

# You Can Take Control of Your Diabetes

Today's Speaker:

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Registered Dietitian  
Hope Hospice

The Academy of Dietetics and Nutrition (formerly American Dietetic Assoc.) recommends planning a healthy, varied diet that is moderate in fat (30%) and sodium (1.5 grams) and high in fiber (25-35 grams/day)



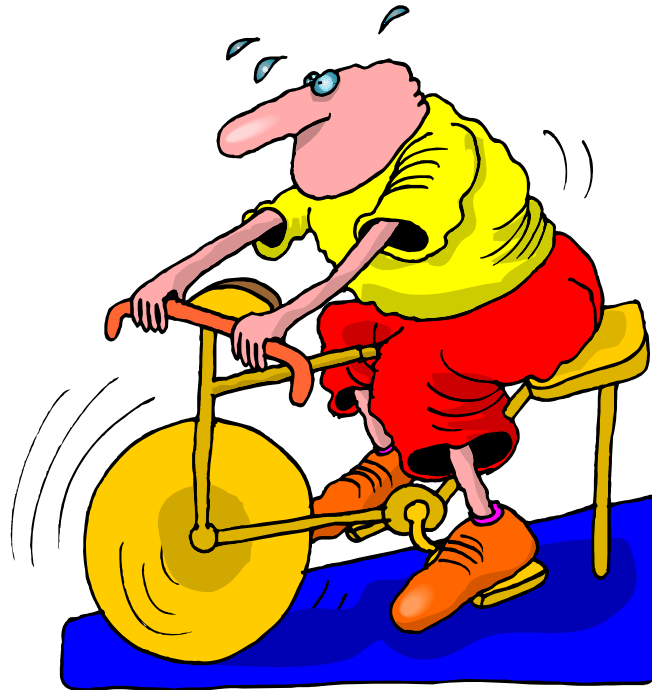
The following are guidelines for maintaining healthy eating and exercise habits:



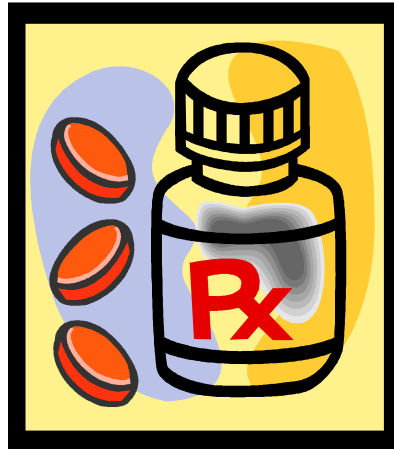
Eat a well-balanced diet with limited sugar and fats



Daily exercise for a minimum of 30 minutes

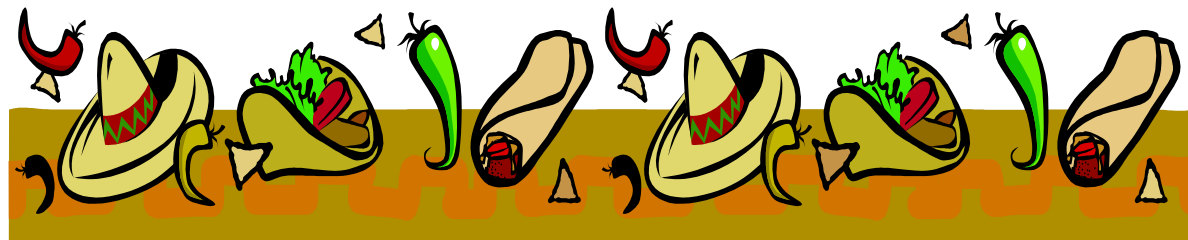


Take as prescribed by your physician



# Understanding Carbohydrates

Just as a car needs the right type of fuel (gas) to run, you need the right kind of fuel (food) to function. To sustain energy, your body needs food that contains carbohydrates. Carbohydrates raise blood sugar levels higher and faster than other kinds of food.



# Starches

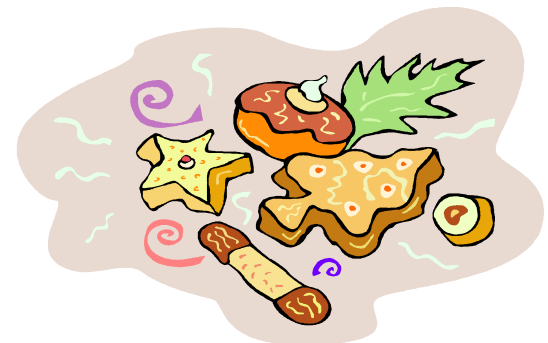
Starches are found in grains, some vegetables, and beans. Grain products include bread, pasta, cereal, and tortillas. Starchy vegetables include potatoes, peas, corn, lima beans, yams, and squash. Kidney beans, pinto beans, black beans and lentils also contain starches.





# Sugars

Sugars are found naturally in many foods, or sugar can be added. Foods that contain *natural* sugar include fruits and fruit juices, dairy products, honey and molasses. *Added* sugars are found in most desserts, processed foods, candy, regular soda and fruit drinks.



# Fiber

Fiber comes from plant foods. Most fiber isn't digested by the body. Instead of raising blood sugar levels like other carbohydrates, it actually keeps blood sugar from rising too fast. Fiber is found in fruits, vegetables, whole grains, beans, peas and many nuts.



You can learn to calculate how many carbohydrates you are eating every day. There are different ways to carb count. Basic carb counting is described as follows:

## Serving Size

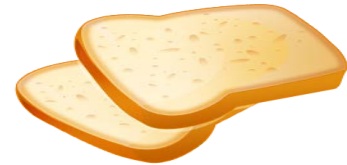
One serving of a starch, fruit, or dairy product counts as one carb.



Each carb is about 15 grams of carbohydrate. For example:

## Serving Size

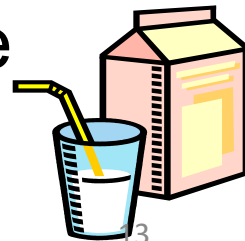
1 slice of bread = 1 starch serving =  
15 carbohydrate grams



1 apple = 1 fruit serving = 15 carbohydrate grams



1 cup of milk = 1 dairy serving = 15 carbohydrate  
grams

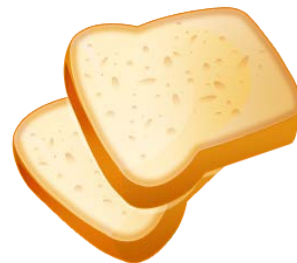


# Carb Counting

15 grams of carbohydrate = 1 serving

Men need about 60 grams per meal or 4 servings of carbohydrate per meal

Women require 3 servings or less



## Carbohydrate Serving Sizes

Starch Group – 1 serving equals:

1 slice of bread

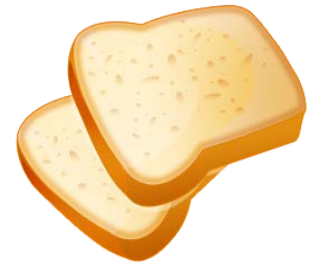
1/2 hamburger bun

1/2 cup mashed potatoes

1/3 cup rice or pasta

1/3 cup corn

Approx 3/4 cup dry cereal or 1/2 cup hot cereal



## Carbohydrate Serving Sizes

Fruit Group – 1 serving equals:

- 1 small piece of fruit
- 1/2 cup fruit juice
- 1/2 cup canned fruit
- 1 cup cut up melon
- 1/4 cup dried fruit
- 3/4 cup berries
- 1 cup of grapes (approx 12)





## Carbohydrate Serving Sizes

Milk Group – 1 serving equals:

1 cup milk

2/3 to 3/4 cup or 6 ounces of yogurt  
(check food label on carton)



## Other Carbohydrates

Includes sweets, cookies, candies, cake, pastries and chips.



Try to limit the amount of these foods because they are a concentrated source of calories and fat. These foods are also high in carbohydrates.

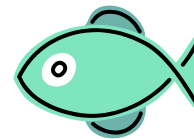
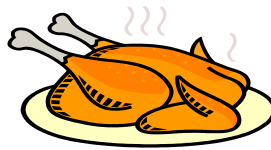
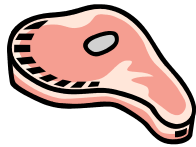
Foods free of carbohydrates (starch):

Non-starchy vegetable group

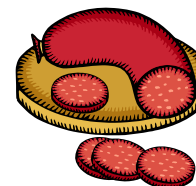
Foods in this category should not be limited.



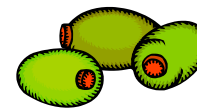
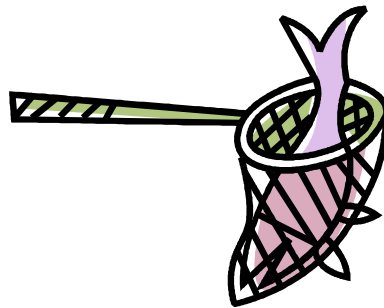
Choose low fat meats such as skinless chicken breast, turkey, or fish.



Avoid or limit meats that are high in saturated fat such as bacon or sausage.

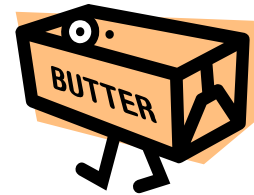


Choose monounsaturated or polyunsaturated fats which are found in foods such as olives, olive oil, canola oil, fish, nuts and other vegetable oils such as corn, safflower, and soy.

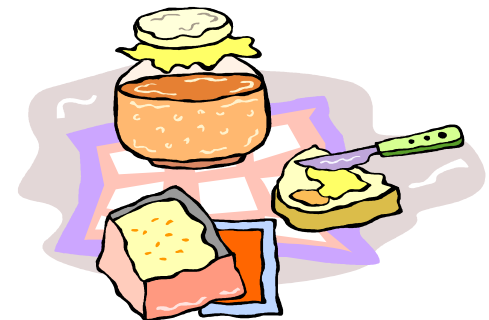


# Fats

Avoid saturated fats which are found in foods such as butter and high-fat animal products.



Avoid trans-fats which are found in many products, especially baked goods. Check food label for partially hydrogenated oil (trans-fats.)



## Other Foods

Count 1 cup of raw vegetables or ½ cup cooked non-starchy vegetables as zero carbohydrate or “free foods.” If you eat 3 or more servings as one meal, count them as 1 carbohydrate serving.



### Free Foods

Foods that have less than 20 calories in each serving also may be counted as zero carbohydrate servings or “free” foods.





# Sweets

Limit very sweet foods such as jam, jelly, table sugar, syrup, candy, sweetened beverages, and desserts.

If these are eaten in large amounts, they can raise your blood sugar very high.



## Follow The Carbohydrate Choices Plan

Try to divide your daily choices as evenly as possible among the three meals.



Eat 3 main meals at about the same time each day.



Breakfast      Approx. 6:30 a.m.

Lunch            Approx. 4 hours after breakfast

Dinner            Approx. 5 hours after lunch

Insulin dependent should plan a night snack

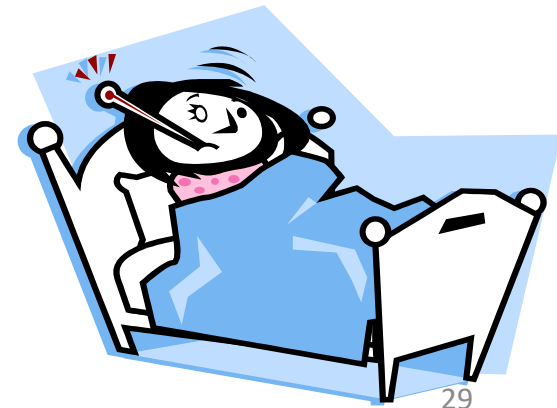
NOTE: The times shown are only examples.

The important point to remember is to eat according to a regular schedule.



## Sick Day Guidelines

If you are feeling sick and do not feel like eating, try to at least drink small amounts of a sugary beverage.



## Water Guidelines

Drink small amounts of water at least every hour.



Caring for your mouth, teeth and gums is important to prevent gum disease and tooth loss. Brush your teeth after each meal.



A healthy lifestyle begins with good nutrition and protects your long-term health.





# Emergency Preparedness

- Take inventory of items you already have at home.
- Make a shopping list and explore your shopping options.
- Resist buying in large quantities. Plan a max 2-week coverage.



## What should I buy?

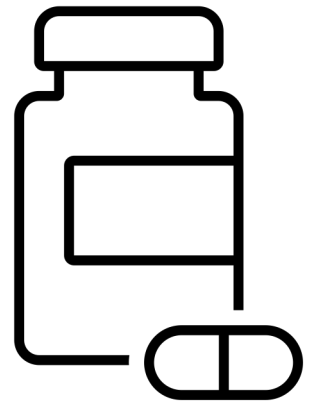
- Choose as mix of shelf stable, frozen, and fresh incorporating high fiber, lean-protein products.
- Use fresh foods first. Keep frozen and nonperishable items for second week.
- Stock ample water/beverage supply.
- Read food labels: Look for sugar content and aim for 10 grams or less/serving. For fiber, look for 5 grams or greater/serving.
- Avoid products containing aspartame. Aspartame is a chemically oriented sweetener which results in elevated blood sugar levels.

## Recommended Food Items

- High-protein food bars
- Dehydrated foods like jerky, trail mix
- Packaged fish/tuna/chicken
- Nut butters
- Crackers
- Powdered milk, bottled water, boxed sugar-free beverages

## Medications

Always have a 2-week supply in your home and store with emergency supplies.



Questions?

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