before meals_____?
- Blood glucose 2 hours after meal_____?
- A1C_____?
- Your blood sugar should never go below_____?

Keeping Your Numbers on Target Helps
to Prevent, Delay, and Treat Diabetes-
Related Complications

Why Meal Plan?

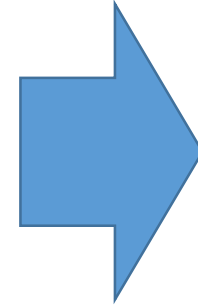
- Get Blood sugars, blood pressure, blood fats close to target range
- Healthy weight
- Prevent, delay, treat diabetes-related complications
- Improve overall health by what you eat
- Make eating a pleasure
- Continuous, not “diet”



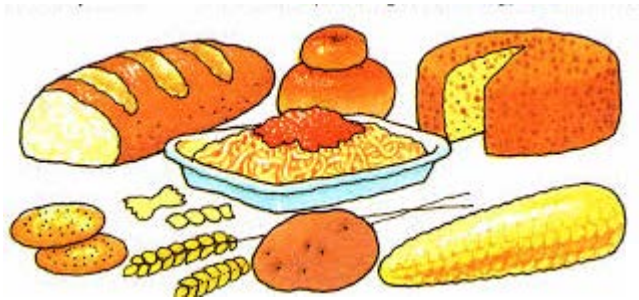
Carbohydrates



Starchy Foods
Fruits and Fruit Juice
Milk and Yogurt
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Blood
Sugar



Carbohydrates = Starch + Sugar



Timing

- Avoid middle of the night eating – water is fine
- Take your diabetes medicine at the correct time
- Monitor blood sugar before and 2 hours after meals



Timing

- Space meals 4 to 6 hours apart
- Make snacks at least 2 hours from a meal
- Eat 3 meals a day
- Try not to skip a meal



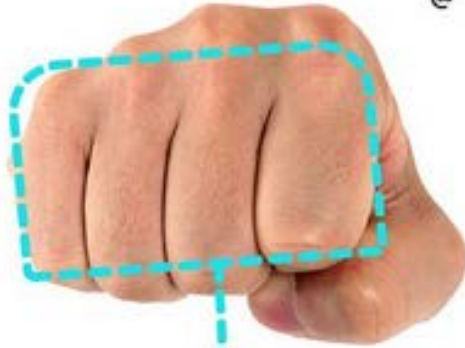
How Much Food

- Weigh and measure your foods for one week, then 3-4 times per year
- Measuring utensils
- Estimates

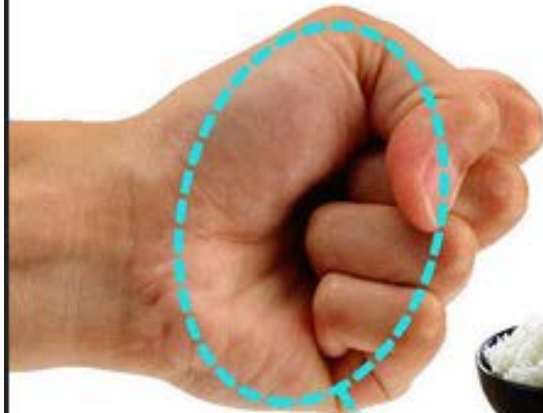


VISUAL HAND GUIDE TO PORTION SIZES

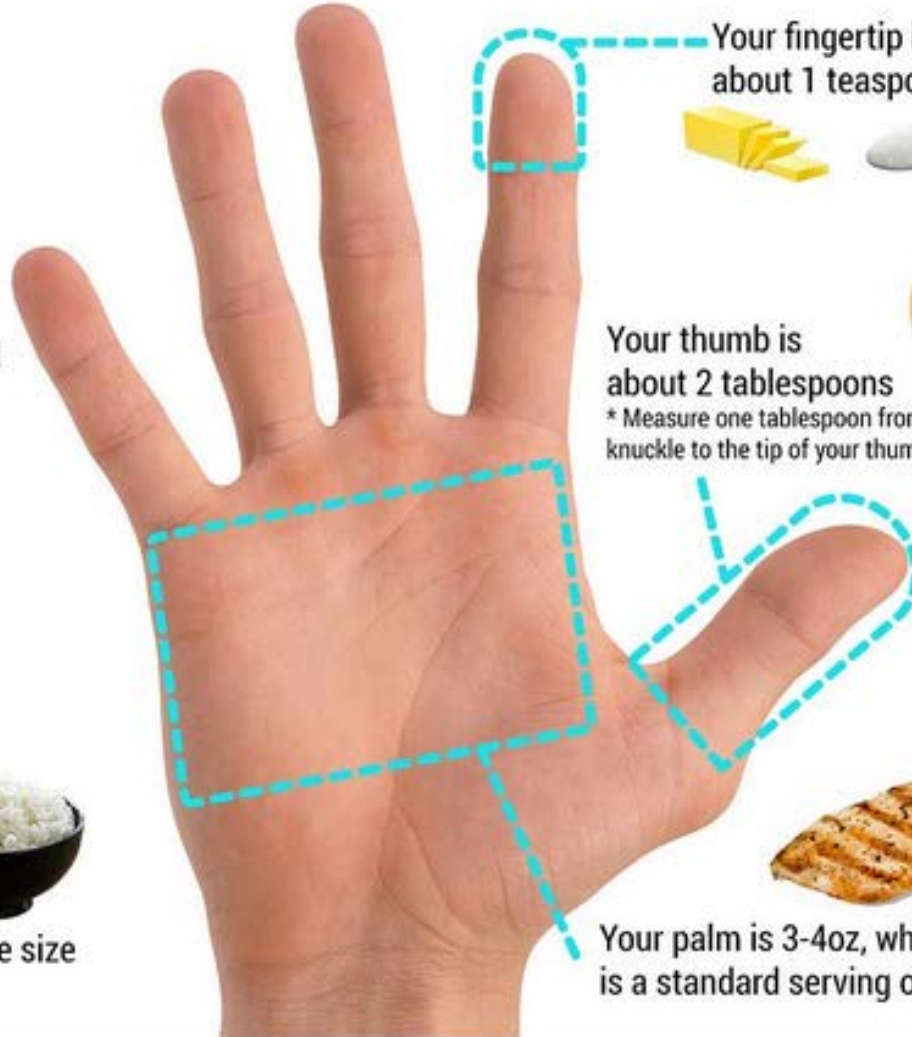
@THEFLEXIBLEDIETINGLIFESTYLE



The front of your closed fist is about 1/2 cup



A clenched fist is the size of a 1 cup serving



Your fingertip is about 1 teaspoon



Your thumb is about 2 tablespoons

* Measure one tablespoon from your knuckle to the tip of your thumb

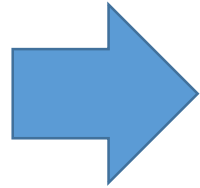


Your palm is 3-4oz, which is a standard serving of meat



How Much

- Too much food at one time (even healthy food) makes your blood sugar go up
- Too much food



weight gain

You Can Out-Eat Your Medicine!!



Weight Loss

- Lose 5-7% of current weight
 - ↓ blood sugar, blood pressure, blood fats
- Challenges: losing weight and keeping it off
- Medications can help
- Waist circumference vs. weight
- Women: 35" or less
- Men: 40" or less



10 Filling Foods

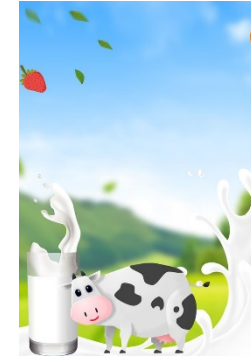
1. Potatoes, boiled or baked
2. Eggs
3. Oatmeal, not instant
4. Plain Greek yogurt –add fruit, nuts
5. Starchy beans and peas
6. Salmon and fish
7. Nuts
8. Low-carb vegetables
9. Rye Bread
10. Broth based soups, low or reduced sodium

Name 4 types of foods that
are carbohydrates

4 Types of Carbohydrates



Starches



Milk and Yogurt



Fruits/Fruit juice



Sweets and Desserts

Eat More Low Carb (non starchy) Vegetables

- Bell peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Green Beans
- Greens
- Salad Greens
- Spinach



Low Carb Vegetables

- 1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw
- Eat 3 to 5 servings per day
- Fill $\frac{1}{2}$ of your plate with low carb vegetables
- 1 serving = 5 grams total carbohydrates



Low Carb Vegetables

- Keep you full
- Low calorie
- Low carb (5 grams total carb/serving) little affect on blood glucose
- More Food, Fewer Carbs
- Fresh, frozen, no salt added canned (rinse/drain for regular canned)

Low-Carb Veggies

- True or False? Avoid carrots if you have diabetes
- How do you cook your low-carb vegetables?



Carbohydrates = Starch + Sugar

- 90 to 100% converts to blood sugar within 2 hours of eating
- Direct affect on blood sugar
- Liquid carbohydrates with added sugar like regular soda, sweet tea, lemonade and fruit punch will affect your blood sugar faster than solid carbohydrates



Carbohydrates: Starches

- Make half your grains whole: popcorn, oatmeal, whole grain bread, whole grain pasta, brown rice, quinoa
- Adds vitamins, minerals, and fiber
- Starches include bread, rice, pasta, starchy beans and peas, corn, peas, potatoes



Starchy Foods-Serving Sizes

- ½ cup potatoes, corn, peas, starchy beans and peas
- 1 dinner roll, 1 slice bread
- 1/3 cup pasta or rice
- ½ cup cooked hot cereal
- Cold cereal-check food label
- 3 cups popped popcorn



BAKED WITH
100% WHOLE
GRAIN WHEAT

triscuit

REDUCED FAT
25% LESS FAT THAN
ORIGINAL TRISCUIT

STARTS WITH
3 SIMPLE
Ingredients

NO ARTIFICIAL
COLORS OR FLAVORS

PER 6 CRACKERS

110 CALORIES	0g SAT FAT 0% DV	150mg SODIUM 3% DV	0g TOTAL SUGARS
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CRACKERS NET WT 7.5 OZ (212g)

triscuit

REDUCED FAT
REDUCED FAT TRISCUIT HAS 2.5g
FAT PER SERVING COMPARED TO 3.5g
IN ORIGINAL TRISCUIT

Nutrition Facts
about 8 servings per container
Serving size 6 crackers (28g)

Amount per serving	% Daily Value
Calories 110	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.5mg	8%
Potassium 120mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN WHEAT, CANOLA OIL, SEA SALT.
BUT ADDED TO THE PACKAGING MATERIAL TO PRESERVE FRESHNESS.
CONTAINS: WHEAT.
MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA



Carbohydrates: Starches

- 1 starch serving = 15 grams of total carbohydrate
- Eat fewer added sugars and refined grains
- Eat whole foods instead of processed

Eat Less

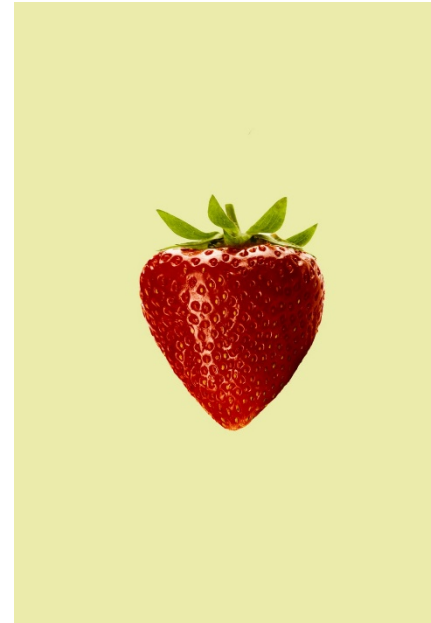
- refined grains
- Foods with added sugars

Whole Grains: $\frac{1}{4}$ of your (9")Plate



Carbohydrates: Fruit

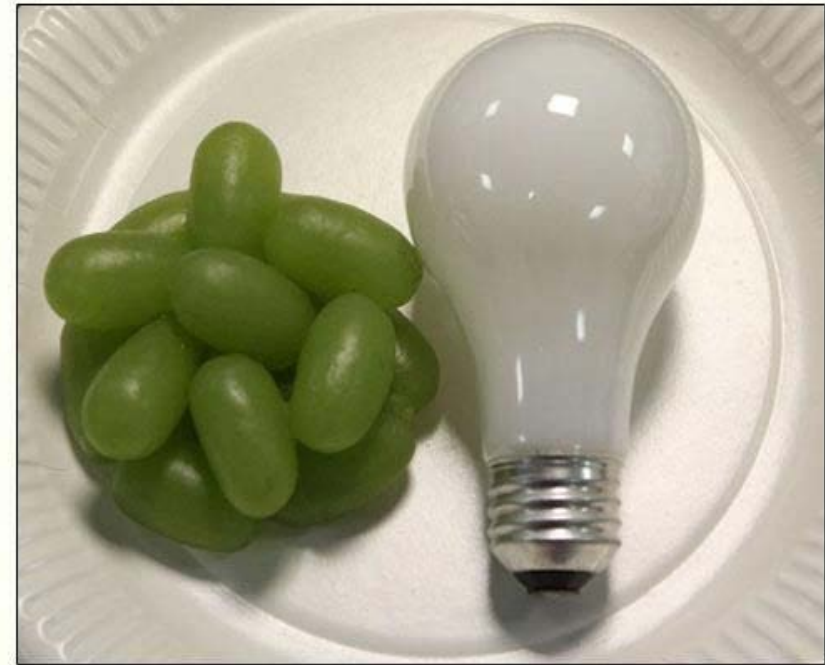
- Canned fruit packed in own juice
- Whole fresh fruit is healthier than fruit juice
- Eat 2 to 4 servings per day
- 1 serving fruit = 15 grams total carbohydrates



Fruit Servings

- ½ small banana
- Apple -size of tennis ball
- ½ cup canned fruit in own juice
- 1 cup whole berries
- ½ cup grapes

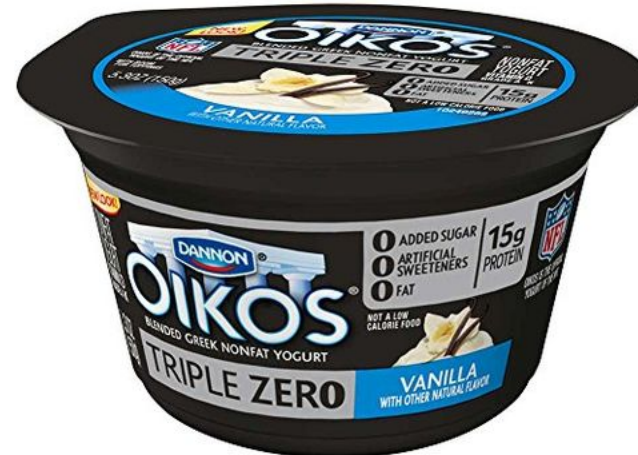
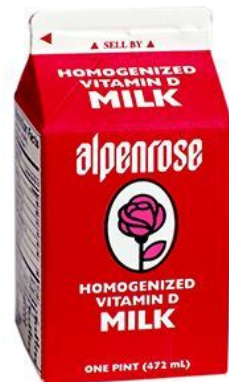
Fruit: Add Outside Your Plate



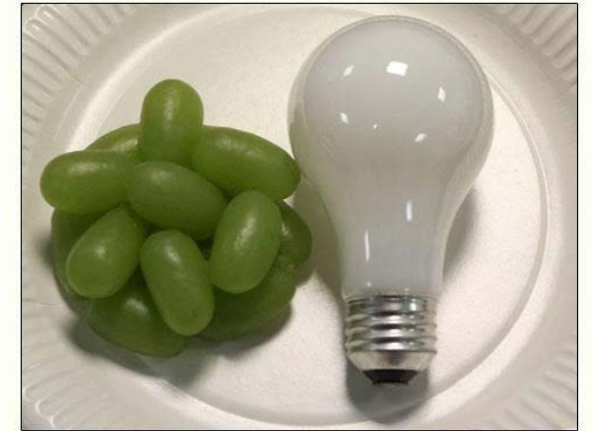
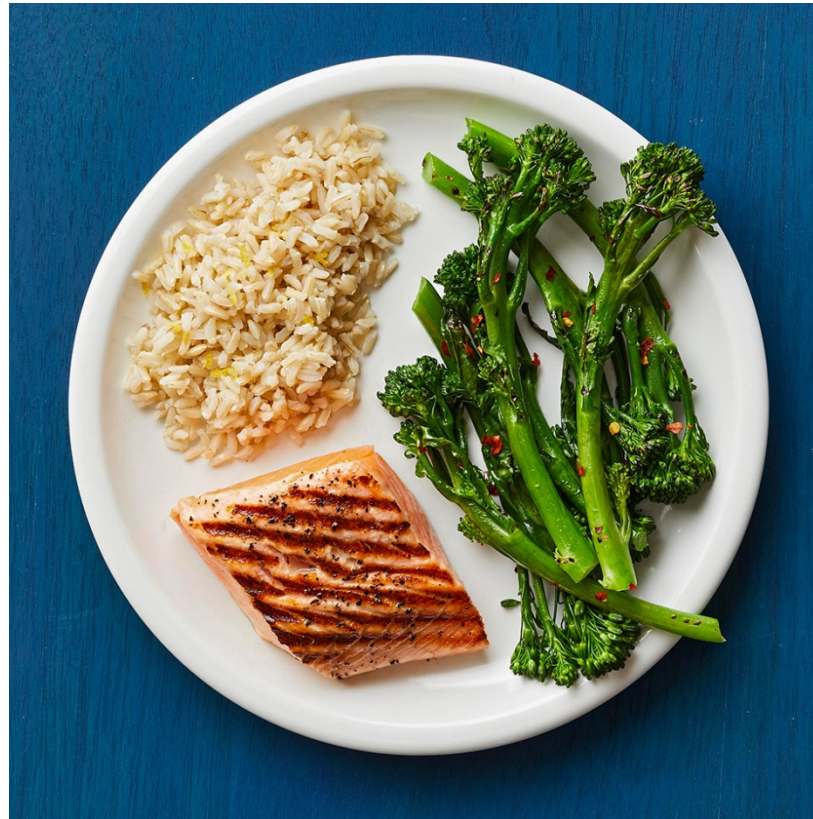
One serving of grapes is half a cup
about the same volume as a lightbulb

Carbohydrates: Milk and Yogurt

- Type of Milk: Which contains more carbohydrates, fat-free or whole milk? What type of yogurt to eat?
- Serving: 1 cup milk or yogurt
- 1 serving is 15 grams total carbohydrate



Milk: Add outside your plate



*One serving of grapes is half a cup
about the same volume as a lightbulb*

True or False?

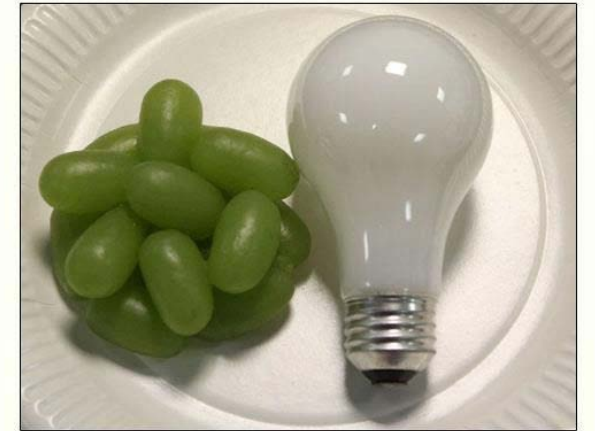
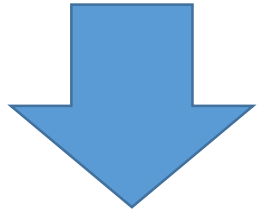
- Honey, brown sugar and maple sugar contain the same amount total carbohydrates and total calories as regular table sugar and affect your blood sugar in the same way

Carbohydrates: Sweets and Desserts

- Eat small portions in moderation
- Includes cake, pie, cookies, ice cream
- Lots of carbs per bite. Easy to eat more carbs than you think!
- Artificial sweeteners
- Swap out a dessert for other carbohydrates at your meal



How to Swap out a dessert



One serving of grapes is half a cup
about the same volume as a lightbulb

Beware the Food Police!!



What are the target numbers??

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- Blood glucose 2 hours after meal_____?
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- Your blood sugar should never go below_____?

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Non-Nutritive Sweeteners

- Almost no calories or carbohydrates. No affect on blood sugar.
 - Saccharin: Sweet N'Low
 - Aspartame: NutraSweet, Equal
 - Acesulfame-Potassium : Sunette, Sweet One
 - Sucralose: Splenda
 - Stevia/Truvia/PureVia
 - Monk Fruit
- Pro/Con



Fluids

- Drink more: water
- Dehydration  high blood sugars, tired/sluggish



Water

Beverages with artificial sweeteners



Sugar Sweetened Beverages

Plate Method

- Women: need 2- 3 carb servings per meal and 1 per snack
- Men: need 3-4 servings carb per meal and 1-2 per snack



The diabetes portion plate

How to divide your plate

The diabetes portion plate is an easy to use tool that can help you visualize your portion sizes and make smart, healthy choices about what you eat.

Nonstarchy vegetables

Fill 1/2 of your plate with nonstarchy vegetables, such as tomatoes, green beans, peppers, zucchini, artichokes, and broccoli.



1/2

Use a 9-inch plate.



1/4

Whole grains and starches

Fill 1/4 of your plate with grains and starchy foods, such as whole-grain breads, high-fiber cereal, brown rice, whole-grain pasta, and dried beans.

Protein

Fill 1/4 of your plate with protein, such as skinless chicken, lean cuts of beef or pork, fish, shrimp, eggs, and tofu.



1/4



Provided as an educational resource by Merck

Plate Method

- Make $\frac{1}{2}$ your plate low-carb vegetables
- $\frac{1}{4}$ of your plate is protein
- $\frac{1}{4}$ of your plate is a whole grain
- Have fruit, milk, other foods on the side

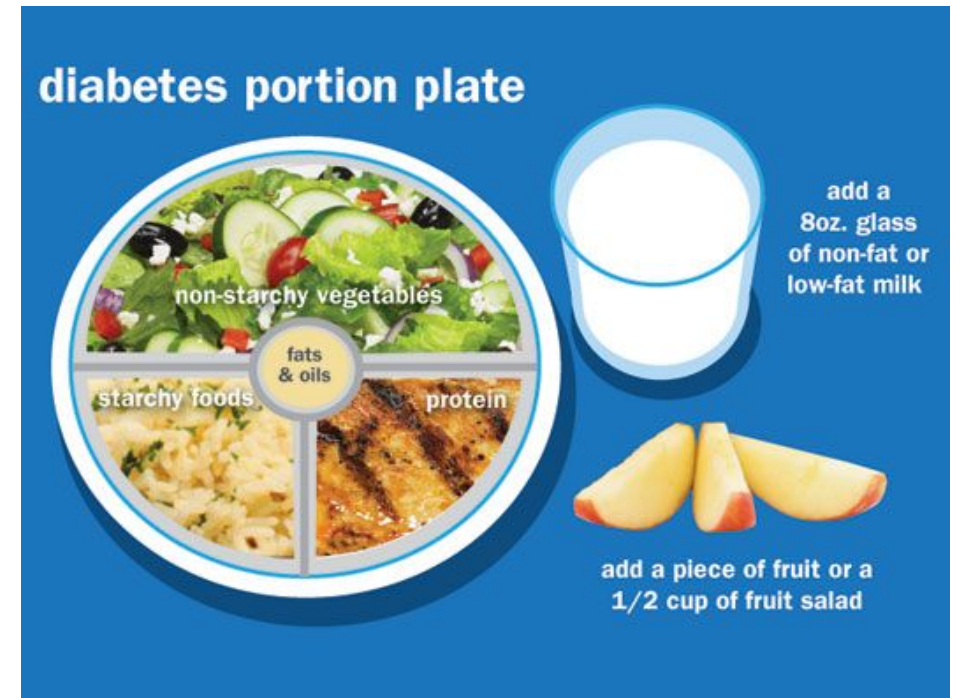
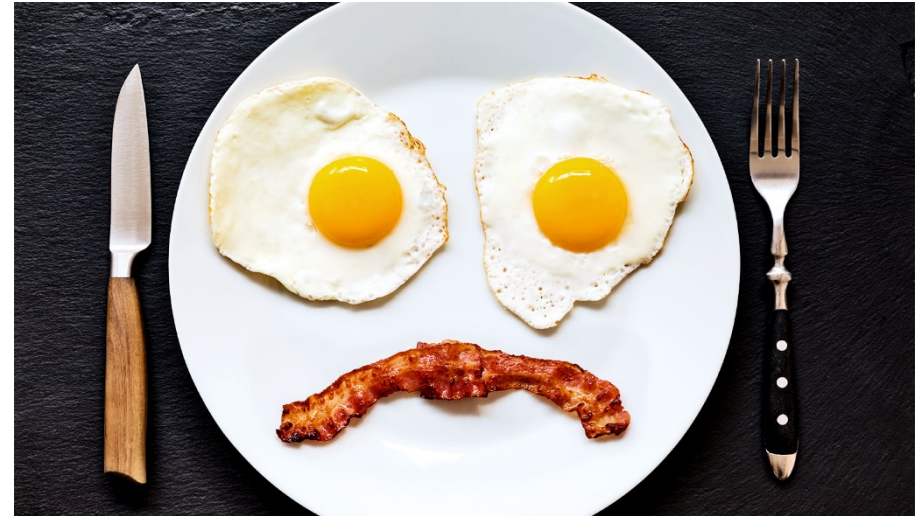


Plate Practice

- How many carb servings are on this plate?



How Many Carb Servings are on this Plate?
Is anything Missing?



What are the target numbers??

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Snacks ~ 15 gms carb/serving

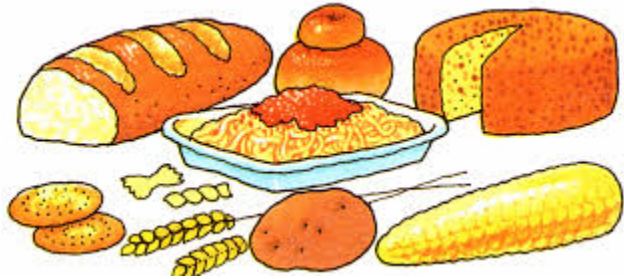


Low-Carb Snacks

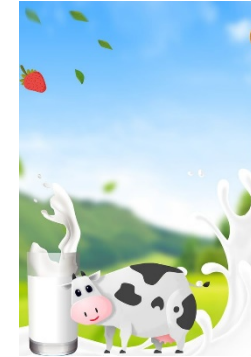


Name 4 types of foods that
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Name the 4 Types of Carbohydrates



Starches



Milk and Yogurt



Fruits/Fruit juice



Sweets and Desserts

Homework for Part 3 Class

- Write down on paper everything you eat and drink for one day and bring to class
- Work on your 1%

What is your next 1%??