

## Section: 5

Lets talk about Food.

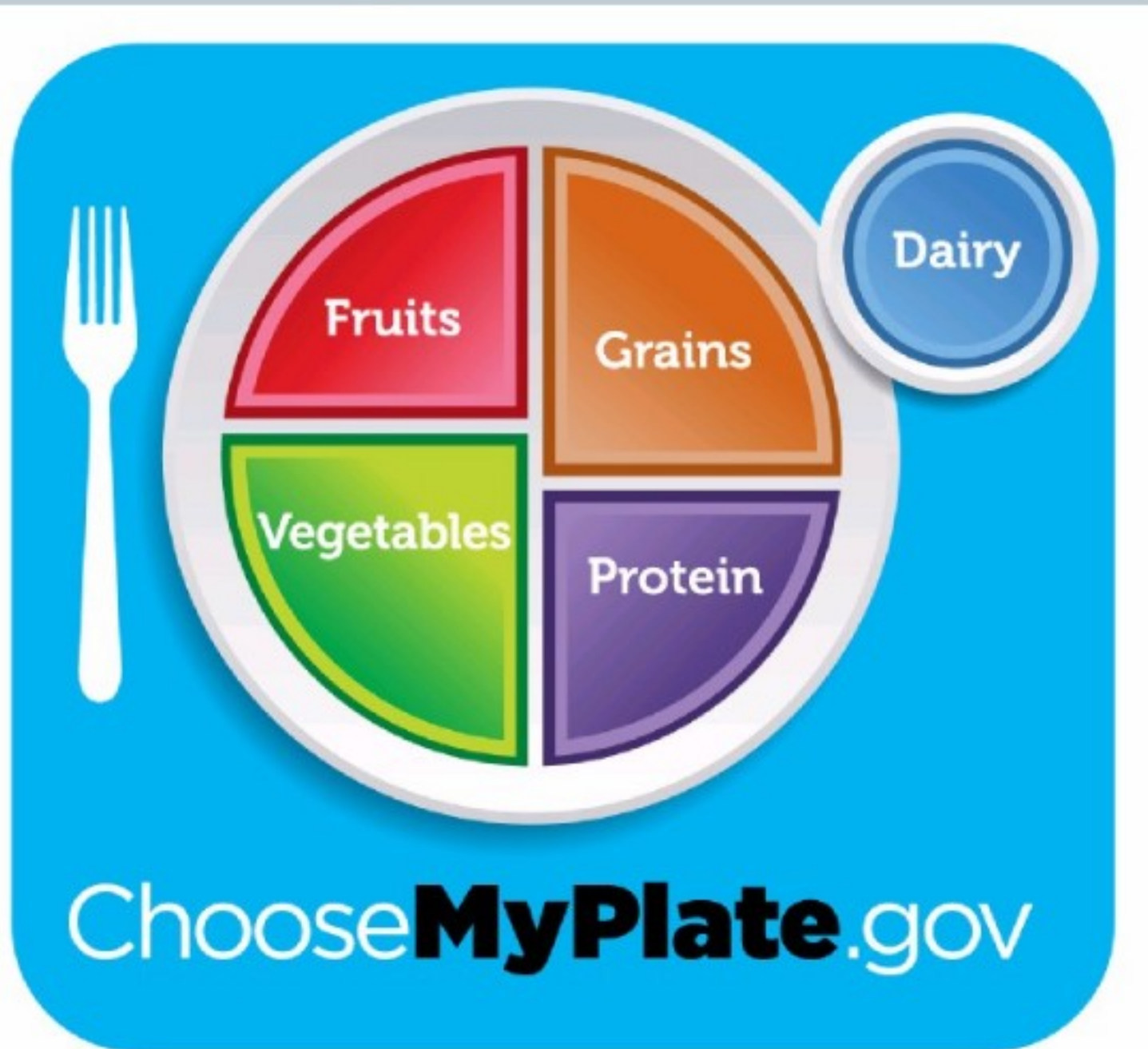


# What to Eat?

- Choose a variety of foods from all food groups:
- vegetables, fruit, whole grains, lean protein foods, and nonfat or low-fat dairy products.
- Using a meal-planning method can assist you in choosing the right amounts for you.



# What portions to eat?





# Overview

- Eat plenty of vegetables.
- Eat 2 to 4 small servings of fruit daily.
- Choose small portions of lean meat.
- Choose fish several times weekly.
- Choose low-fat or nonfat dairy products.
- Eat healthy fats such as olive or canola oil, walnuts, almonds, and avocados.
- Eat less butter, gravy, cream, and fried food.



# Eat less of which foods?

- Eat fewer packaged items like pastries, cookies, chips.
- Eat fewer sweets and sugary foods like candy
- Avoid regular sodas, juice, and juice drinks.





# Helpful Hints

- Drink water and other non-caffeinated, sugar-free beverages
- Eat 3 meals each day. If your meals are more than 4 or 5 hours apart, consider adding a small snack between meals.
- If you are working on losing weight, try eating smaller portions.
- Make small changes over time.
- Think about what would help you be successful in making the change.



# Helpful Hints Contd.

- Set up your surroundings for success. Keep healthy foods available and take unhealthy foods out of your kitchen.
- Get support from family, friends, or a support group.
- Keep a food diary or journal to track what you eat.
- Remember that making lifestyle changes takes practice, and falling off track is normal.





# Managing Carbohydrate

- How many carbohydrates to eat depends on your calorie needs, activity level, and medical history. For many adults, an average carbohydrate range is:
- 45 to 60 grams of carbs at each meal
- 15 to 30 grams of carbs for snacks





# Managing Carbohydrates

## Goals:

- Tracking the amount of carbohydrate eaten at meals and snacks
- Keeping carbohydrate intake consistent at meals from day to day (basic)
- Matching insulin to carbohydrate intake (**advanced**)



# Count Carbohydrate?

Why?

- Carbohydrate has most impact on raising blood sugar after a meal
- Carbohydrate begins to raise blood glucose within 15 minutes of eating
- Emphasis on **TOTAL AMOUNT** of carbohydrate rather than the source or type





# Counting Carbohydrates

- Identify which foods contain carbohydrate
- Carbohydrates are measured in grams (g)
- **1 carb serving = 15 g carbohydrate**
- For many adults, an average carbohydrate range is:
  - 45 to 60 grams of carbs at each meal
  - 15 to 30 grams of carbs for snacks



# How Much Carbohydrate?

There is about **15 grams of carbohydrate** in:

- 1 small piece of fresh fruit (4 oz)
- 1/2 cup of canned or frozen fruit
- 1 slice of bread (1 oz) or 1 (6 inch) tortilla
- 1/2 cup of oatmeal
- 1/3 cup of pasta or rice
- 4-6 crackers
- 1/2 English muffin or hamburger bun
- 1/2 cup of black beans or starchy vegetable
- 6 chicken nuggets





## How Much Carb. Contd.

- 1/2 cup of casserole
- 1 cup of soup
- 1/4 serving of a medium french fry
- 1/4 of a large baked potato (3 oz)
- 2/3 cup of plain fat-free yogurt or sweetened with sugar substitutes
- 2 small cookies
- 2 inch square brownie or cake without frosting
- 1/2 cup ice cream or sherbet
- 1 Tbsp syrup, jam, jelly, sugar or honey
- 2 Tbsp light syrup



# Managing Alcohol

## Safety Guidelines:

- **Limit how much you drink.** One alcoholic drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor.
- For women, moderation is 1 drink or less per day.
- For men, moderation is 1 to 2 drinks or less per day.
- **Eat a meal or snack when you drink alcohol.** This helps prevent your blood sugar from dropping too low (hypoglycemia).





# To be continued

- As per DSME/T
- Diabetes Self Management Education/ Training Curriculum

-----

- Dr. Yvonne E Grant  
CDE, BC-ADM

