

A Dive into Diabetes

Part 3

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How did you do on
your 1%?

What Did You Eat? Draw:

- Star next to low-carb vegetables
- Arrow next to fruit (no counting fruit juice)
- Happy face beside whole grains
- Check mark next to any legumes
- Heart shape next to nuts, seeds, olive oil

Today's Topics

- Carbohydrates, protein, fats, alcohol
- Reading food label
- Move More

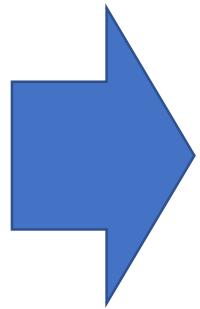
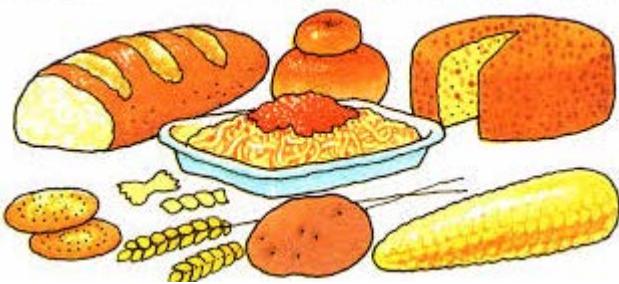


Eating Patterns to Nourish Your Body

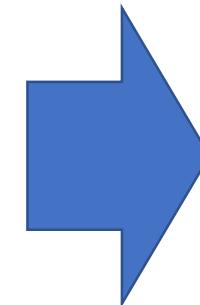
- Eat often: low-carb (non-starchy) vegetables, fruit, whole grains, nuts and seeds, starchy beans and peas(legumes), lean proteins, low-fat dairy or alternatives, plant foods, olive oil
- Eat less often: red meat (beef, pork, lamb), sugar-sweetened beverages, refined grains, processed foods
- Mediterranean Eating Pattern

What are the 4 types of
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 _____?

Protein

- Stays in stomach longer
- Helps you feel full
- Doesn't have a significant affect on blood sugar
- Zero carbs unless:
 - Plant source of protein (legumes)
 - Milk and yogurt



Protein

- Proteins: chicken, fish, turkey, pork, beef, cheese. Servings are in ounces. Yes, you can eat beef 
- Meat substitutes: peanut butter, eggs, starchy beans and peas (legumes) also contain carbohydrates
- Milk and yogurt contain protein and carbohydrates



serving size
equals



Peanut and other nut butters

- Ingredients: peanuts and salt
- Almond butter: almonds
- Oil floats to top
- Stir before using
- Refrigerate after opening
- Smucker's Natural Peanut Butter

Carbs + Protein

- Protein
 - Stays in your stomach longer
 - Helps you feel full
- Carbs
 - Body burns carbs for energy



Good Things Come in Pairs

Carbohydrate



Protein

Which Has the Most Calories?



Fat

- High calorie
- Saturated fats increase insulin resistance
- Very little effect on blood sugar BUT
 - Fat takes longer to leave your stomach
 - Slows down how fast carbohydrates reach the bloodstream



Some fats are healthier than others



Fats-serving sizes

- 1 teaspoon oil or margarine
- 1 slice bacon
- 2 tablespoons salad dressing

- Eat 1-1 ½ servings nuts per day

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

Alcohol

- Talk to your doctor about what's right for you
- Alcohol can lower blood sugar
- Drink alcohol with a meal or large snack
- Lots of calories!!



Guidelines for Drinking Alcohol

- Not over 2 drinks per day for men
- Not over 2 drinks per day for women
- If you don't currently drink alcohol, don't start!

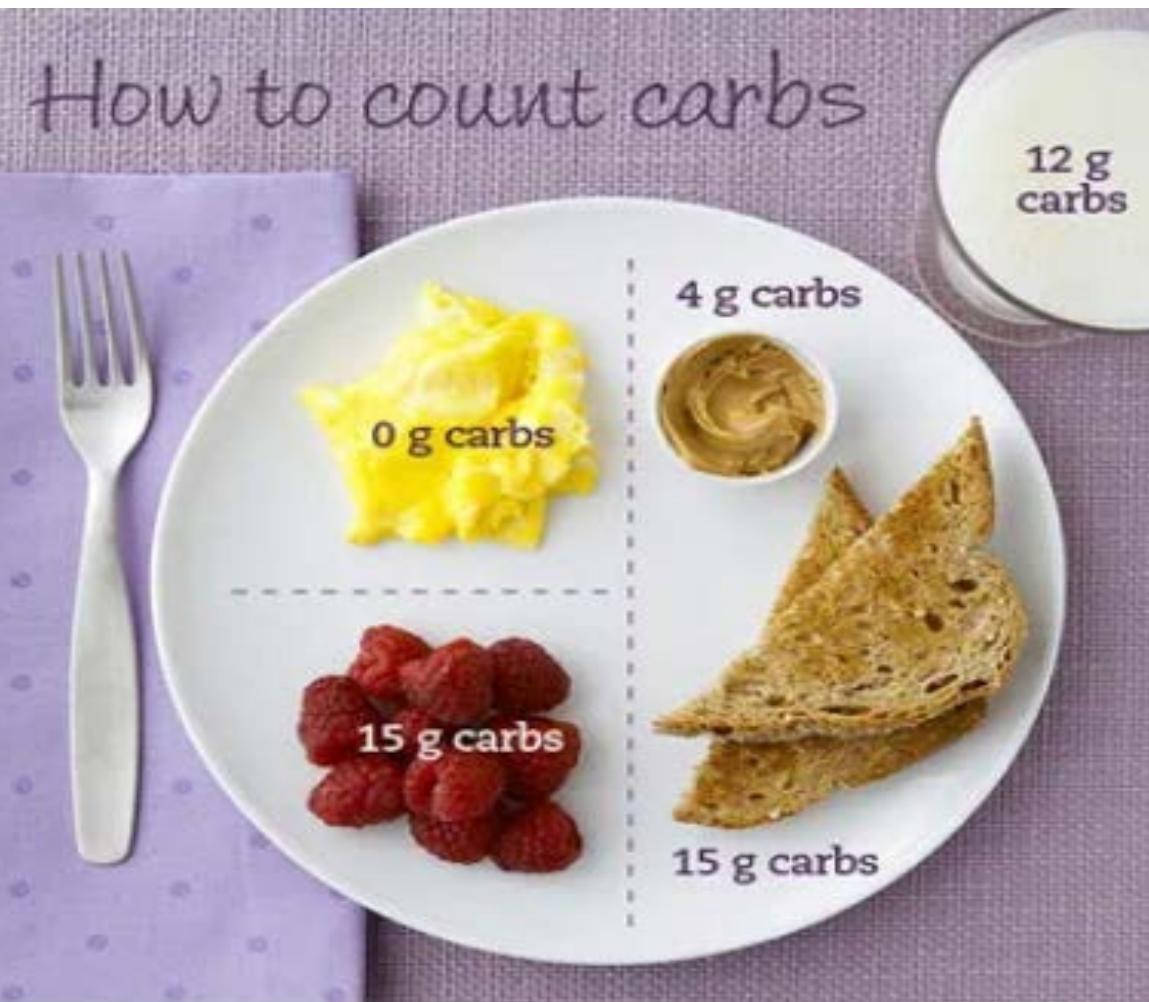
Reading Food Labels

1. Look at serving size
2. All numbers are for 1 serving
3. Look at total carbohydrate
4. Total carbohydrate includes all types of carbs- total sugars, added sugars & fiber

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160g	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
*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.	

How Many Carbs per Meal?

- Women: 45 to 55 grams per meal
 - You may need more or less than this
- Men: 50 to 65 grams per meal
 - You many need more or less than this
- Ask your Registered Dietitian for your individualized numbers

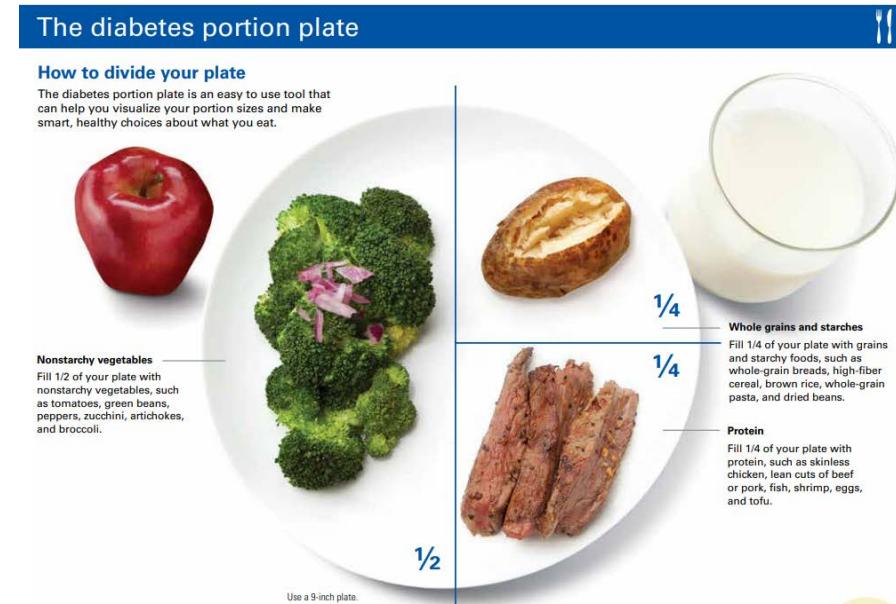


If there isn't a food label

- Estimate portion size
- The magic number is 15 grams total carbs per serving
- Low carb vegetables – 5 grams total carbs per serving

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



Reading Food Labels

Fat Free Refried Beans





Sugar Alcohol

- Sugar alcohol (Polyols)
 - Sorbitol, Erythritol, Maltitol, Xylitol
 - Less effect on blood sugars and fewer calories than sugar
 - Not completely digested and absorbed
 - Still turn to blood sugar and contain carbohydrates
 - Can have laxative effect

Murray® Sugar Free Sandwich Cookies Chocolate

Nutrition Facts

Serving Size 3 Cookies (29g)

Calories 130
Calories from Fat 60

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

	Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat	7g	11%	Total Carbohydrate	19g
Saturated Fat	2.5g	13%	Dietary Fiber	1g
Trans Fat	0g		Sugars	0g
Cholesterol	0mg	0%	Sugar Alcohol	5g
Sodium	95mg	4%	Protein	1g
Vitamin A	0%	•	Vitamin C	0%
		•	Calcium	0%
		•	Iron	4%

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, SORBITOL*, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, POLYDEXTROSE, CORNSTARCH, CONTAINS 2% OR LESS OF NATURAL AND ARTIFICIAL FLAVORS, WHEY PROTEIN CONCENTRATE, SALT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), SOY LECITHIN, CHOCOLATE, ACESULFAME POTASSIUM, COLOR ADDED, DATEM, SUCRALOSE, ANNATTO EXTRACT FOR COLOR.

*EXCESS CONSUMPTION MAY HAVE A LAXATIVE EFFECT.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.



Marie Callender's
Chicken Pot Pie
Regular 10-oz pie

Nutrition Facts

Serving Size 1 pie  1 pie = 283g

Amount Per Serving

Calories

600

% Daily Value*

Total Fat 32g 49%

Saturated Fat 14g 70%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 960mg 42%

Total Carbohydrate 61g 20%

Dietary Fiber 4g 14%

Total Sugars 6g

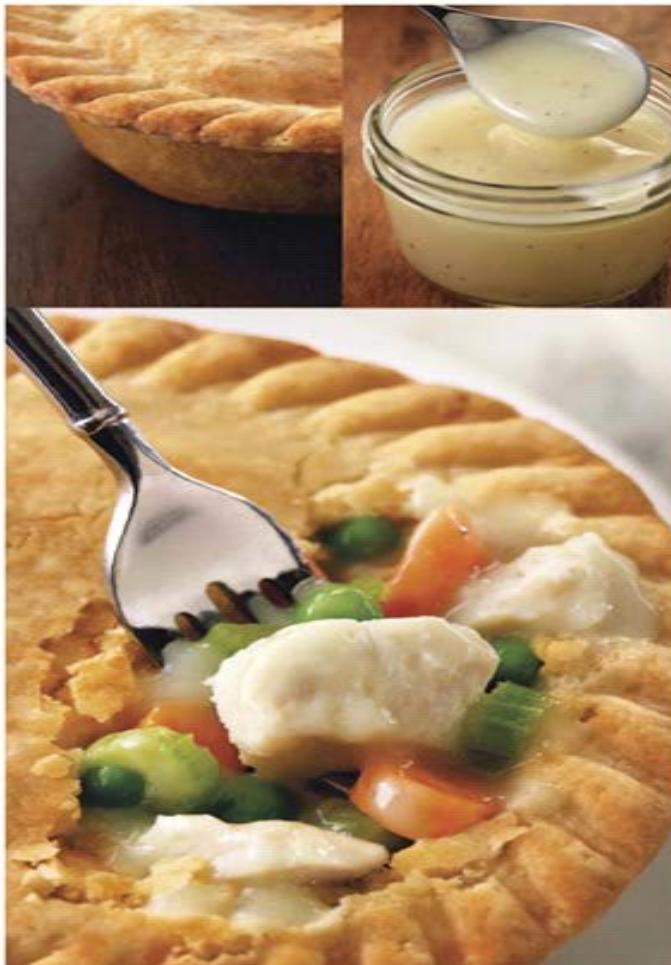
Includes 1g Added Sugars 2%

Protein 17g

Vitamin D 0mcg 0%

Reading Food Labels

Marie Callender's Chicken Pot Pie



Warm, Hearty
& Delicious

Nutrition Facts

About 2 servings per container

Serving size 1 cup (200g)

Calories	Per serving		Per container	
	410	% DV*	900	% DV*
Total Fat	22g	28%	48g	62%
Saturated Fat	9g	45%	19g	95%
Trans Fat	0g		0g	
Cholesterol	20mg	7%	40mg	13%
Sodium	770mg	33%	1640mg	71%
Total Carb.	43g	16%	92g	33%
Dietary Fiber	4g	14%	8g	29%
Total Sugars	5g		11g	
Incl. Added Sugars	<1g	1%	1g	2%
Protein	11g	17%	25g	38%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	60mg	4%
Iron	2mg	10%	4.4mg	25%
Potassium	220mg	4%	480mg	10%

* 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.

Reading Food Labels

Marie Callender's Chocolate Pie



Nutrition Facts

2 servings per container
Serving size 1 pie (85g)

Amount per serving

Calories 350

Total Fat 22g	28%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 140mg	6%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 21g	
Includes 11g Added Sugars	22%
Protein 4g	
Vit. D 0mcg	0%
Calcium 0mg	0%
Iron 2.7mg	15%
Potas. 190mg	4%

*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.

Marie Callender's
From my kitchen to yours since 1948™

CHOCOLATE SATIN PIE

NET WT 6 OZ (170g)

UD
KEEP FROZEN



Move More

- Stand and/or walk while on the phone
- March in place while folding laundry
- Be inefficient
- Take stairs instead of elevator
- Park further away
- Leave remote on TV stand and walk back and forth



Get Up and Move Every 30 Minutes



Exercise is Free Medicine

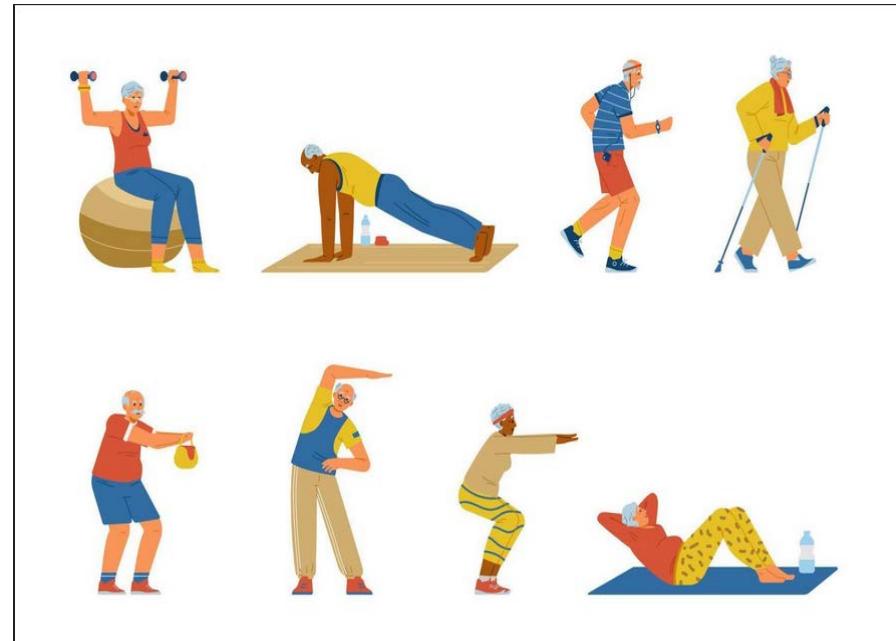


Getting Started

- Make it convenient
- Walking is great and cheap
 - Walk 10 minutes in the morning, 10 minutes in the afternoon
- Make it enjoyable
- Set specific days and times – mark it on your calendar

Benefits

- Good for heart health. Lowers blood pressure and cholesterol.
- Stress reducer
- Helps bone health
- Builds muscle
- Lowers blood sugar
- Helps your insulin work better



What Types of Physical Activity?

- Walk or another cardio exercise at least 150 minutes per week
 - 30 minutes 5 days a week
 - Do more if trying to lose weight
- Resistance training (weights, use your body as resistance) 2-3 x/week
- Balance and flexibility movements 2-3 x/week

Guidelines

- Check with your doctor first
- Warm up and cool down
- Wear comfortable shoes and socks
- Check blood sugars
- Talk to diabetes educator – need snacks?
- You should be able to talk but not sing during physical activity

Physical Activity

- Exercise strengthens bones, _____, and joints.
- Exercise can help improve your mood and _____.
- Exercise can lower your blood cholesterol, blood sugar & _____.
- Your _____ works better when you exercise!!

Black Beans and Tomatoes

- 2 15 ounce cans low sodium black beans
- 1 large onion, diced
- $\frac{1}{2}$ teaspoon turmeric
- 1 teaspoon ground cumin powder
- $\frac{1}{2}$ teaspoon ginger powder
- $\frac{1}{2}$ teaspoon garlic powder
- 2 Tablespoons avocado (or other oil) oil
- 1 14.5 ounce can diced tomatoes

- Drain black beans and set aside
- Sauté onions in avocado oil 5 minutes
- Add seasonings to onions
- Mix together and sauté for 2 minutes
- Add diced tomatoes to mixture and simmer for 5 minutes
- Add black beans and mix together
- Bring to boil and simmer for 5 minutes

- Makes 3 cups
- Nutrition information: $\frac{1}{2}$ cup = 20 grams total carbohydrate = 1 carb choice

Bring to Part 4 class

- Laptop or I-pad

What is your next 1%??