

A Dive into Diabetes Part 4

Cheryl Mehta, RDN, LD, CDCES



How did you do on
your 1%?

Today's Topics

- Sodium
- Sleep and Diabetes
- Eating Out
- Sample Meals

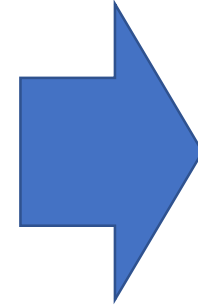


What are the 4 types of
Carbohydrates?

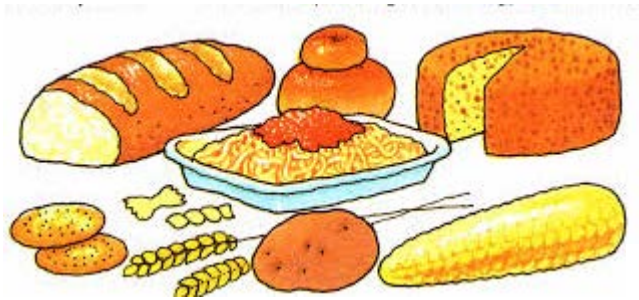
Carbohydrates



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



Blood
Sugar



Eating Patterns

- Eat often: non-starchy vegetables, fruit, whole grains, nuts and seeds, 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
- Drink plenty of water

What are the target numbers??

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

BG Numbers on Target Range can:

- Help prevent, delay, and treat diabetes related complications
- Help you feel better and improve energy levels
- What lifestyle changes can help reach target blood sugars?



Nutrition Facts

About 4 servings per container
Serving size 1 Enchilada, Rice,
Sauce & Topping (207g)

Amount per serving

Calories 300

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 940mg	41%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	28%
Vitamin D 0.4mcg	2%
Calcium 170mg	15%
Iron 1.8mg	10%
Potassium 640mg	15%

*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.

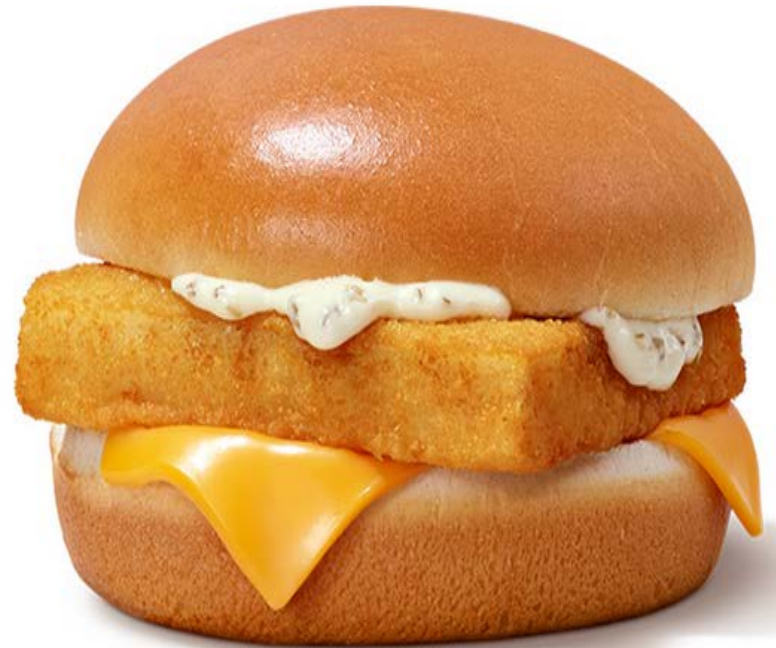
INGREDIENTS: CHICKEN ENCHILADA (CHICKEN, LIME, THYME, DIED CHICKEN MEAT, COOKED PINTO BEANS, WATER, PINTO BEANS, ONION, GREEN CHILES, GREEN CHILE, WATER, SALT, CITRIC ACID), TOMATO PASTE, CONTAINS 2% OR LESS: WATER, WHITE VINEGAR, CHILE PEPPER, GARLIC POWDER, DRIED CHICKEN STOCK, ONION POWDER, SALT, CORN STARCH, PAPRIKA, BLACK PEPPER, CUMIN, CORN TORTILLA (WATER, YELLOW CORN MEAL, FLOUR, GUAR GUM, CELLULOSE GUM, MONO AND DIGLYCERIDES, METHYLCELLULOSE, CORN STARCH, CITRIC ACID), COOKED BROWN RICE (WATER, BROWN RICE, SKIM MILK, WATER, CHEESE SAUCE (CHEDDAR CHEESE, PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, WHOLE MILK FAT, SODIUM CITRATE, LESS THAN 2% OF: MODIFIED FOOD STARCH, SALT, LACTIC ACID, SODIUM ALGINATE, ENZYMES), CORN, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO COLOR, RED BELL PEPPERS, 2% OR LESS OF: POBLANO CHILES, ONION POWDER, GARLIC POWDER, MODIFIED FOOD STARCH, SALT, JALAPENO PUREE, JALAPENO PEPPERS, SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), POTASSIUM SALT, SPICES, AUTOLYSED YEAST EXTRACT, CONTAINS MILK.

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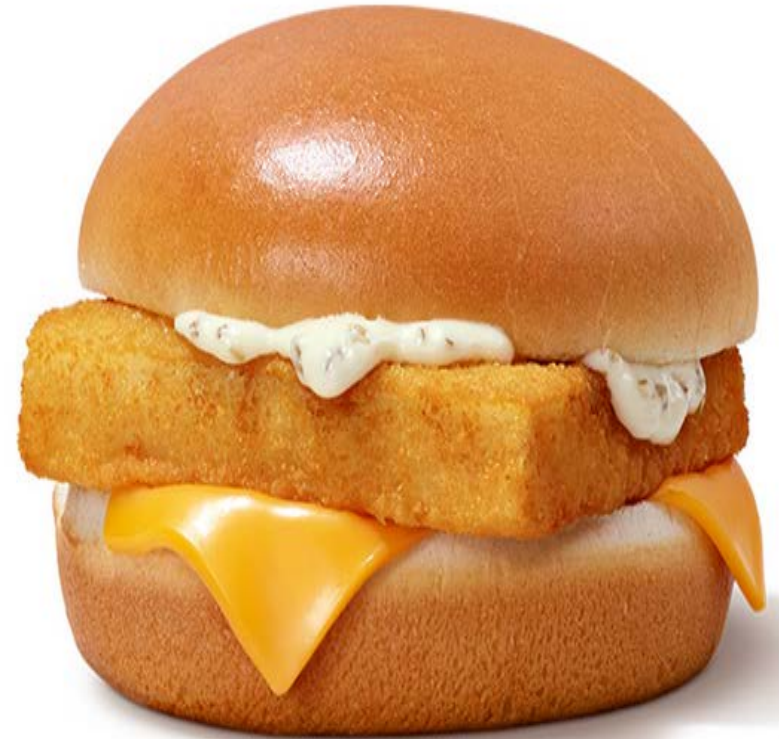
Sodium

Which food has the most sodium?





400 mg Sodium
66 grams total carbs



580 mg Sodium
39 grams total carbs



Ingredients

Tomato Puree (Water, Tomato Paste), Water, Wheat Flour, Sugar, Contains Less Than 2% Of: Salt, Potassium Salt, Natural Flavoring, Citric Acid, Ascorbic Acid (Vitamin C), Celery Extract, Garlic Oil. Contains: Wheat.

About 2.5 Servings Per Container		
Serving size		1/2 Cup (120mL) Condensed Soup
Amount per serving		
Calories		90
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	480mg	21%
Total Carbohydrate	20g	7%
Dietary Fiber	2g	7%
Total Sugars	12g	
Includes 8g Added Sugars		16%
Protein	2g	

Why Consume Less Sodium?

- High Sodium Diets Contribute to
 - High Blood Pressure
 - Cardiovascular Heart Disease
 - Chronic Kidney Disease
 - Stroke
 - Heart Failure

Eat Less Than 2,300 mg Sodium Daily:

- Read food labels
- Cook more from home instead of eating out
- When comparing the same food, read food labels to select the lower sodium choice
- Look for “low-sodium,” “reduced sodium,” or “no salt added” foods
- When buying canned foods, rinse with water to remove some of the sodium

Foods to Limit

- Pizza
- Processed cheese
- Salty snack foods
- Soy sauce
- Anchovies
- Lunch meat and processed meats like hot dogs, sausage
- Processed foods
- If you eat a high sodium meal, make your other meals and snacks that



There's many foods you **Can** Eat!

- Fresh, canned or frozen (no sugar added) fruit
- Fresh, frozen or no-salt-added canned vegetables – limit those with added sauces and seasonings
- Fresh or frozen meats like pork chops, lean beef (loin or round cuts), poultry and fresh fish that you prepare yourself so you can control the seasonings
- Quick-cooking non-flavored hot cereals
- Pasta, rice, potatoes –add your own seasoning

How to Season Food (that tastes good!) with less sodium

- Minced garlic and ginger
- Cinnamon, thyme, oregano, basil, sodium-free Italian seasoning, cumin, cayenne, turmeric, dill weed, sodium-free poultry seasoning (McCormick), Cajun seasoning (~ 80 mg sodium in ¼ teaspoon)
- Garlic and onion powder

LASTING ENERGY
FROM 100% WHOLE GRAIN OATS

GOOD SOURCE OF FIBER

NO PRESERVATIVES**

NO ARTIFICIAL FLAVORS**

QUAKER™
1877

WHOLE GRAIN ROLLED OATS

may reduce the risk of heart disease

Nutrition Facts

About 13 servings per container
Serving size 1/2 cup dry (40g)

Amount per serving	
Calories	150
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg 0% • Calcium 20mg 0%	
Iron 1.5mg 8% • Potassium 150mg 2%	
Thiamin 0.2mg 15% • Phosphorus 130mg 10%	
Magnesium 40mg 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.

INGREDIENTS: Whole grain rolled oats.

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WHEN IT COMES TO IT'S HARD TO

100% whole grain oats support a heart-healthy diet as part of a diet low in saturated fat and cholesterol. Not just any oats make the cut. Quaker's.

THAT'S A WHOLE LOT OF

13 grams of whole fiber in oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 7 grams per serving.

HEART-HEALTHY

13 grams of whole fiber in oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has 7 grams per serving.

QUICK 1-MINUTE

The traditional oatmeal recipe is quick and easy to make.



Eat 48g or more of whole grains per day for fiber and overall health.

Dietary fiber in whole grains, fruits, and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease. Heart-Check certification applies only when prepared with water and does not apply to recipe.

Nutrition Facts

6 servings per container
Serving size 1 packet (60g)

Amount per serving
Calories 220

% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 5mg	2%
Sodium 290mg	12%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Soluble Fiber 2g	
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 10g	17%
Vitamin D 0.1mcg	0%
Calcium 40mg	2%
Iron 1.6mg	8%
Potassium 180mg	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 oats, sugar, whey protein concentrate, whey protein isolate, salt, natural flavor, soy lecithin.

SEE OTHER SIDE FOR OPENING INSTRUCTIONS

QUAKER SUSTAINABILITY PLEDGE

We value our communities and are continually on the lookout for ways to reduce our environmental impact – especially in areas of oat farming, packaging, and shipping. We've made progress, but there's more work to be done. Join us in our journey to take better care of the Earth. After all, that's where oats come from.



100% OF THE GRAIN IS WHOLE GRAIN

Eat at least three one ounce equivalent (3 servings) of WHOLE GRAINS per day for fiber and overall health. Each oatmeal packet contains a one ounce equivalent (1 serving) of whole grains.

How Sleep Effects Diabetes

- If you don't get enough sleep, your body makes more ghrelin (hormone that makes you hungry)
- You may already be hungry if your BG are elevated!
- If you don't get enough sleep, your body makes less leptin (hormone that helps you feel full)



Sleep and Diabetes

- Inadequate sleep can cause insulin resistance
 - What does this mean???
- Lack of sleep causes many other harmful effects on the body

Your body needs 7-9 hours of sleep

**Sleep Hygiene
Consistent Sleep Schedule**

Ten Tips for Eating Out

1. Tell server to bring the rolls or tortilla chips with the meal (or choose to not have them!)
2. Condiments and sauces on the side so you can control amounts
3. Dip fork in salad dressing and then take a bite of salad
4. Swap out a low-carb vegetable or salad for fries or chips
5. Ask for no butter on the bun

Ten Tips for Eating Out

6. Choose thin crust pizza without stuffed crust. Get regular toppings instead of extra
7. Don't forget about what you're drinking! Ideas??
8. Bring a fruit or vegetable with you (fast food)
9. Breakfast: bacon instead of sausage; English Muffin instead of Biscuit
10. Order baked, grilled, broiled, steamed, roasted instead of fried

How Can you Control Portions?

- Ask for the “to-go” box when your meal is served
- Order at a cart instead of meal deals
- Get the smaller sandwich/smallest steak available
- Share an entrée
- Swap out a low-carb vegetable or salad for fries or chips
- Be the slowest eater there
- Put utensils down between bites
- Use only one hand to eat

Look up nutrition information before you arrive: calorieking.com or google “nutrition information”

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	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.

Calorieking.com

- Cracker Barrel: Mama's Pancake Breakfast with syrup
- Chick –fil-A: Meal deal with Chicken Sandwich, Waffle fries and medium diet lemonade
- Chili's: California turkey club toasted sandwich without fries







Meal Ideas When Eating Out

- Egg McMuffin, small apple from home/egg wrap without meat, ½-1 up grapes from home
- Eggs, oatmeal or toast, fresh fruit
- Grilled chicken, no butter on the bun, condiments on the side with fruit cup, carrot sticks from home
- Small steak (ask for no butter melted on top), baked potato with condiments on side (if too large, take the rest home), steamed broccoli, one dinner roll, split order of ice cream

Sample Meals- Breakfast

- 2 eggs, 1 cup whole berries, 1 cup cooked oatmeal with unsalted almonds, 1 almond butter toast with whole grain bread
- 1 cup Plain Greek yogurt with fruit and nuts, 1-2 peanut butter toast with whole grain bread
- Scrambled egg wrap with whole grain tortilla, onions, bell peppers, kale; 1/2 -1 small banana, 1 cup low-fat milk
- Scrambled eggs with mashed avocado and frozen broccoli, 1 cup whole berries, 2 slices whole grain toast with peanut butter or tub margarine/low sugar jelly

Sample Meals - Breakfast

- 1 egg, 1 veggie sausage patty, 1 cup whole berries, oatmeal and/or toast with 2 teaspoons tub margarine



Sample Meals- Lunch

- Sandwich with whole wheat bread, leftover grilled chicken, lettuce, tomato, bell pepper slices, sliced avocado; 1 small apple, carrot and celery sticks, ½ cup sugar-free pudding
- 1 cup black beans and tomatoes, steamed in package broccoli, 1 pear

Sample Meals-Supper

- 1 cup chick pea pasta with marinara sauce, tossed salad, ½ cup canned peaches in juice, ½ cup ice cream
- Beef or bean burger on whole grain bun, sweet potato fries (check food label for carbs), carrot, celery, bell pepper strips with yogurt ranch dressing

Sample Meals-Supper

- 1 cup pasta (don't add salt to water) with olive oil and Italian seasoning; add diced baked or grilled chicken
 - Tossed Salad with homemade or reduced-sodium bottled salad dressing
 - ½ cup pomegranates
- Baked or air-fried salmon or trout (if using a lower fat fish add olive oil) seasoned with your choice of sodium-free lemon pepper, Cajun seasoning, garlic and onion powder, cayenne pepper, cumin
 - Steam in bag frozen spinach with goat feta cheese
 - 2 mandarin oranges
 - Yukon Gold small baked potato with small amounts tub margarine or sour cream

Air popped Microwave Popcorn (or use an air popper)

- Microwave-safe glass or ceramic bowl
- Microwave-safe plate
- ¼ cup popcorn kernels
- Butter-flavored spray or Kernel Season's Butter spritzer
- Popcorn seasoning (0-115 mg sodium per ¼ teaspoon) or salt (limit to ¼- ½ teaspoon per large bowl)
- **Nutrition information: 3 cups popcorn is 15 gms total carbs and 1 carb serving**

1. Place popcorn kernels in bowl. Spread out evenly.
2. Cover bowl with plate.
3. Microwave for 2-4 minutes. Watch carefully so it won't burn.
4. When popping sounds are about 2 seconds apart, remove from microwave.
5. Let sit for about one minute.
6. Spray with butter flavored spray and add seasoning.

Adapted from [microwaveshub.com/how to air pop popcorn](http://microwaveshub.com/how-to-air-pop-popcorn), accessed 1/14/26.

What is your next 1%??