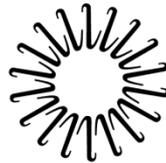


Eating Well With Diabetes

Based on Choose Your Foods Exchange
List for Diabetes
By: The American Diabetes Association &
The Academy of Nutrition and Dietetics



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Glucose Control



Healthy Eating for Diabetes

- Eat on a regular schedule
- Do not skip meals
- Eat about every 4 to 5 hours while awake
- Eat similar amounts of carbohydrates at each meal.
- Diabetes myths
- Can still eat the food you like

Food contains 3 kinds of nutrients

Carbohydrates



Protein



Fat



Which ones effect your blood sugar?

Carbohydrates

Vegetables



Fruit



Dairy



Starchy foods



Carbohydrates are good for you

- Primary source of fuel for the brain, nerves and red blood cells.
- Easy for the body to break down and use for energy
- Fuel for our muscles as we move through activities.

GROUP ACTIVITY

Place the following food in the right categories:

- carbohydrate
- protein
- fat

A healthy day

- 2 to 3 servings non-starchy vegetables
- 2 servings fruit
- 6 servings grains, beans & starchy vegetables
- 2 servings low fat or fat free dairy
- 6 oz meat or meat substitute
- Small amounts of fat and sugar
- Exercise
- 64 oz daily non-caloric beverage

(general guide, meet with an RD for specific plan)

What is a serving of carbohydrate?

- 1 slice of bread
- ½ cup of pasta or rice
- ½ cup beans, peas or corn
- 1 small piece of fruit or ½ cup canned fruit
- ½ cup juice
- 8 oz milk
- 6oz yogurt
- 2 inch unfrosted cake
- ½ cup ice cream

Carbohydrate Counting

1 serving of
carbohydrate \equiv 15 grams of
carbohydrate

How can carbohydrate counting help?

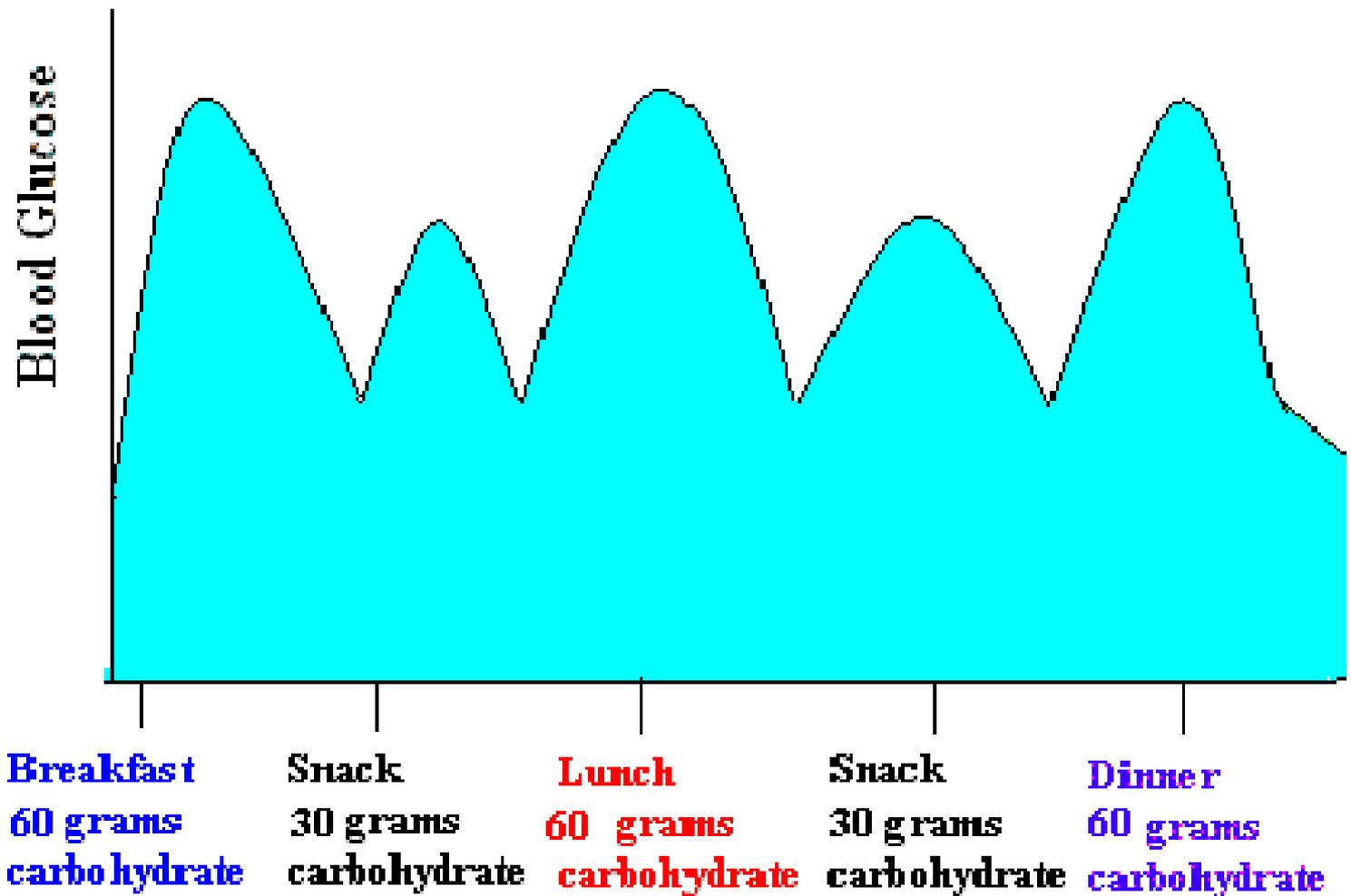
- Better blood sugar control
- Hunger control
- Weight control



How much should I eat?

- For specific meal plan for you meet with dietitian individually.
- In general:
 - 1,500 calories per day for women (188g carb)
 - 1,800 calories per day for men (225g carb)
 - (more or less based on metabolism and activity)
- Ideal: 45 – 75 grams of carb at meals or 3 to 5 servings

Ideal Blood Glucose



Example # 1:

- 1 1/2 cups cereal = 44 grams carb
1 cup skim or 1% milk = 12 grams carb
8 oz juice = 30 grams
Total = 86 grams of carb

- Possible changes:
1 cup cereal = 30 grams carb
1 cup skim or 1% milk = 12 grams carb
4 oz juice = 15 grams carb
Total = 57 grams of carb

Example #2

- Bakery muffin or bagel = 85 grams carb
- Large coffee w/milk & sugar = 15 grams

Total = 100 grams of carb

- Possible changes:

English Muffin = 30 grams carb

- ½ medium banana = 15 grams carb

Large coffee w/milk & sugar = 15 grams carb

Total = 60 grams of carb

Fiber

- Why do we need fiber?
 - GI regularity
 - Lowers LDL cholesterol
 - Stabilizes glucose
 - Slows digestion & helps with weight control
- Where is fiber found?
- How much fiber do I need?
 - 25 grams for women daily
 - 38 grams for men daily
- Eat fruits, vegetables and whole grains!

Choosing healthy from each food group

- 80 – 90% healthy choices
- Fruits: eat a variety of fresh, frozen, or canned and limit juice
- Vegetables: eat a variety of colors of fresh, frozen or unsalted canned, don't forget about beans.
- Grains: Make at least ½ of your grains each day 100% whole grain
- Milk: choose low fat or non-fat milk, yogurt and cheese
- Meats/Protein: choose lean meats and bake or grill
- Fats: choose unsaturated fats like nuts and olive oil instead of saturated fats

Meal planning

- Consistent amount of carbohydrates at regular times throughout the day.
- Using your “Choose Your Foods Guide” and exchange list
- Meal plan is set up by grams of carbohydrates or number of servings

Label Reading

Nutrition Facts			
Serving Size 1 ounce		Servings in bag 4	
Amount Per Serving			
Calories 155	Calories from Fat 93		
			% Daily Value*
Total Fat 11g			16%
Saturated Fat	3g		15%
Trans Fat			
Cholesterol 0mg			0%
Sodium 148mg			6%
Total Carbohydrate 14g			5%
Dietary Fiber	1g		5%
Sugars	1g		
Protein 2g			
Vitamin A	0%	• Vitamin C	9%
Calcium	1%	• Iron	3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients List

Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

FAT CONTENT REDUCED FROM 7g TO 3g PER SERVING.

INGREDIENTS: ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, CRACKED WHEAT FLOUR, PARTIALLY HYDROGENATED SOYBEAN OIL, SUGAR, RYE FLOUR, MALTED BARLEY FLOUR, HIGH FRUCTOSE CORN SYRUP, SALT, EXTRACTIVES OF PAPRIKA AND TURMERIC (FOR COLOR), SODIUM SULFITE.

Ingredient List

INGREDIENTS / INGRÉDIENTS

WHOLE GRAIN WHEAT, RAISINS, SUGAR, CORN BRAN, WHEAT BRAN, INULIN, GLYCERIN, WHOLE GRAIN ROLLED OATS, CRISPY RICE-OAT BITS (RICE & OAT FLOUR, SUGAR, MALT EXTRACT, SALT, BHT), CORN SYRUP, BROWN SUGAR, BARLEY MALT EXTRACT, SALT, TOASTED OATS (WHOLE GRAIN ROLLED OATS, SUGAR, GLUCOSE-FRUCTOSE, SOYBEAN OIL, HONEY, MOLASSES), GOLDEN SYRUP, WHEAT BITS (WHOLE WHEAT FLOUR, CORN STARCH, CORN FLOUR, SUGAR, SALT, TRISODIUM PHOSPHATE, BAKING SODA, ANNATTO AND CARAMEL COLOUR), MALT SYRUP, HONEY, CALCIUM CARBONATE, CARAMEL COLOUR, TRISODIUM PHOSPHATE, HYDROGENATED SOYBEAN AND COTTONSEED OIL, NATURAL AND ARTIFICIAL FLAVOUR, CINNAMON, WHEAT STARCH, TOCOPHEROLS, BHT,
VITAMINS & MINERALS: NIACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), FOLATE, IRON.
CONTAINS WHEAT INGREDIENTS. MAY CONTAIN ALMONDS, SOY AND MILK INGREDIENTS.

Label reading activity

- Take a look at the food label in front of you.
- Is this an item you would choose to eat?
- What about the ingredients list?
- How can you fit this into your meal plan?

Create a meal plan

- Based on the meal plan I gave you create a meal plan for yourself based on food preferences.
- List food and serving sizes.

What goals will you
commit to?

Points to remember

- Change doesn't happen overnight, be patient with yourself
- Commit to one change at a time
- Recognize the positive changes you are making
- Acknowledge the slip-ups and move on
- Try something new