

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

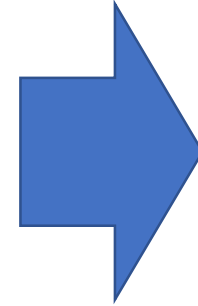
- Eat often: low-carb (non-starchy) vegetables, fruit, whole grains, nuts and seeds, starchy beans and peas (legumes), lean proteins, low-fat dairy or alternatives, plant foods, olive oil
- Eat less often: red meat (beef, pork, lamb), sugar-sweetened beverages, refined grains, processed foods
- Mediterranean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

What are the 4 types of
Carbohydrates?

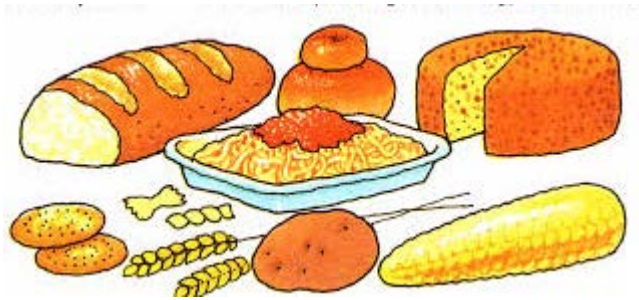
Carbohydrates



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 pea-(legumes) also contain carbohydrates
- Milk and yogurt contain protein and carbohydrates



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

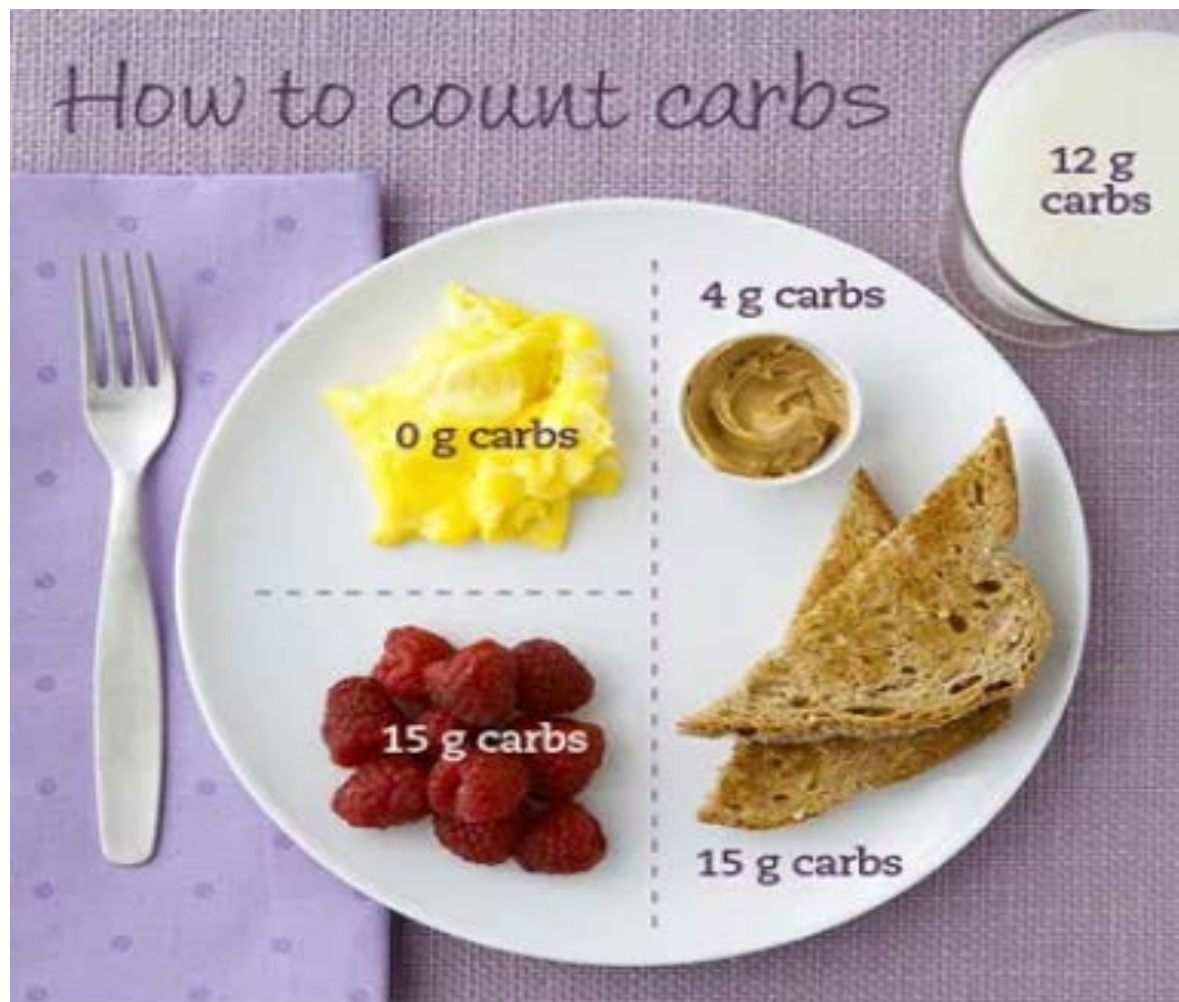
1. Look at serving size
2. All numbers are for 1 sv
3. Look at total carbohydrate
4. Total carbohydrate includes all types of carbs- total sugars, added sugars & fiber

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
% 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	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<hr/>	
<small>*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.</small>	

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

How to count carbs



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



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.

1/4

Protein

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



MERCK

Provided as an educational resource by Merck

Reading Food Labels

Fat Free Refried Beans

Nutrition Facts	
about 3.5 servings per container	
Serving size	1/2 cup (130g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%



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		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size	3 Cookies (29g)	Total Fat 7g	11%	Total Carbohydrate 19g	6%
		Saturated Fat 2.5g	13%	Dietary Fiber 1g	6%
		Trans Fat 0g		Sugars 0g	
Calories	130	Cholesterol 0mg	0%	Sugar Alcohol 5g	
Calories from Fat	60	Sodium 95mg	4%	Protein 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	• Vitamin C 0%	• Calcium 0%	• Iron 4%
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B ₁ [THIAMIN MONONITRATE], VITAMIN B ₂ [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.		

JELL-O
chocolate
ARTIFICIAL FLAVOR

Nutrition Facts
About 6 servings per container
Serving size 1/6 Package (28g)

	As Packaged	1/2 cup Prepared with 2% Reduced Fat Milk
Calories	100	160
	% DV*	% DV*
Total Fat	0g 0%	3g 4%
Saturated Fat	0g 0%	1.5g 9%
Trans Fat	0g	0g
Cholesterol	0mg 0%	10mg 3%
Sodium	430mg 19%	490mg 21%
Total Carbohydrate	25g 9%	31g 11%
Dietary Fiber	less than 1g 3%	less than 1g 3%
Total Sugars	18g	25g
Incl. Added Sugars	18g 37%	18g 37%
Protein	0g	5g
Vitamin D	0mcg 0%	1.5mcg 8%
Calcium	0mg 0%	150mg 10%
Iron	0.9mg 6%	0.9mg 6%
Potassium	0mg 0%	220mg 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.

INGREDIENTS: SUGAR, MODIFIED CORNSTARCH, COCOA PROCESSED WITH ALKALI, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF TETRASODIUM PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, SALT, ARTIFICIAL COLOR, MONO- AND DIGLYCERIDES, RED 40, YELLOW 5, BLUE 1.

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5-Minute Pudding Directions:

3 CUPS COLD MILK

BEAT pudding mix and milk with whisk 2 min. Pudding will be soft-set in 5 min. Makes 6 (1/2-cup) servings. Refrigerate any leftovers.
Note: Pudding will not set if made with soy milk.

SCAN HERE OR CALL 1-800-431-1001 FOR MORE FOOD INFORMATION.

NET WT. 1.40Z (39g)

JELL-O
chocolate
FLAVOR

ZERO SUGAR

INSTANT REDUCED CALORIE PUDDING & PIE FILLING
20 FEWER CALORIES THAN REGULAR JELL-O INSTANT CHOCOLATE PUDDING

30 CALORIES
PER 1/4 PACKAGE

SERVING SUGGESTION

Nutrition Facts Servings: About 4, **Serv. Size: 1/4 package (10g)**

Amount per serving: **Calories 30**, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), **Sodium 290mg (13% DV)**, **Total Carb. 7g (3% DV)**, Fiber <1g (3% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein <1g**, Vit. D (0% DV), Calcium (0% DV), Iron (4% DV), Potas. (0% DV)

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: MODIFIED CORNSTARCH, COCOA (PROCESSED WITH ALKALI), MALTODEXTRIN, SODIUM PHOSPHATE, TETRASODIUM PYROPHOSPHATE, CONTAINS LESS THAN 2% OF SALT, ASPARTAME* AND ACESULFAME POTASSIUM (SWEETENERS), XANTHAN GUM, CALCIUM SULFATE, ARTIFICIAL COLOR, NATURAL AND ARTIFICIAL FLAVORS, RED 40, YELLOW 5, MONO- AND DIGLYCERIDES, BLUE 2. *PHENYLKETONURICS: CONTAINS PHENYLALANINE.

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Marie Callender's

Chicken Pot Pie

Regular 10-oz pie

Nutrition Facts

Serving Size 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)

	Per serving		Per container	
Calories		410		900
		% DV*		% 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

The image shows the packaging for Marie Callender's Chocolate Pie. The top half features a photograph of a chocolate pie with white whipped cream dollops and chocolate chips. To the left of the pie, a green banner lists nutritional facts per pie: 350 Calories, 12g Sat. Fat (60% DV), 140mg Sodium (6% DV), and 21g Total Sugars. To the right of the pie, a green circular badge says 'ready in 10 seconds' and '2 MINI PIES'. The bottom half of the packaging is green with the Marie Callender's logo and the text 'CHOCOLATE SATIN PIE', 'NET WT 6 OZ (170g)', and 'KEEP FROZEN'.

PER 1 PIE

350 Calories

12g Sat. Fat 60% DV

140mg Sodium 6% DV

21g Total Sugars

ready in 10 seconds
2 MINI PIES

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

CHOCOLATE SATIN PIE

NET WT 6 OZ (170g)

KEEP FROZEN

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

Amount per serving
Calories 350

% Daily Value*

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.



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



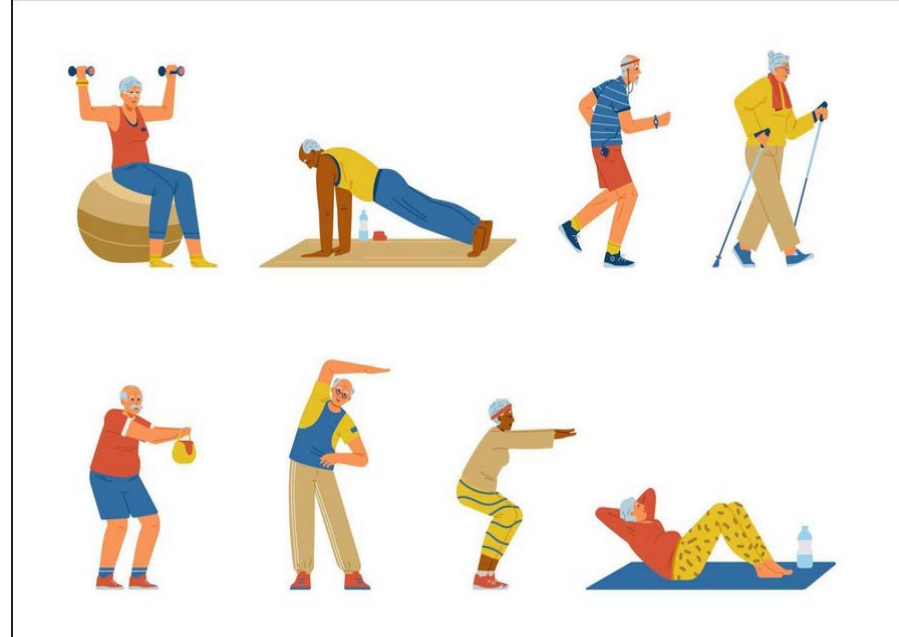
Getting Started

- Make it convenient
- Walking is great and cheap
- Make it enjoyable
- Set specific days and times – mark it on your calendar

Walk 10 minutes in the morning, 10 minutes in the afternoon

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
- ½ teaspoon turmeric
- 1 teaspoon ground cumin powder
- ½ teaspoon ginger powder
- ½ 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: ½ cup = 20 grams total carbohydrate = 1 carb choice

Bring to Part 4 class

- Laptop or I-pad

What is your next 1%??