

Diabetes Nutrition

Roseville & Sacramento Medical Centers



Agenda

Blood sugar goals

Factors that affect blood sugar

Diet Options: Menus, Exchange Lists, Carb Counting, Plate Method

Food Records

Resources & class evaluations

What should your blood sugar be?

Talk with your diabetes care provider about what target glucose range is best for you.

Fasting, or before a meal	Two hours after the start of a meal	Before bed
Target glucose range: 70-130 mg/dl	Target glucose range: Less than 180 mg/dl	Target glucose range: 100-140 mg/dl

What affects blood sugar?

- Diet
- Exercise
- Stress
 - Physical
 - Mental
- Weight
- Poor sleep
- Medications (including timing)
- Injection site rotation
- Diabetes itself

Diet Options

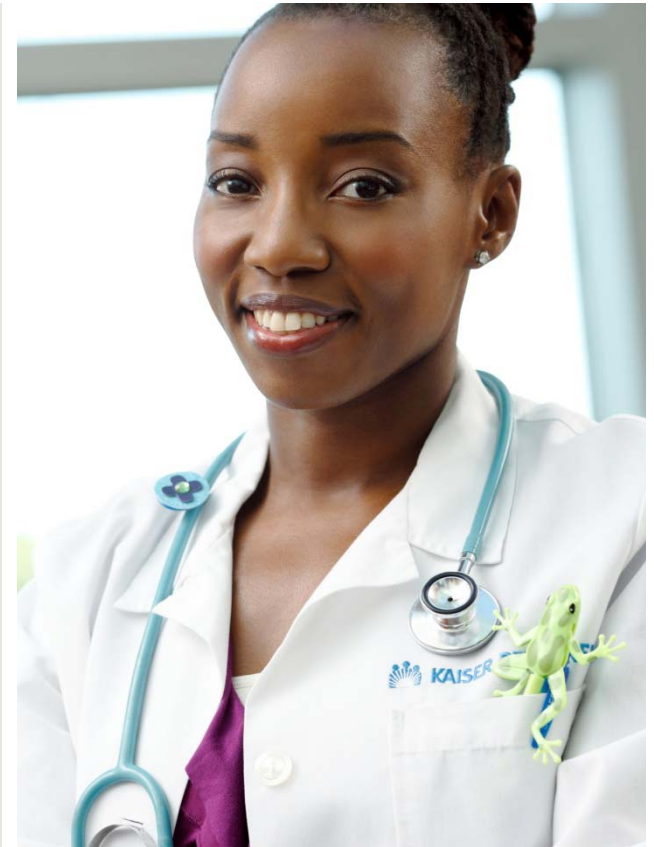
- Menus
- Diabetic Exchange Lists
- Carbohydrate Counting
- Plate Method



Menus

The American Diabetes Association

- The Ultimate Diabetes Meal Planner
- Month of Meals



Diabetic exchange lists

- Starch/Grains
- Fruit
- Milk
- Nonstarchy vegetables
- Protein (meat and meat substitutes)
- Fats

Carbohydrate counting benefits

- Increased flexibility
- Carbohydrate can be tracked in a variety of ways
- Focus on foods that have the biggest effect on blood sugar



Consistency

- Eat about the same amount of carbohydrate at each meal
- Eat at regular times
- No skipping meals



Which foods are highest in carbohydrate?

- Fruit
- Starch (grains, starchy vegetables)
- Milk
- Miscellaneous (sweets)



Activity

Is it a carbohydrate, protein or fat?

Diabetic exchange lists

- 1 starch exchange = 15 grams carbohydrate
 - 1 slice bread
 - ½ cup beans, corn, or potatoes
 - ¾ cup cold cereal
 - ⅓ cup cooked pasta or rice
- 1 milk exchange = 15 grams carbohydrate
 - (1) 8 ounce cup milk
 - (1) 6 ounce unsweetened yogurt
- 1 fruit exchange = 15 grams carbohydrate
 - ½ cup unsweetened fruit
 - ½ cup unsweetened fruit juice
 - 1 small piece of fruit

Note: 1 tsp. sugar = 4 grams carbohydrate

Diabetic exchange lists

- 15g carbohydrate = 1 choice
- For weight loss
 - Women: 2-3 carb choices per meal (30-45g)
 - Men: 3-4 carb choices per meal (45-60g)
- For weight management
 - Women: 3-4 carb choices per meal (45-60g)
 - Men: 4-5 carb choices per meal (60-75g)
- Limit snacks to 1 carb choice (15g)

Other suggestions for carbohydrate intake

Note: 1 carb choice = 15 grams carbohydrate

Daily Calories	Daily Carbs	Daily Carb Choices
1200	150g	10
1500	180g	12
1800	225g	15
2000	250g	16-17
2200	275g	18
2500	315g	21
3000	375g	25

Label reading

- Serving size
- Fat
 - Maximum $\frac{1}{3}$ of total calories from fat
 - Limit saturated fat (12-16 grams per day)
 - Avoid trans fat
- Total carbohydrate
 - More fiber is better (25-35 grams per day)
- Sodium
 - Limit to 1500 mg/day

Label reading

Nutrition Facts		
Serving Size	1 Cup (29/1.0 oz)	
Servings Per Container	About 17	
	Cereal with ½ Cup Vitamins A&D Fat Free Milk	
Amount Per Serving	Cereal	Free Milk
Calories	110	150
Calories from fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 220mg	9%	11%
Potassium 35mg	1%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber less than 1g	2%	2%
Sugars 3g		
Sugar Alcohol 4g		
Protein 2g		

Plate method

Consider variety and balance:

- $\frac{1}{2}$ plate = veggies
- $\frac{1}{4}$ plate = protein
- $\frac{1}{4}$ plate = grains
- Include fruit and/or milk if desired



Things to consider

- Fat in a meal
- Fiber in a meal
- Protein in a meal
- Time of day
- Individual sensitivity to particular foods



What are you eating?

Time	Food or drink	Estimated carb

Consider a dietary journal

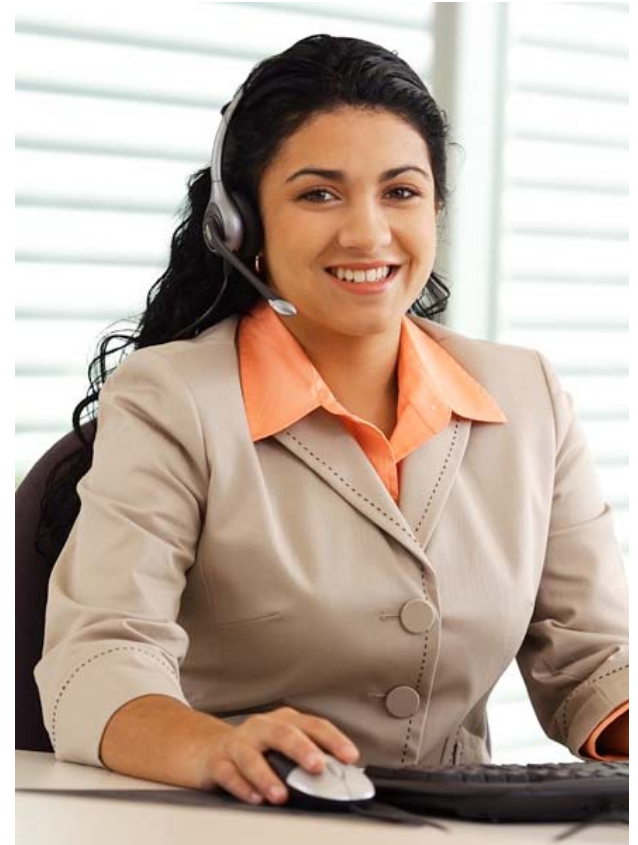
Time	Blood sugar before meal	Detailed Food Record		Carbs (gm)	Blood sugar 2 hours after starting meal	Comments
		Amount	Item			
8:00 am	110	1 cup	Cooked oatmeal-plain	30g	130	Walked for 20 minutes after breakfast
		¾ cup	Blueberries	15g		
		1	String cheese	0g		
		1	Slice bread with butter	15g		
		Total				

Principles of diet

- Spread carbohydrate evenly throughout the day
- Control your portions by measuring all foods
- Include protein and fiber with meals
- Eat regularly, at least every 4-5 hours
- Eat mainly low-fat foods
- Limit sodium

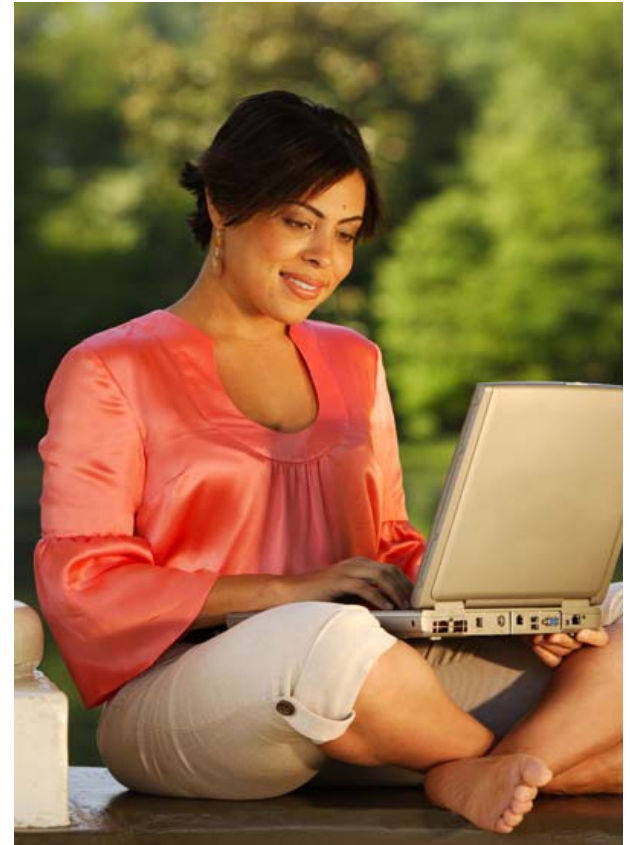
Resources

- Nutrition Advice Line
 - (916) 614-4979
- www.kp.org/nutrition
- Health Education Centers
- Healthy Living Class Catalog
- Healthy Roads
 - (877) 335-2746
 - www.choosehealthy.com



www.kp.org

- E-mail your doctor
- Order prescription refills (mailed to your home at no additional cost)
- Schedule routine appointments
- View recent lab test results
- Explore interactive health programs and research health topics
- To sign up, visit kp.org/register
- Have questions? Call (800) 556-7677 for kp.org telephone support



Cancer screening

AGE	18+	30	40	50	60	70	80+
Breast Cancer Screening For women: ages 40 – 69 Walk-in mammograms are available at North Valley Radiology.			Have a mammogram every 2 years.				
Cervical Cancer Screening For women: ages 21-64 Sign into kp.org to schedule an appointment for a Pap test.		Have a Pap test every 3 years.					
Colorectal Cancer Screening Ages 50 – 80 Sign into kp.org and email your doctor to order a FIT test, flexible sigmoidoscopy or colonoscopy.			Have a fecal immunochemical test (FIT) once a year and/or a flexible sigmoidoscopy every 5 years or colonoscopy every 10 years.				

If you are not sure you are due for any of the above screenings, check with your provider.