

Eating Well with Diabetes

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Outline

- What is Diabetes?
- Diabetes Self-Management
- Eating Well with Diabetes
- Being Active with Diabetes

What is Diabetes?

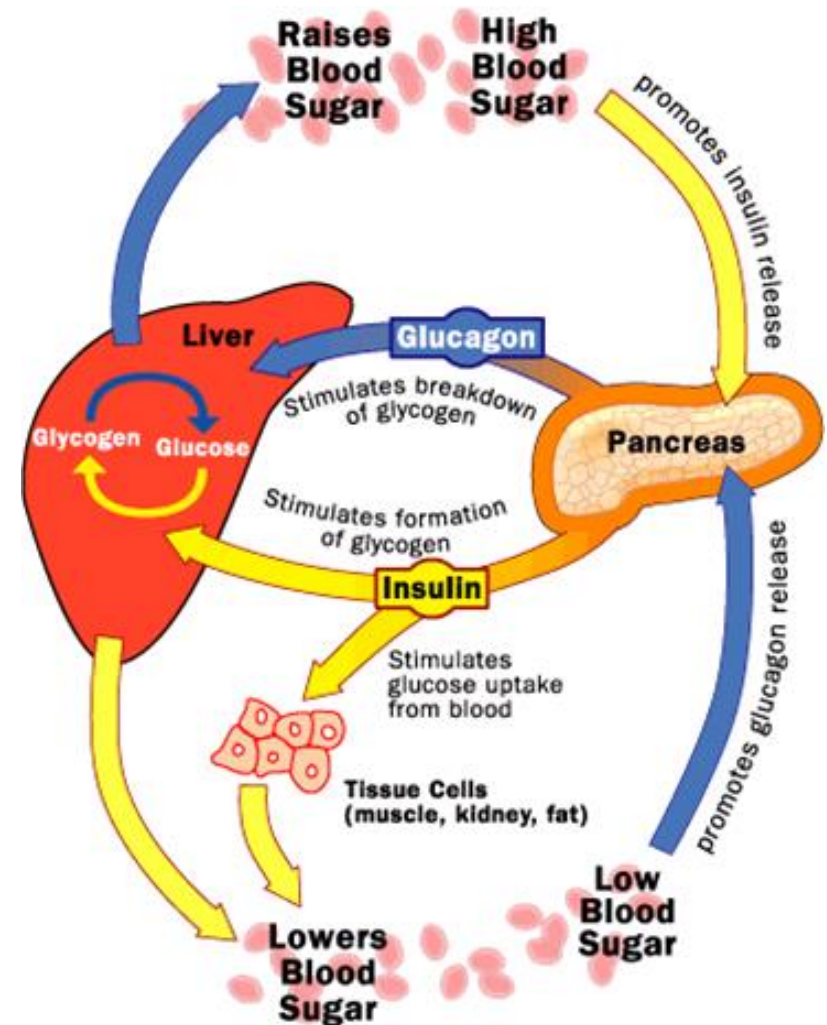
- Diabetes is a lifelong disease caused by HIGH levels of sugar in the blood
- It is normal to have sugar in the blood
 - Sugar = Glucose
 - Glucose = Energy for our body
- It is *not* normal to have high levels of sugar in the blood

What is Diabetes?

- Healthy blood sugar levels:
 - Fasting (80-110)
 - Between Meals; Not fasting (110 – 120)
 - After Eating; 1-2 hours after a meal (120 – 150)
- Diabetes is diagnosed when blood sugar is consistently higher than:
 - Fasting (Above 126)
 - Between Meals (Above 200) with symptoms of:
 - Increased Thirst and Hunger
 - Increased Urination
 - Fatigue and/or Weight Loss

What is Diabetes?

- Insulin Resistance
 - Favors weight gain
 - Increases appetite
 - Increases cravings



Count the Costs of Diabetes

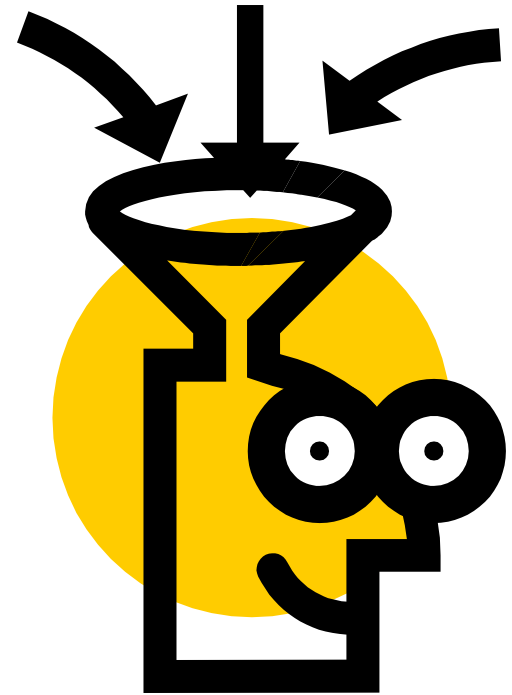
- Poor Vision
 - Damage to the blood vessels in the eyes; Retinopathy
- Kidney Failure
 - High levels of sugar in the blood can damage the kidneys; Nephropathy
- Amputation
 - Damage to the nervous system and decreased circulation can result in pain or numbness in the hands and feet
- Heart Disease and Stroke

Diabetes Self-Management

- Increase your knowledge
- Achieve a healthy weight
- Good nutrition
- Be active
- Check and record your blood sugar
- Take medications as prescribed

Increase your knowledge

- That's why you are here!



Achieve a Healthy Weight

B.M.I.

Body Mass Index

	UNDERWEIGHT less than 18.5
	HEALTHY 18.5 - 24.9
	OVERWEIGHT 25 - 29.9
	OBESE 30+

HEIGHT	WEIGHT														
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	
4' 6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	
4' 8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	
4' 10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	
5' 0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	
5' 2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	
5' 4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	
5' 6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	
5' 8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	
5' 10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	
6' 0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	
6' 2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	
6' 4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	
6' 6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	
6' 8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	

Eating Well

1. Don't skip meals
2. Monitor your Carbohydrates
3. Choose foods that are:
 - Low in saturated and trans fat
 - High in fiber
4. Portion Control
5. Healthy Cooking

Eating Well: Don't Skip Meals

Get off of the roller-coaster

- Large portions and Eating too often can lead to insulin resistance and high triglycerides.
- Aim for a meal or snack every 3 to 4 hours to achieve blood sugar control.



Eating Well: Build a Balanced Meal

- Basic Macro-Nutrients
 - Carbohydrates
 - Protein
 - Fat
 - Water
- Essential Micro-Nutrients
 - Vitamins
 - Minerals

Eating Well: Be Choosy with Carbs

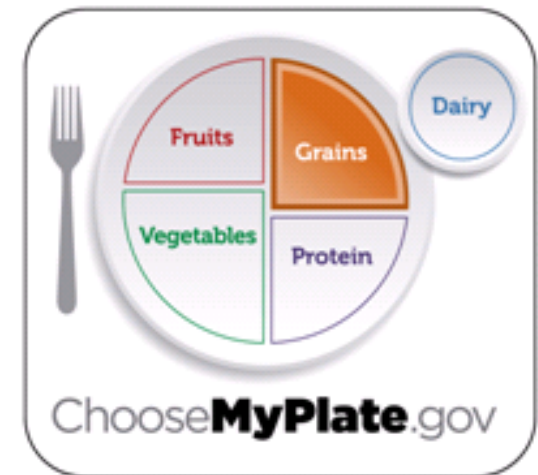
Sources of Carbohydrates

- Starches
- Fruit & Fruit Juice
- Milk & Yogurt
- Sweets & Sweetened Drinks

Eating Well: Carbohydrates

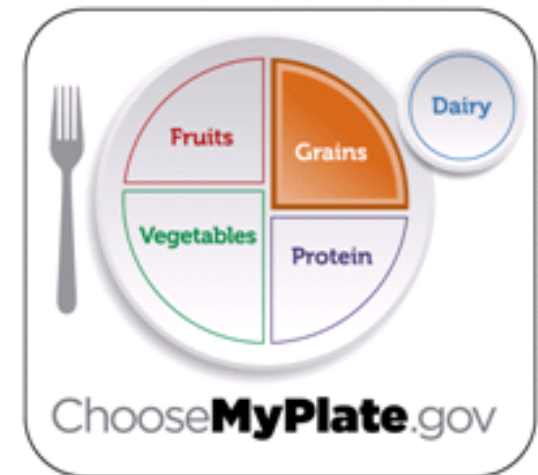
Grains

- 50% of Calories
 - Half of everything you eat
 - Rice, Pasta, Potatoes, Bread, Cereals
- Choose **Whole** Grains
 - Foods with a whole grain as the first ingredient
 - Foods with more than 3 grams fiber per serving



Eating Well: Carbohydrates

- Choose HIGH Fiber foods:
 - Fiber helps to lower cholesterol, increase bowel movements and keep us full longer
- Food with more than 3g of fiber per serving:
 - Oatmeal or High Fiber Cereals
 - Beans
 - Whole Fruit
 - Vegetables



Eating Well: Carbohydrates

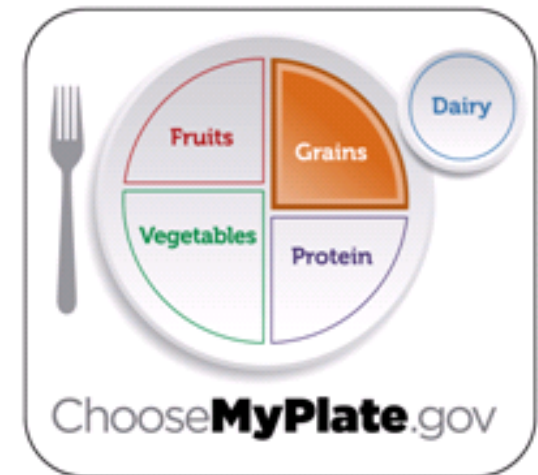
Nutrition Facts

Serving Size $\frac{3}{4}$ cup (28g)
Servings Per Container about 12

Amount Per Serving	Honey Nut Cheerios	with $\frac{1}{2}$ cup skim milk
Calories	110	150
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 160mg	7%	9%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 2g		

Ingredients: Whole Grain Oats (includes the oat bran), Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.
CONTAINS ALMOND; MAY CONTAIN WHEAT INGREDIENTS.



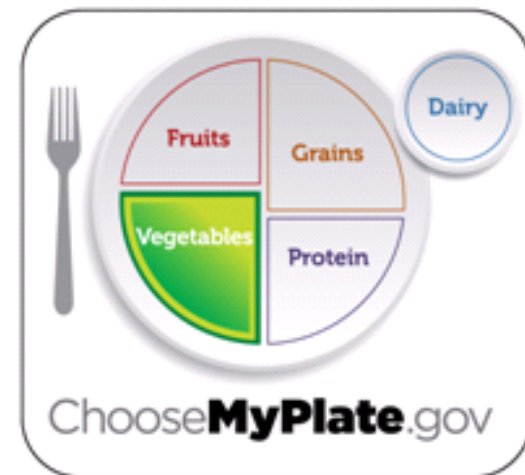
Eating Well: Carbohydrates

Vegetables

- Micro-Nutrient powerhouses!

2 types of Vegetables:

- *Starchy* (Peas, Corn & Potatoes)
- *Non-Starchy* (Everything Else)
 - Try to fill half of the plate with non-starchy veggies



Eating Well: Carbohydrates

Fruit

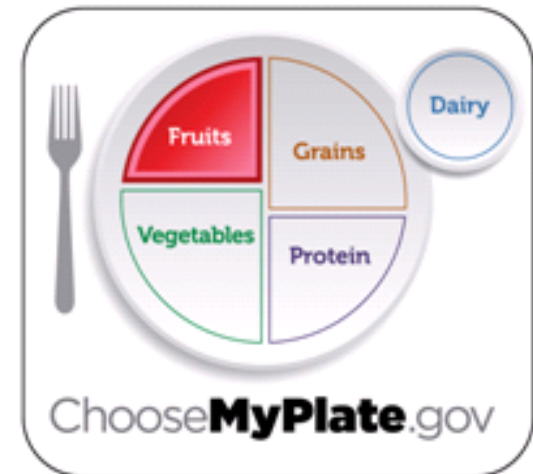
- Choose Fruits with the most *antioxidants*.
- Choose **WHOLE** Fruits, rather than Fruit Juices

Medium Apple

Nutrition Facts	
Serving Size 1 medium 3" dia 182g (182 g)	
Servings per container 1	
Amount Per Serving	
Calories 95	Calories from Fat 3
<hr/>	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	17%
Sugars 19g	
Protein 0g	

8oz. Apple Juice

Nutrition Facts	
Serving Size 8 fl oz 250g (250 g)	
Amount Per Serving	
Calories 130	Calories from Fat 3
<hr/>	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat	0%
Trans Fat	
Cholesterol	0%
Sodium 13mg	1%
Total Carbohydrate 32g	11%
Dietary Fiber	0%
Sugars 25g	
Protein 0g	



Eating Well: Carbohydrate Counting

- 1 serving of Carbohydrate = 15 grams
 - Most people benefit from 2-4 servings of Carbohydrate at each meal.
- But... Everybody's body works differently
- A Dietitian can make you an individualized meal plan
 - Most insurance companies approve 3 visits per year to see a Dietitian, so make an appointment today!

Eating Well: Fats & Oils

- Choose foods LOW in Saturated and Trans Fat
 - **Saturated Fat** is **Solid** at room temperature
 - High fat dairy, Red meat, Skin on poultry, Butter
 - **Trans Fat** is processed to preserve foods
 - Shortening, Baked and Processed foods, Pie crust, Stick margarine

Eating Well: Fats & Oils

- < 30% of Calories from Total Fat
- **Choose** Healthier Fats:
 - Unsaturated (Avocado, Olives, Nuts-Seeds)
 - Omega 3-Fatty Acids (Almonds, Walnuts & Fish)
 - **Limit** Unhealthy Fats, by choosing foods with:
 - < 3g of Saturated Fat per serving
 - < 1g of Trans Fat per serving

Eating Well: Fats & Oils

- **Instead of...**

- Stick Margarine & Butter
- Regular Cheese
- Whole or 2% Milk
- Ground Beef
- Fried Chicken
- Regular Chips

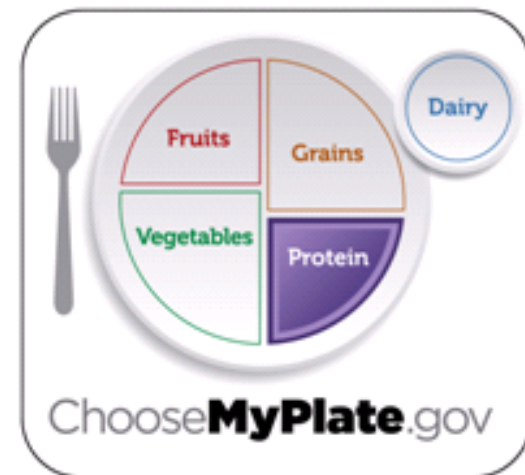
- **Choose...**

- Tub Margarine
- Low-Fat Cheese
- 1% or Skim Milk
- Ground Turkey
- Skinless Chicken Breast
- Baked Chips

Eating Well: Protein

Protein

- Choose Lean Sources
 - Lean Beef (Sirloin, 95/5 Ground beef)
 - Skinless Chicken
 - Baked Fish
 - Beans
 - Nuts & Seeds
 - Low-Fat Dairy (1% or Fat-free)

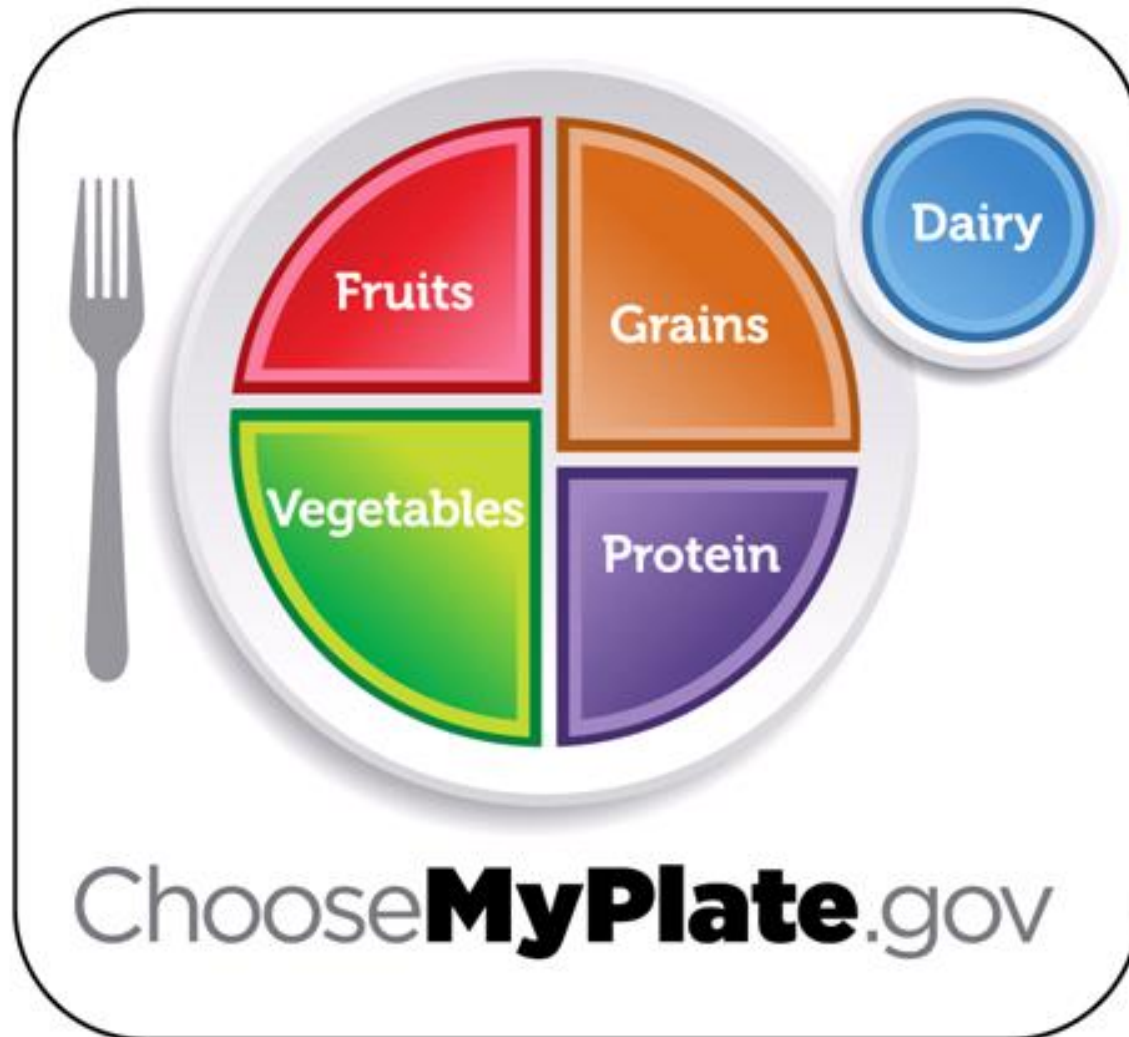


Eating Well: Hydration

Fluids

- Choose Nutrient-Rich & Low Calorie Beverages
 - Low-Fat (1% or skim) Milk
 - Water
- Limit High Calorie Beverages
 - Soda
 - 100% Juice
 - Sports Drinks
 - Fruit-flavored Drinks
 - Alcohol

Eating Well: Meal Composition



Eating Well: Snack Smart

ENERGY

- ½ Cup High Fiber Cereal (C)
- 1 Slice 100% Whole Wheat Bread (C)
- ¼ Cup Dried Fruit (C)
- 1 Cup Raw Veggies (C)
- 5 Low-Fat Wheat Crackers (C)
- ½ Canned Fruit, in Water (C)
- Apple or ½ Banana (C)
- 5 Low-Fat Wheat Crackers (C)
- 1 Cup Bell Peppers (C)
- 1 High Fiber, Low-Fat Tortilla (C)
- ½ Cup Low-Fat Pretzels (C)
- Celery and 2 T Raisins (C)

MAKES ENERGY STABLE

- + 8 oz. Light Yogurt (P)
- + 1 T Peanut Butter (F)
- + 2 T Unsalted Nuts (F)
- + ¼ Cup Hummus (F)
- + 1 Hardboiled Egg (P)
- + ½ Cup Low-Fat Cottage Cheese (P)
- + 1 T Peanut Butter (F)
- + 1 Low-Fat String Cheese (P)
- + ¼ Cup Guacamole (F)
- + 1 Slice Low-Fat Cheese, Melted (P)
- + 8 oz. Light Yogurt (P)
- + 1 T Peanut Butter (F)

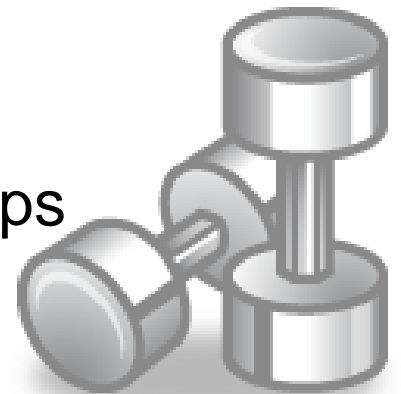
Being Active

Get Moving!

- Try to be physically active for 30 to 60 minutes everyday
- Find a buddy
- Make it fun!

Just Starting?

- Be intentional about everyday activities
- Take the stairs
 - Park further away
 - Wear a pedometer and measure your steps
- Check with your doctor



Self-Monitoring

- Check your Blood Sugar at least 1 time per day
 - Preferably before breakfast
 - Or, per your doctor's orders
- Record your blood sugar every time you check it



Medications

- Be sure to take your medications as they are prescribed
- If you have any questions be sure to ask your doctor or pharmacist



Lifestyle Change

- It is never too late to make changes...
 - Small steps can lead to Big Changes
- Make **S.M.A.R.T.** Goals
- S.pecific
- M.easurable
- A.ttainable
- R.ealistic
- T.imely

Lifestyle Change

Making the Transition & Pursuing Change

Goals:

- Increase social support
- Modify the home food environment
 - Make the healthy choice the easy choice
- Focus on growth

Just One Thing...

- What is one thing that you will take with you, or do differently?

QUESTIONS?

Come See Us!

UW Health Nutrition Clinics

- Call (608) 890 – 5500
 - East, West and Research Park Clinics
- Call (608) 287 – 2770
 - All Other UW Health Clinics