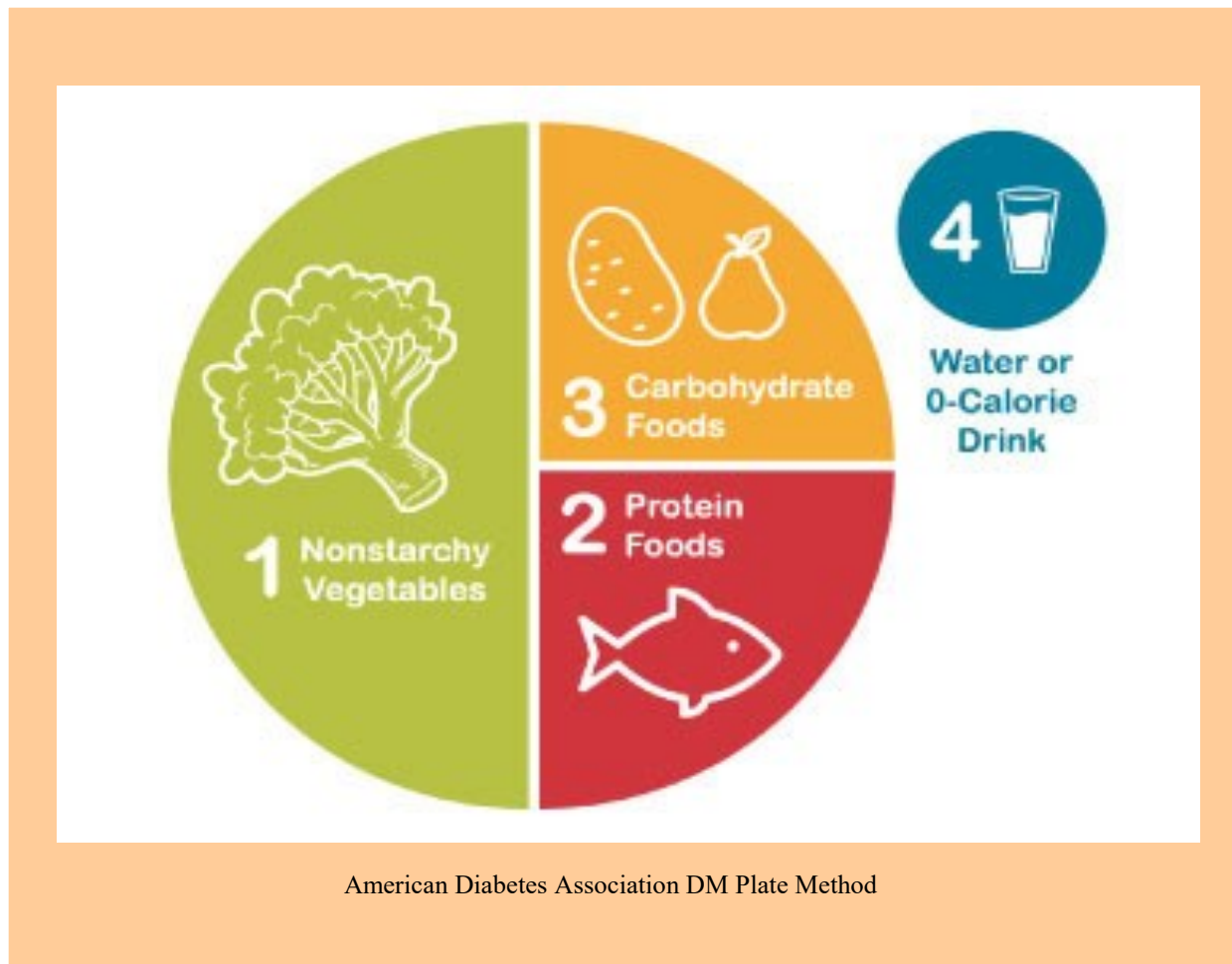


Healthy Eating For Diabetes



American Diabetes Association DM Plate Method

*You can control diabetes and still enjoy your favorite foods.
Your HealthPoint Nutritionist is here to help lessen your
concerns about how to eat and manage your blood sugar.*

We are here to support you!



Auburn (253) 735-0166
Bothell (425) 486-0658
Federal Way (253) 8747634

Kent (253) 852-2866
Midway (206) 870-3590
Redmond (425) 882-1697

Renton (425) 226-5536
SeaTac (206) 277-7200
Tukwila (206) 439-3289

Healthy Eating For Diabetes

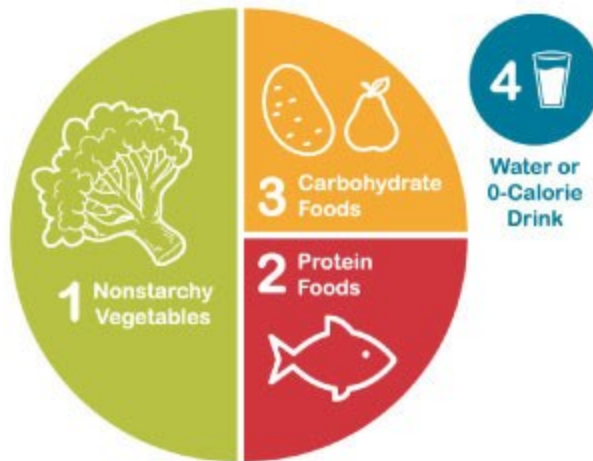
The Plate Method

The plate method is an easy way to plan your meals. This can help you with blood sugar control and may also help with weight loss.

Fill 1/2 of the plate with non-starchy vegetables

Fill 1/4 of the plate with grains, starchy vegetables, or beans and lentils

Fill 1/4 of the plate with protein



American Diabetes Association DM Plate Method

Three Components of Food: Carbohydrates / Protein / Fat

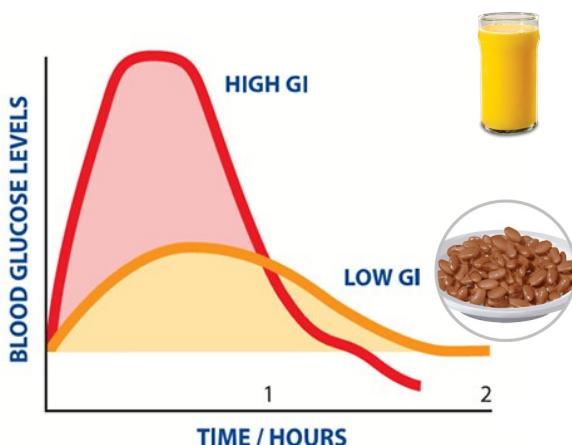
Carbohydrates:

Carbohydrates make up the largest part of our diets. Carbohydrates are the main component of food that affect blood sugar (glucose) levels. Foods in the grains, dairy products, fruits, legumes, and starchy vegetable contain carbohydrates. Carbohydrates are the fastest digesting energy source. The key to keeping blood sugar levels steady is eating a steady amount of carbohydrates throughout the day in balanced meals and snacks.

Two main types of carbohydrates:

1. Complex Carbohydrates: Fiber and Starch are two types of complex CHOs.
2. Simple carbohydrates: Simple CHOs are sugar. Most of the simple carbohydrates are added to foods.

Here are the examples of simple and complex carbohydrates and how they affect blood sugar:



Simple Carbohydrates (juice, desserts, soda) are digested very quickly and blood sugars spike and fall rapidly.

Complex Carbohydrates (whole grains, brown rice, oatmeal, legumes) digest slower and do not cause blood sugars to rise as high.

Protein:

Protein slows down the absorption of blood sugar into the bloodstream. so it is best to eat some protein with carbohydrates for better blood sugar control. Protein is important for growth and repair and immune system functions.

Healthy Protein Options:

- Mackerel, salmon, herring, tuna, sardines, trout
- Lean chicken & turkey breast
- Lean beef, pork, & lamb
- Healthy cooking methods include baking, slow-cooking and moist heat

Fats:

Fats do not directly raise blood sugar. It is important to balance every meal and snack with carbohydrate, protein, and healthy fats. Fat is important for healthy cells, hormone functions, and the absorption of certain vitamins.

Healthy		Unhealthy
Monounsaturated & Polyunsaturated fats	Omega 3 fats	Saturated & Trans-fats
Oil (olive, avocado, canola)	Fatty fish (salmon, tuna, mackerel, sardines, etc.)	Butter, margarine, full-fat dairy
Nuts, nut butters, seeds	Walnuts, ground flax, chia seeds	Cakes, cookies, crackers
Avocado	Walnut oil & flaxseed oil	Fried foods—restaurants and fast food

Tips to reduce unhealthy fat and proteins in your diet:

- Aim for a good mix of different kinds of healthy fats; variety is the key
- Avoid deep fried foods
- Use healthier cooking methods: bake, boil, braise, steam, slow-cook
- Choose lean cuts of meat (loin, round, flank cuts) and remove visible fat from meat
- Eat fish more often, un-breaded and not fried
- When eating canned fish, choose water-packed, low sodium versions of mackerel, salmon, herring, tuna, and sardines
- Choose low-fat dairy products including milk, yogurt, sour cream, and cheese
- Use healthy oils, such as olive, avocado and canola oil.
- Limit packaged sauces, gravies, and dressings; make your own from healthy ingredients
- Limit processed meats, including deli meats, sausages, bacons
- Limit processed foods, including pastries, doughnuts, cookies, chips, crackers
- Read food labels and avoid products with “Trans fat” listed on the Nutrition Facts label or “hydrogenated”, “interesterified”, “high stearate”, or “stearic rich” listed as part of the ingredients



TIMING, AMOUNT, BALANCE (T.A.B)

It's not just about what you eat, but when you eat!

Guidelines To Keep Your Blood Sugar at a Normal Level



1. Timing

- Eating meals and snacks at about the same time every day helps keep blood sugars even.
- Your blood sugar can get too low if:
 - Your meals are late
 - You skip meals
- If you are unable to eat regular meals, you may need to plan a mid-morning &/or afternoon snack.

**Eat regular meals about every 3–5 hours during the day
(Snacks if needed, 2-3 hours before or after meals)**

2. Amount

- Eat about the same amount for each meal and snack every day. The amount of food you eat at one time, and over the long run, makes a difference in blood glucose levels.
- Your blood sugar can get too high if:
 - You eat a lot of food at one time
 - You eat too much and gain weight
- Your blood sugar can get too low if you eat too little.

Eat the right amount of food for your individual needs, not too much or too little.

3. Balance

- Eat from multiple food groups every day (starch, protein, fruit, vegetable, dairy, and fat) to get the right balance of carbohydrates, protein, and fat
- Eat less added sugars (desserts, candy, soda, etc.)
- Reduce your portion sizes of carbohydrate-containing foods (except non-starchy vegetables!)
- Use the plate method for meals, and eat protein, fat, and carbohydrate at each meal and snack

Choose a variety of whole foods to get enough vitamins, minerals, and fiber



Get Moving!



If you don't like to exercise, focus more on "playing" and "having fun." Being active does not need to be boring. Get moving by doing something you enjoy: dancing, jump rope, biking, walking with your dog, rollerblading, basketball, weight lifting, swimming, soccer. The possibilities are endless!

Benefits of physical activity:

- Helps your blood sugar control—big muscles in your legs and hips work hard and use up a lot of blood sugar; exercise also helps your body's insulin move sugar from your blood into your cells
- Exercise helps muscles use more blood sugar for about 24 hours, so best results with daily exercise.
- Helps to burn fat and build muscles
- Also helps to keep blood pressure and bad cholesterol down, which reduces your risk for heart disease
- Gives you energy, improves your mood, and gives you a chance to have fun with family and friends

Tips for exercising when you have diabetes:

- Try to exercise at the same time each day—a good time is 1–2 hours after a meal (exercising 3 times per day for 10 minutes can be even more beneficial than one time a day for 30 minutes); or take a walk soon after eating to help use more blood sugar from your meal.
- Test your blood sugar before you exercise
 - If it's lower than 100, have 15-20 gm of carbohydrates to raise your blood sugar. This may be: 4 glucose tablets (4 grams per tablet), or 1 glucose gel tube (15 grams per gel tube), or 4 ounces (1/2 cup) of juice or regular soda (not diet), or 1 Tbsp of sugar or honey
 - If it's above 250, wait until your BG drops below 250.
 - For most people, BG between 100-250 is a safe pre-exercise range.
 - If you feel unsure about your health, talk to your health care team about which activities are safest for you.
- Watch for hypoglycemia (low blood sugar: signs include dizziness, blurred vision, nausea)
 - If your BG is below 70, consume 15 g fast acting sugar (4 oz juice or soda or 4 life saver candies or 4 glucose tablets or 1 Tbsp of sugar or honey).
 - Wait 15 minutes, recheck BG and repeat these steps every 15 minutes until BG is at least 100 or higher.
 - Carry quick energy foods with you when exercising (banana, 1/2 peanut butter sandwich, granola bar).
- Be sure to drink plenty of water.



My Personal Health Goals

Examples of specific nutrition and activity behaviors:

- I will eat breakfast 5 out of 7 days of the week.
- I will eat three meals per day.
- I will eat protein and carbohydrate at each meal and snack.
- I will boil, braise, stew, or poach instead of fried food.
- I will choose fried or high-fat foods no more than once a week.
- I will choose water instead of sweetened beverages or diet soda.
- I will read labels to know what my portion size should be.
- When I eat out at a restaurant or buy take-out, I will share an entrée and eat a salad.
- I will use a smaller plate or bowl.
- I will eat non-starchy vegetables with lunch and dinner every day.
- I will limit screen time to 1-2 hours per day.
- I will take the stairs.
- I will park my car farther away and walk.
- I will walk with a friend for 45 minutes 3 days per week.
- I will ride a bike with my family for 30 minutes, 3 days per week.



Take small steps to make BIG health changes!

- I will use an exercise video for an hour two times per week.
- Other:.....

Choose 2–3 health goals to work on before our next session (make the goals measurable, specific, realistic):

1)

2)

3)

What might prevent you from being successful?.....

How will you overcome these challenges/barriers?.....

Reward for success? (no food rewards; try shopping with friends, movie, beach day, etc.).....

Keep Track of Your Goals (place a check mark on the days that you felt you were successful):

Goal #1)

(Wk1) Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(Wk 2)						

Goal #2)

(Wk1) Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(Wk 2)						

Goal #3)

(Wk1) Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(Wk 2)						