

# A Dive into Diabetes

## Part 2

## Cheryl Mehta, RDN, LD, CDCES



# 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%?

# Todays 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

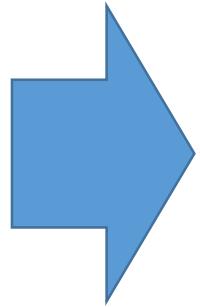
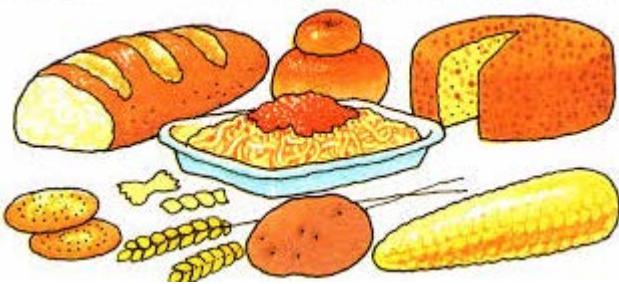


# Eating Patterns

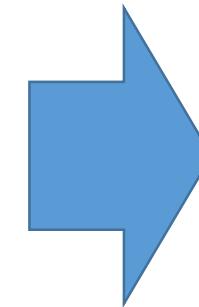
- Eat often: low-carb vegetables, fruit, whole grains, nuts and seeds, starchy beans and pea, lean proteins, low-fat dairy or alternatives, plant foods, olive oil
- Eat less often: red meat (beef, pork, lamb), sugar-sweetened beverages, refined grains, processed foods
- Drink plenty of water

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 \_\_\_\_\_?

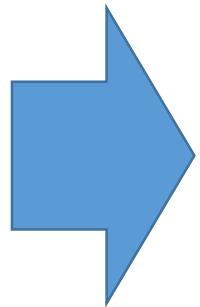
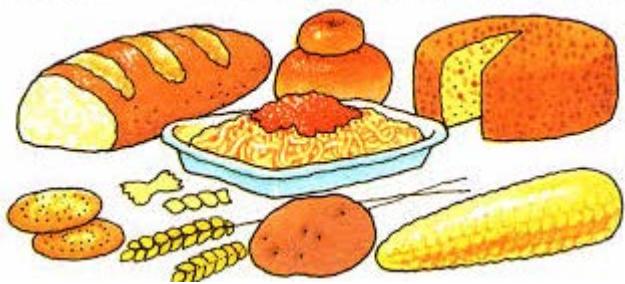
Keeping Your Numbers on Target Helps  
to Prevent, Delay, and Treat Diabetes-  
Related Complications

# Why Meal Plan?

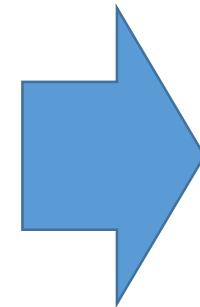
- Get Blood sugars, blood pressure, blood fats close to target range
- Healthy weight
- Prevent, delay, treat diabetes-related complications
- Improve overall health by what you eat
- Make eating a pleasure
- Continuous, not “diet”



Carbohydrates



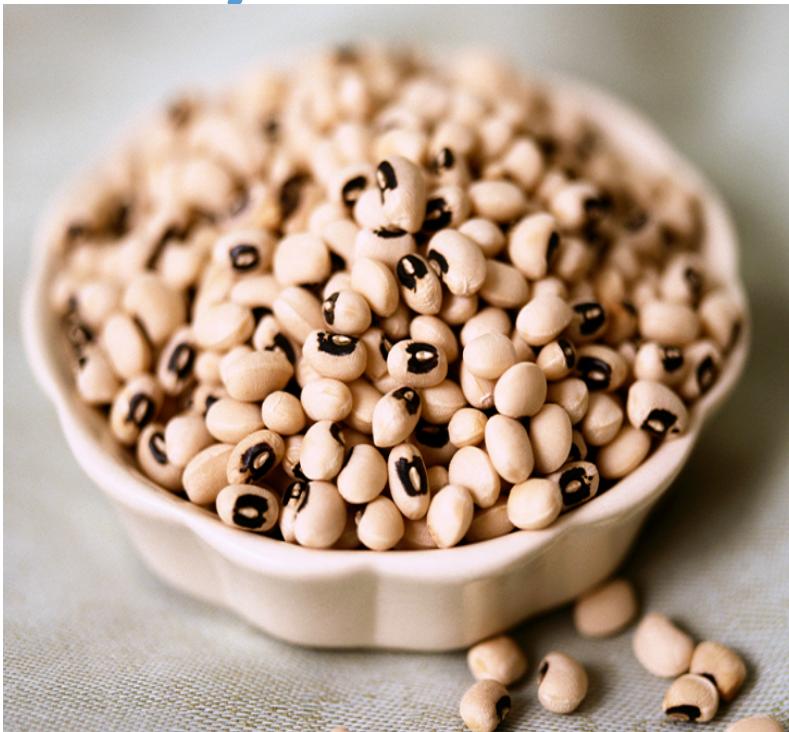
Starchy Foods  
Fruits and Fruit Juice  
Milk and Yogurt  
Sweets and Desserts



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



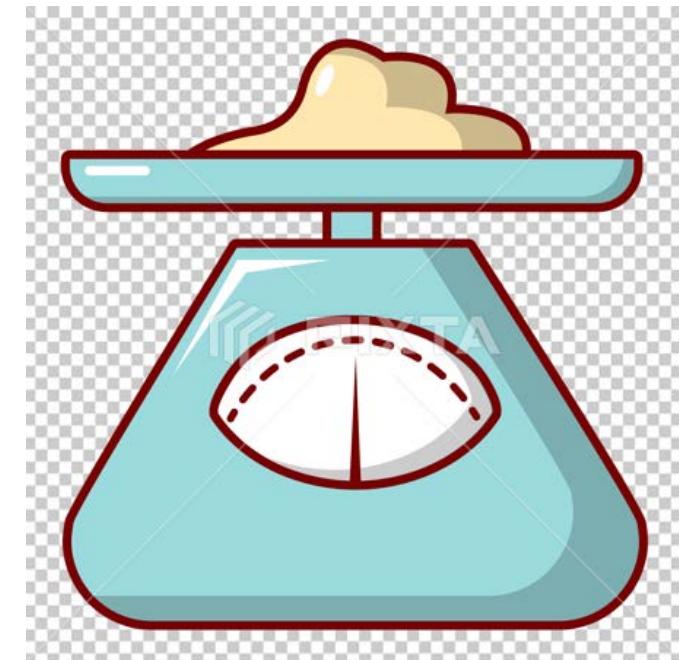
# Timing

- 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



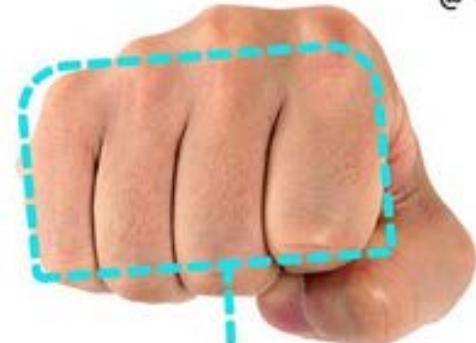
# How Much Food

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



# VISUAL HAND GUIDE TO PORTION SIZES

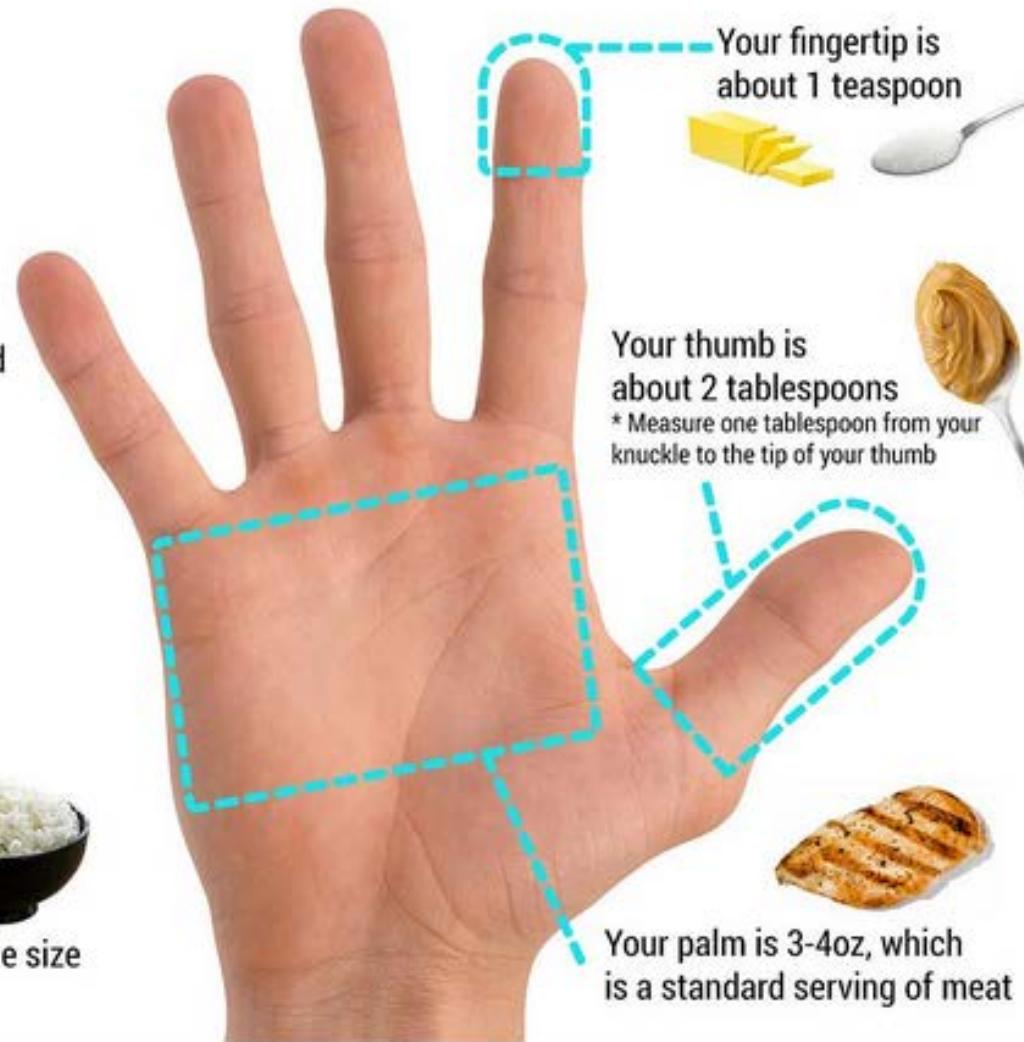
@THEFLEXIBLEDIETINGLIFESTYLE



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

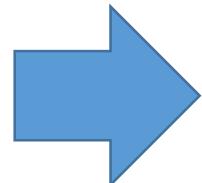


Your palm is 3-4oz, which is a standard serving of meat

# How Much

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

- Too much food



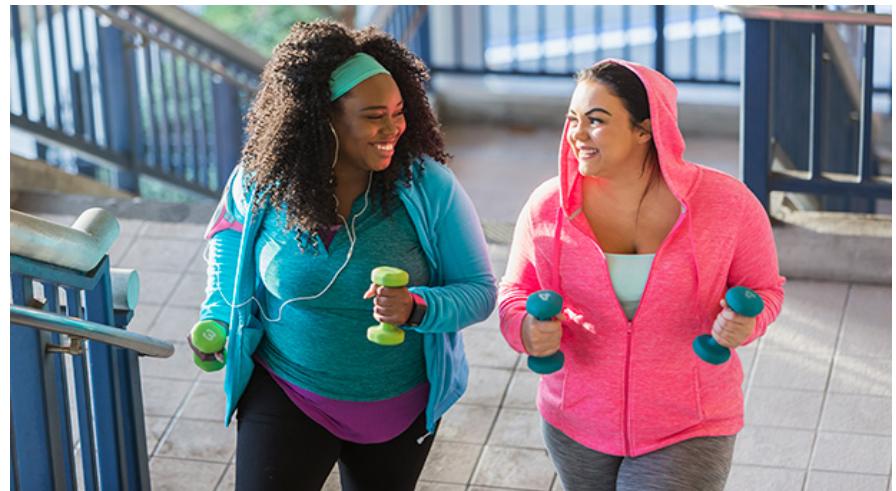
weight gain

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

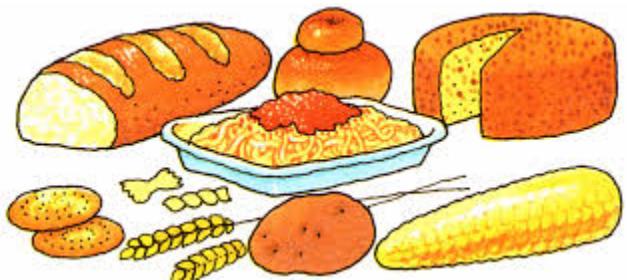


# 10 Filling Foods

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?



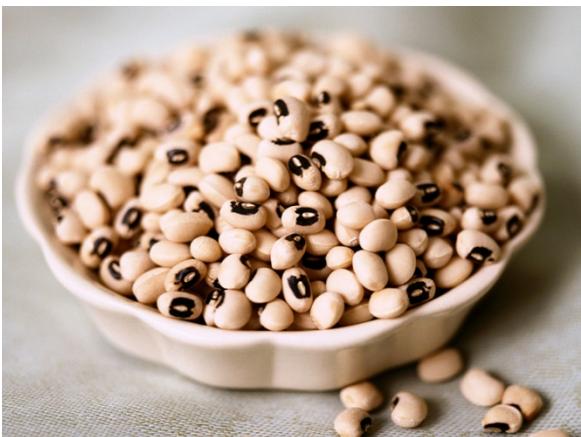
# Carbohydrates = Starch + Sugar

- 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

- $\frac{1}{2}$  cup potatoes, corn, peas, starchy beans and peas
- 1 dinner roll, 1 slice bread
- $\frac{1}{3}$  cup pasta or rice
- $\frac{1}{2}$  cup cooked hot cereal
- Cold cereal-check food label
- 3 cups popped popcorn



# 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

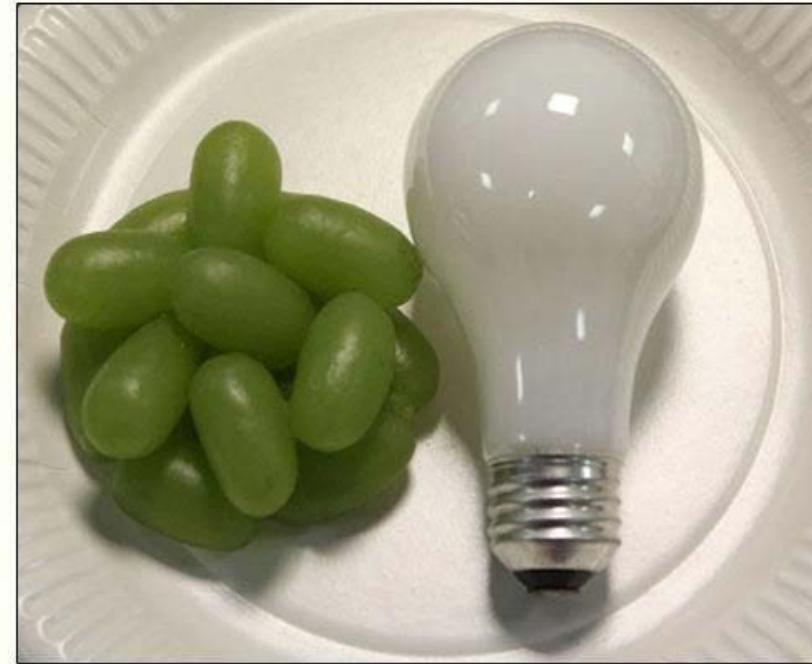
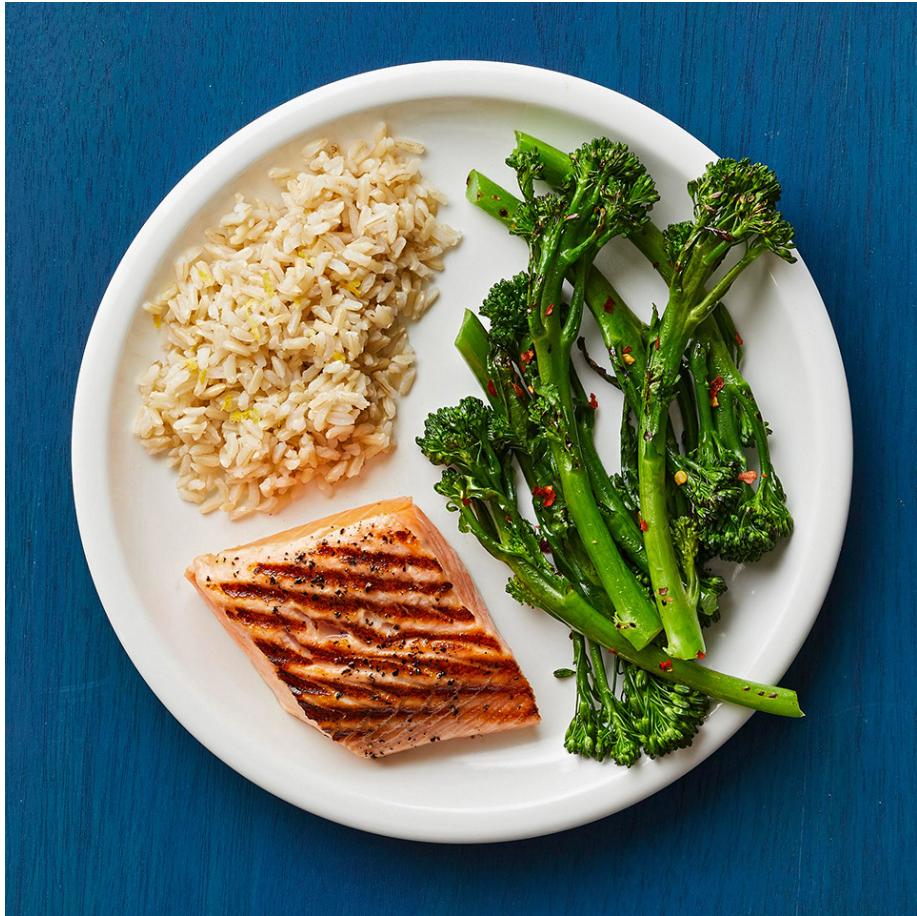
- Canned fruit packed in own juice
- Whole fresh fruit is healthier than fruit juice
- Eat 2 to 4 servings per day
- 1 serving fruit = 15 grams total carbohydrates



# Fruit Servings

- $\frac{1}{2}$  small banana
- Apple -size of tennis ball
- $\frac{1}{2}$  cup canned fruit in own juice
- 1 cup whole berries
- $\frac{1}{2}$  cup grapes

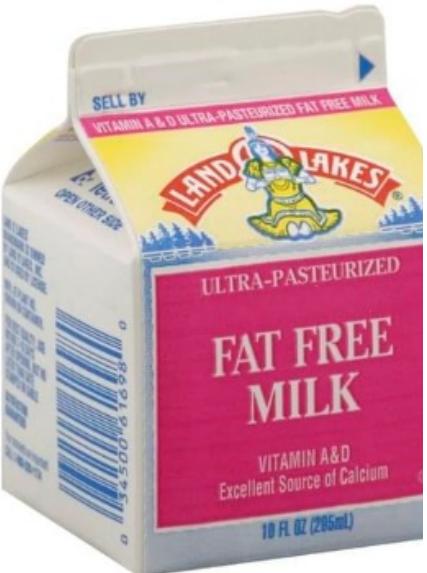
# Fruit: Add Outside Your Plate



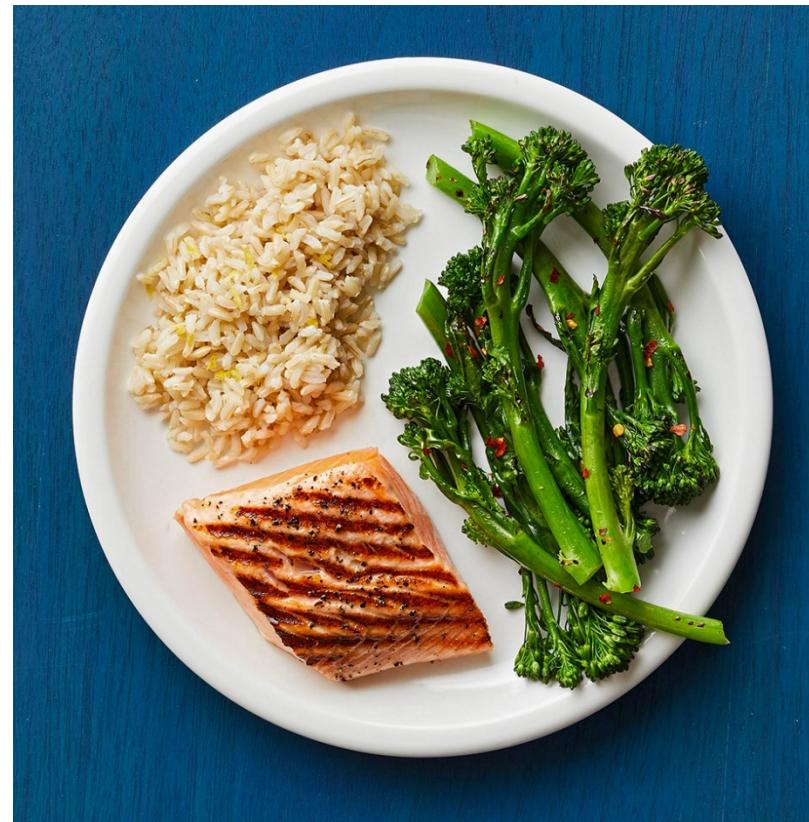
One serving of grapes is half a cup  
about the same volume as a lightbulb

# 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?

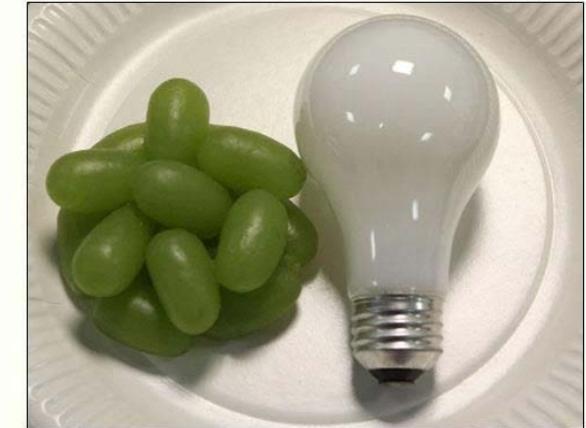
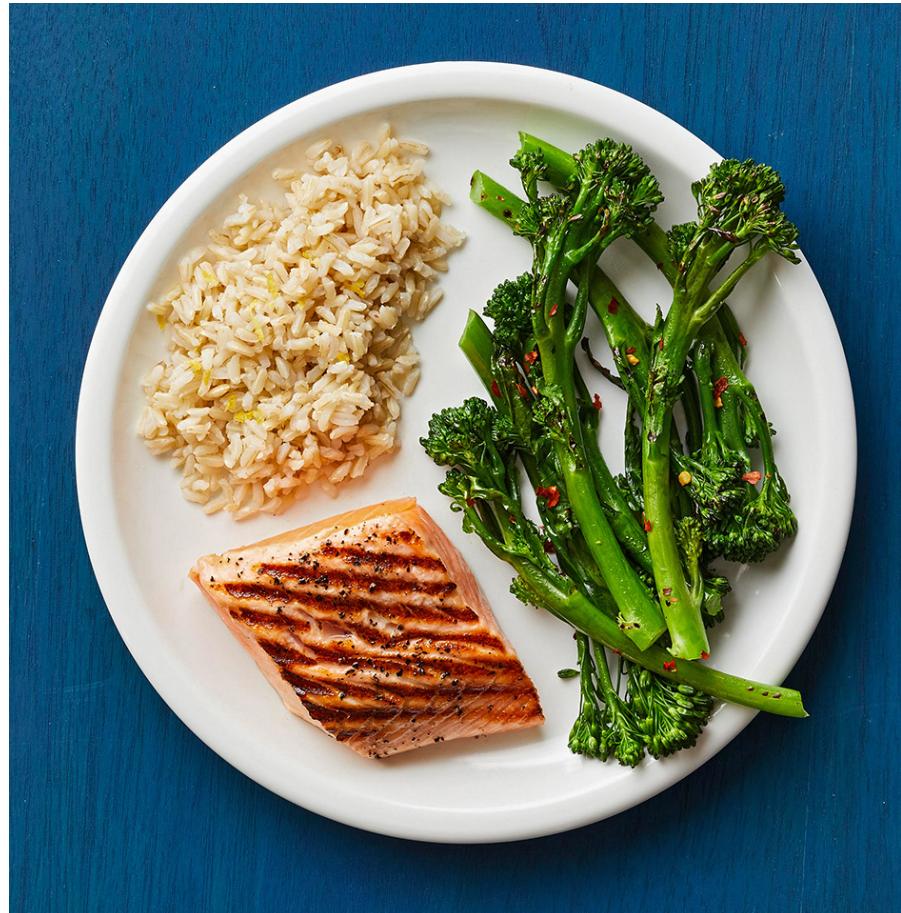
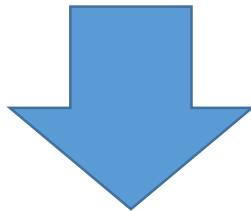
- Honey, brown sugar and maple sugar contain the same amount total carbohydrates and total calories as regular table sugar and affect your blood sugar in the same way

# 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??

- Blood glucose before meals \_\_\_\_\_?
- Blood glucose 2 hours after meal \_\_\_\_\_?
- A1C \_\_\_\_\_?
- Your blood sugar should never go below \_\_\_\_\_?

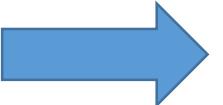
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# Non-Nutritive Sweeteners

- 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



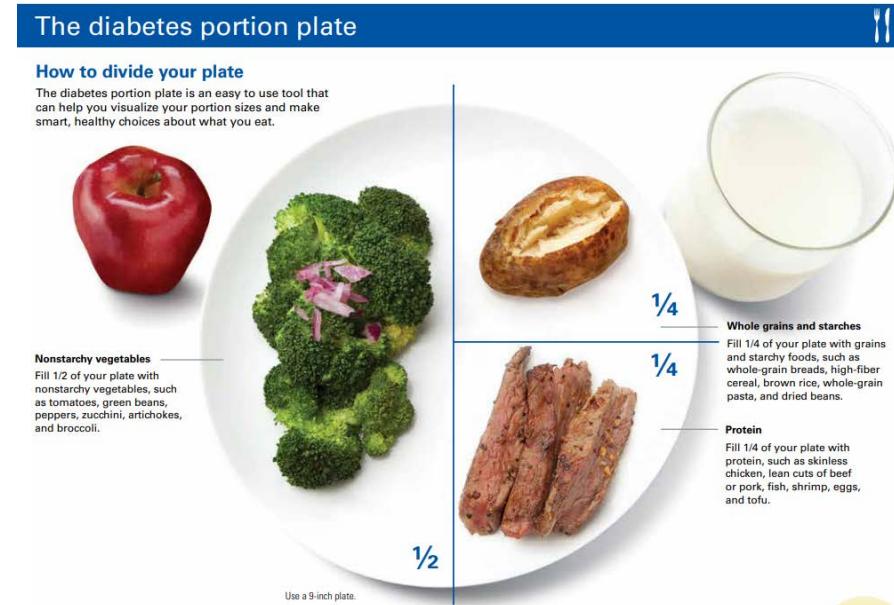
Beverages with artificial sweeteners



Sugar Sweetened Beverages

# Plate Method

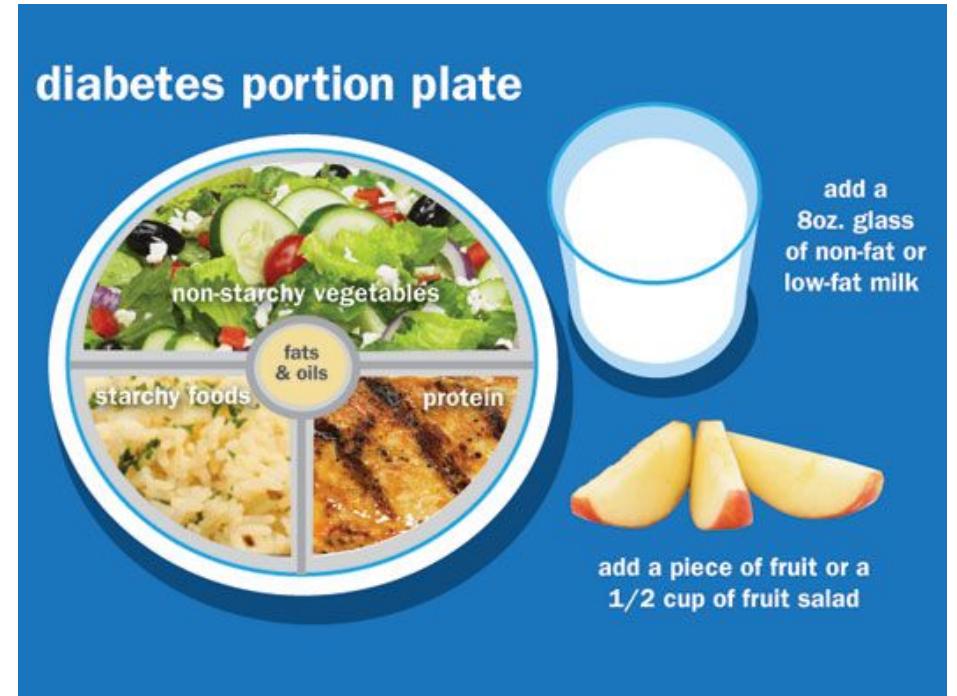
- Women: need 2- 3 carb servings per meal and 1 per snack
- Men: need 3-4 servings carb per meal and 1-2 per snack



Provided as an  
educational resource  
by Merck

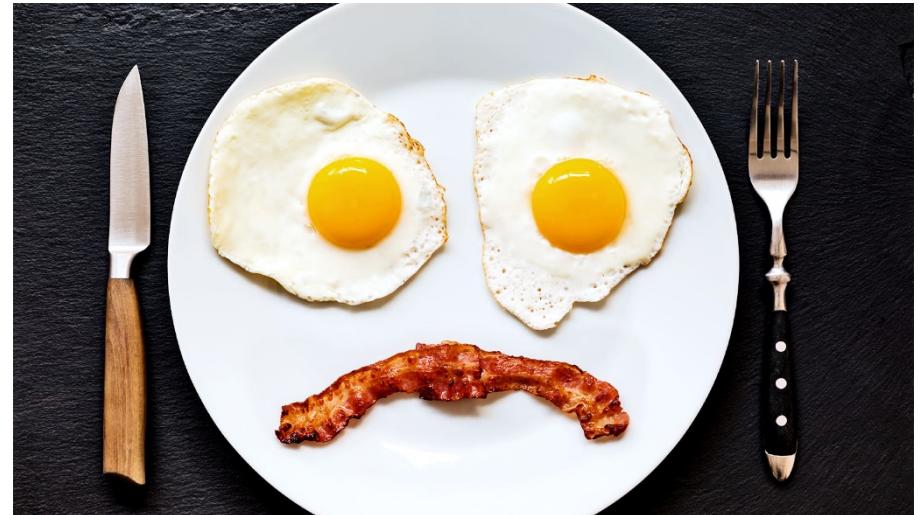
# Plate Method

- 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??

- Blood glucose before meals \_\_\_\_\_?
- Blood glucose 2 hours after meal \_\_\_\_\_?
- A1C \_\_\_\_\_?
- Your blood sugar should never go below \_\_\_\_\_?

# Snacks ~ 15 gms carb/serving

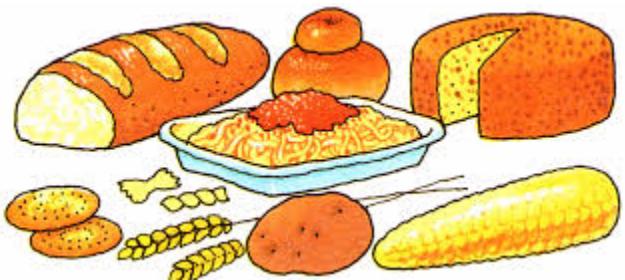


# Low-Carb Snacks

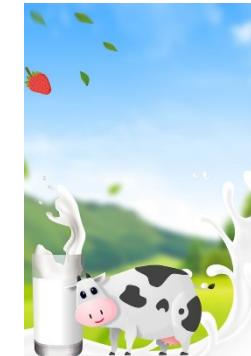


Name 4 types of foods that  
are carbohydrates

# 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%??