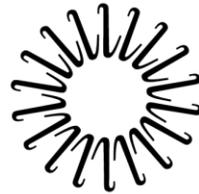# Eating Well With Diabetes Part II

Based on Choose Your Foods Exchange List for Diabetes

By: The American Diabetes Association &

The Academy of Nutrition and Dietetics

Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital
Newport Hospital

Delivering health with care.®

The Center For Cardiac Fitness
Cardiac Rehab Program
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Let's review:

- What is important to keep in balance when you have diabetes?

- What foods are considered carbohydrates?

- How many grams of carbohydrate are in 1 serving?

- What is the first thing you should look at on a label?

Protein

- Builds and repairs tissue
- Necessary for hair, nails, skin, red blood cells and bones
- Helps to build antibodies
- Helps produce hormones

Protein continued

- Recommendations:
  - 10 – 35% of calories
  - Women ages 19 – 70+ approximately 46grams
  - Men ages 19 – 70+ approximately 56
  - To estimate: 1/3 of body weight = grams per day

- Sources of protein:
  - Animal sources (meat, poultry, fish, dairy, eggs)
  - Plant sources (nuts, nut butters, seeds, soy, legumes)

- Problem can be amount of fat in protein choices

Healthy sources of protein

- Choose foods from the VERY LEAN or LEAN list

Fish (6oz)

	Calories	Fat	Cholesterol
Cod	178	2 g	94 mg
Salmon	366	18 g (4 g Saturated)	148 mg
Tuna (Ahi)	244	2 g	102 mg
Tuna (canned, water)	232	4 g	72 mg
Scallops	150	1.5 g	56 mg
Shrimp	168	2 g	332 mg

Chicken (6oz)

	w/skin		w/o skin	
Breast (6oz)	336 cals	14g fat	280 cals	6g fat
Drumstick	368 cals	18 g fat	292 cals	10g fat
3 Wings	495 cals	33 g fat		

Beef (6oz)

	Calories	Fat	Saturated	Cholesterol
Prime Rib	657	56 g	24 g	144 mg
Extra Lean Beef	436	28 g	10 g	142 mg
Top Round	330	14 g	4 g	140 mg

Pork (6oz)

	Calories	Fat	Saturated	Cholesterol
Center Loin	518	38 g	14 g	144 mg
Tenderloin	282	8 g	2 g	158 mg
Bacon	980	84 g	30 g	144 mg

Comparing protein

Prime Rib – 6oz	Chicken – 6oz breast	Fish – 6oz cod
48 g prot	48 g prot	48 g prot
656 cals	280 cals	178 cals
Total (7x/week) = 4597	Total (7x/week) = 1960	Total (7x/week) = 1246
		Savings of 3351 cals = 1#

Fats

- Slows digestion
- Provides energy = 9 calories per gram
- Cushions and protects
- Healthy immune system
- Healthy cells and nerves
- Blood clotting and inflammation
- Adds flavor

Fats continued

Recommendations:

- Total fat: 20 – 35% of total calories
- Saturated fat: 7% of total calories

Calories	Total Fat (grams)	Saturated Fat (grams)
1,200	27 – 47	9
1,500	33 - 58	12
1,800	40 – 70	14
2,000	45 - 78	16

Types of Fat

Type of Fat	Sources	Effect on Cholesterol
Saturated	Beef, pork, lamb, poultry, dairy foods, tropical oils (palm & coconut).	↓ Total Cholesterol ↓ LDL Cholesterol = HDL cholesterol
Trans	Hydrogenated shortening, Stick margarines, processed foods	↓ Total Cholesterol ↓ LDL Cholesterol ↑ HDL cholesterol
Mono-unsaturated	Olive oil, canola oil, peanut oil, most nuts, avocado	↑ Total Cholesterol ↑ LDL Cholesterol = HDL cholesterol
Poly-unsaturated	Safflower oil, sunflower oil, corn oil, cottonseed oil, sesame oil, soybean oil, soft tub margarine	↑ Total Cholesterol ↑ LDL Cholesterol ↑ HDL cholesterol
Omega's	Fish especially: salmon, sardines, tuna, herring, rainbow trout, flaxseed (ground & oil), walnuts	↑ Total Cholesterol ↑ LDL Cholesterol ↓ HDL cholesterol ↑ Triglycerides

Fats

- Eat more plant based fats in moderation.
- Decrease amount of animal fats.
- Look for ways to add healthy fats at meal and snack times.

- What can you do to make the switch?

Snack

- Combine protein or healthy fat with a carbohydrate
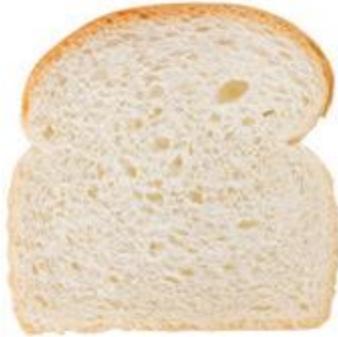- Make snacks count – healthy food

Sodium

- Benefits:
  - Balance and distribution of fluids throughout the body
  - Balance of pH
  - Muscle contraction and relaxation
  - Nerve transmission and function
- Too much sodium can cause fluid retention
- Recommendations:
  - Less than 1,500 mg sodium OR
  - Less than 2,300 mg sodium (1 teaspoon)

Top sources of sodium

High sodium foods:

- Smoked, processed, or cured meats, such as:
  - Lunch meats
  - Hot dogs
  - Sausage
- Tomato juices and tomato sauce
- Bouillon cubes
- Salty snacks (potato chips and pretzels usually are high in sodium)
- Prepared salad dressings
- Condiments

- Sauces, such as soy sauce
- Packaged sauces and soups
- Seasoning mixes
- Packaged rice and noodle dinners
- Frozen entrees
- Canned foods

** Many foods are hidden sources of sodium. Always check the labels.

Cutting down on sodium

- Put the salt shaker away
- Do not salt your foods after they are cooked
- Choose low-sodium versions of your favorites, for example:
  - Lower sodium chips and crackers
  - Unsalted butter or margarine
  - Low-sodium soups and canned vegetables
- Choose foods that are naturally low in sodium, such as fresh or frozen fruits and vegetables
- Read the Nutrition Facts Food Label on foods you buy for the sodium content—it may surprise you

How much do you know about sodium?

How much sodium is in a Burger King® Whopper®?

   a. 395 mg

   b. 595 mg

   c. 795 mg

   d. 995 mg

Answer: 995mg

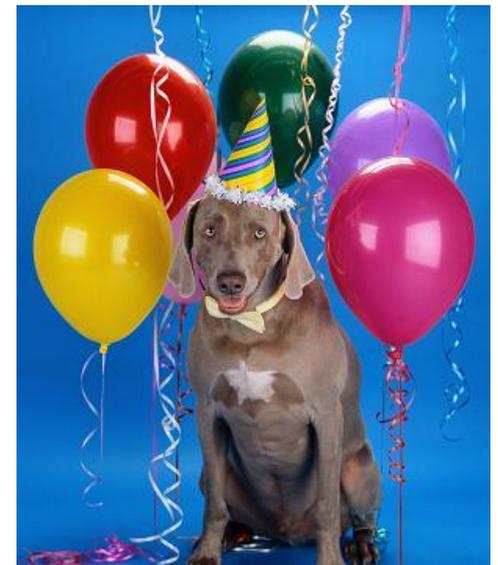# How much sodium is in a ½ C of spaghetti sauce with meat?

a. 200 mg

b. 400 mg

c. 600 mg

d. 800 mg

Answer: c. 600 mg

Special Occasions & Dining Out

- Consider time
- Plan ahead when possible
- Ask for details about your food
- Be aware of serving sizes
- Ask for extras on the side
- Substitute
- Say no to appetizers
- Bring a dish to a party

Alcohol and Diabetes

- Talk to your doctor or pharmacist
- Alcohol can lower blood glucose levels
- Drink alcohol with meals
- Drink only if glucose is 100 – 140mg/dl
- Check glucose 2 hours after drinking and before bed
- Symptoms of too much alcohol are similar to hypoglycemia
- Wear diabetes ID bracelet

DIABETIC

Alcohol and Diabetes

Recommendations:
- **1** drink or less a day **for women**
- **2** drinks or less **for men**.

Meal Plan:
- 1drink generally counts as 2 fat servings.

A drink is:

One mixed drink with
- 1.5 fl oz (44 mL) of 80-proof liquor (such as vodka, gin, scotch, bourbon, brandy, or rum)

5 fl oz (148 mL) of wine

12 fl oz (355 mL) of beer or wine cooler

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Putting it all together!

- Count carbohydrates
- Eat at regular times daily
- Choose healthy lean protein
- Choose heart healthy, unsaturated fats
- Limit sodium
- Alcohol only in moderation if okay with MD

What goals will you commit to?