# Nutrition and Diabetes

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## Goals for today:
## By the end of this presentation participants will be able to

1. Understand the importance of a healthy diet for the management of diabetes.
2. Recognize the relationship between food, drink, activity, and blood sugar levels.
3. Become familiar with a healthy diet for patients with diabetes.
4. Know how to read food labels.
5. Demonstrate how to reinforce information about maintaining a healthy diet for patients with diabetes.

Taking good care of people with diabetes is taking good care of our community, our families, and ourselves.

# Food and Sugar

- What is the relationship between food and blood sugar levels?

  - Carbohydrates turn into sugar in the blood, and this sugar is gasoline for the body.

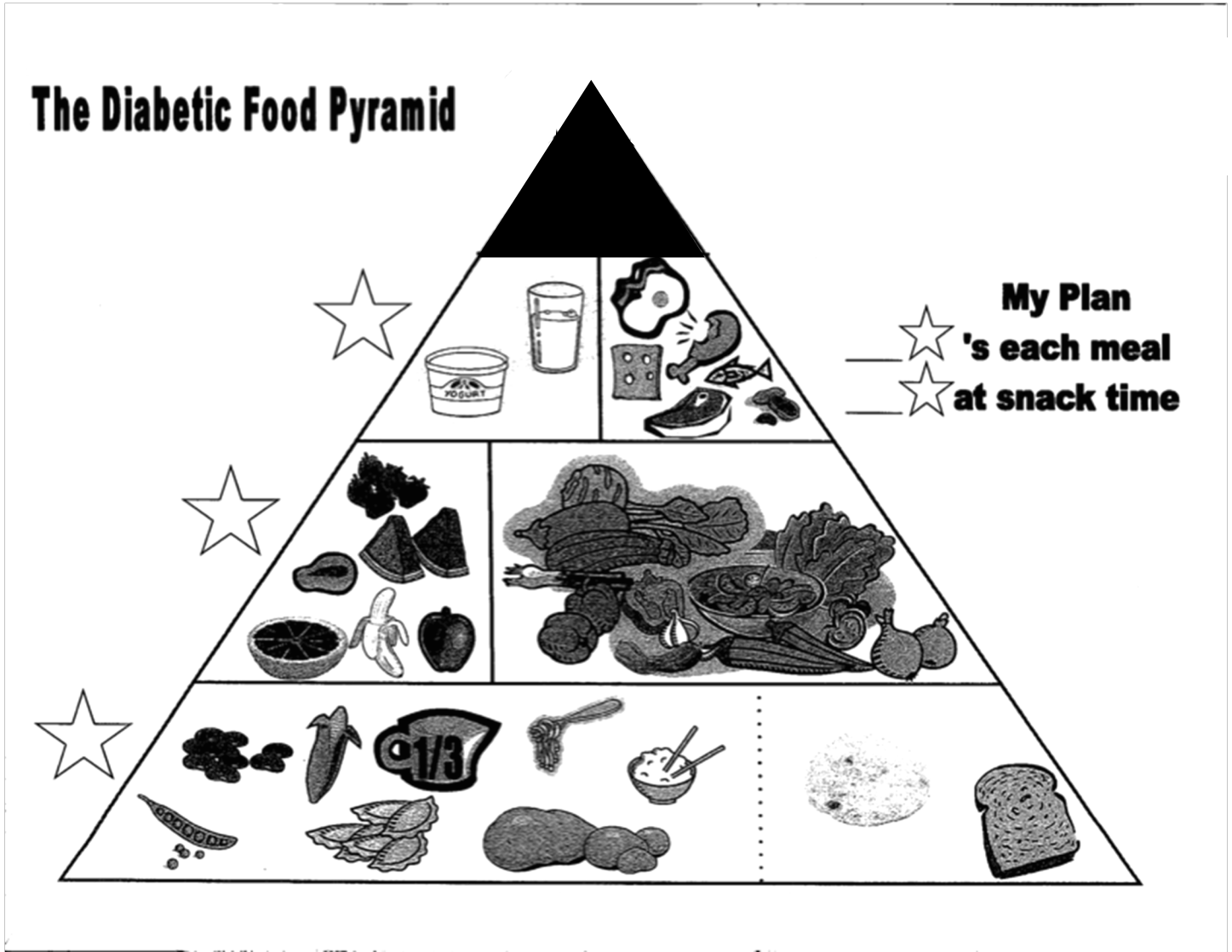
  - Carbohydrates are necessary and good, but if there is no insulin or not enough insulin, it is necessary to keep carbohydrates moderate and balanced during the day.

# Food and Sugar

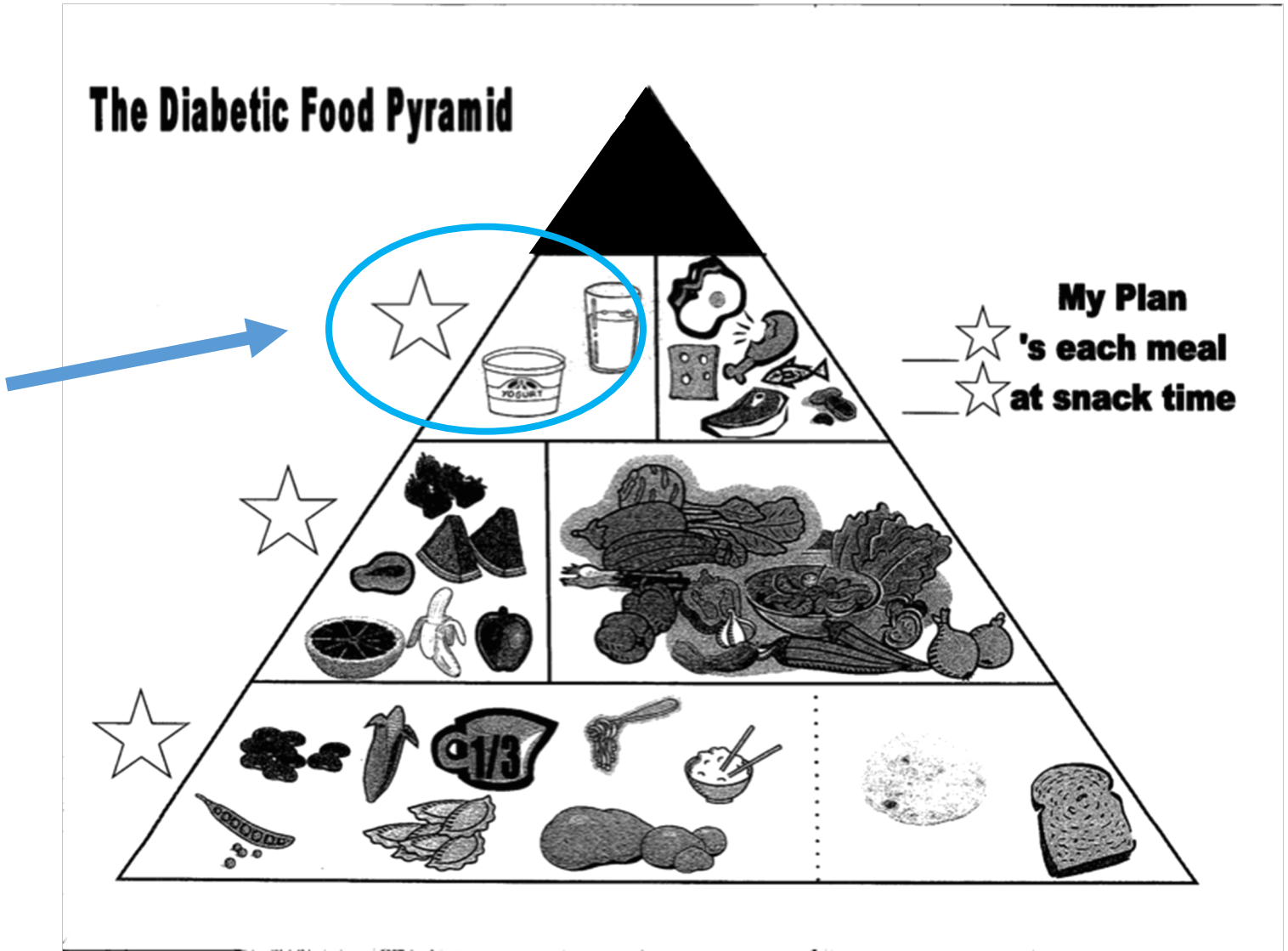
- When do carbohydrates affect blood sugar?

  - 1-2 hours after eating is the best time to see the effect of a meal on blood sugar.

# Where are carbohydrates found?



# Where are carbohydrates found?



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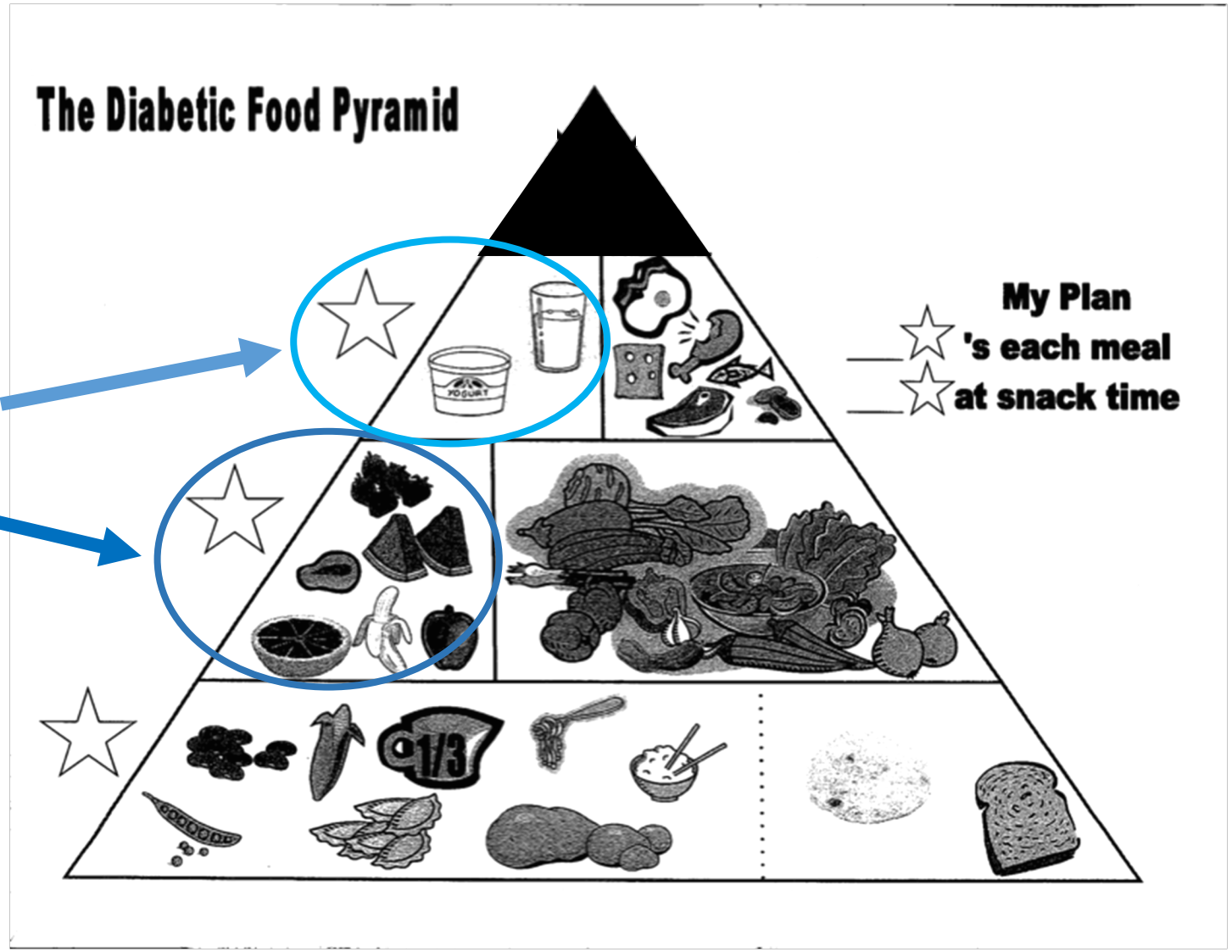

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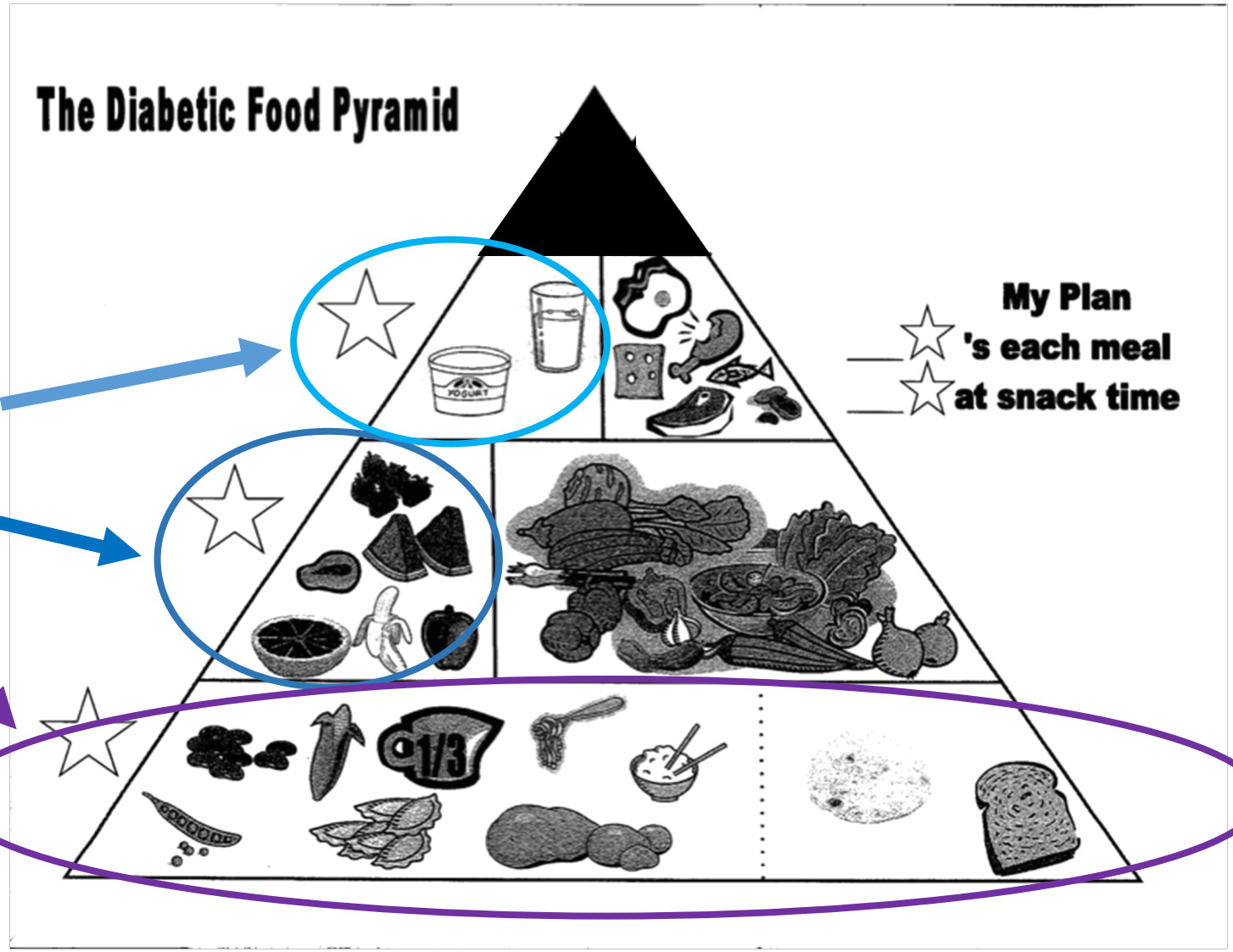

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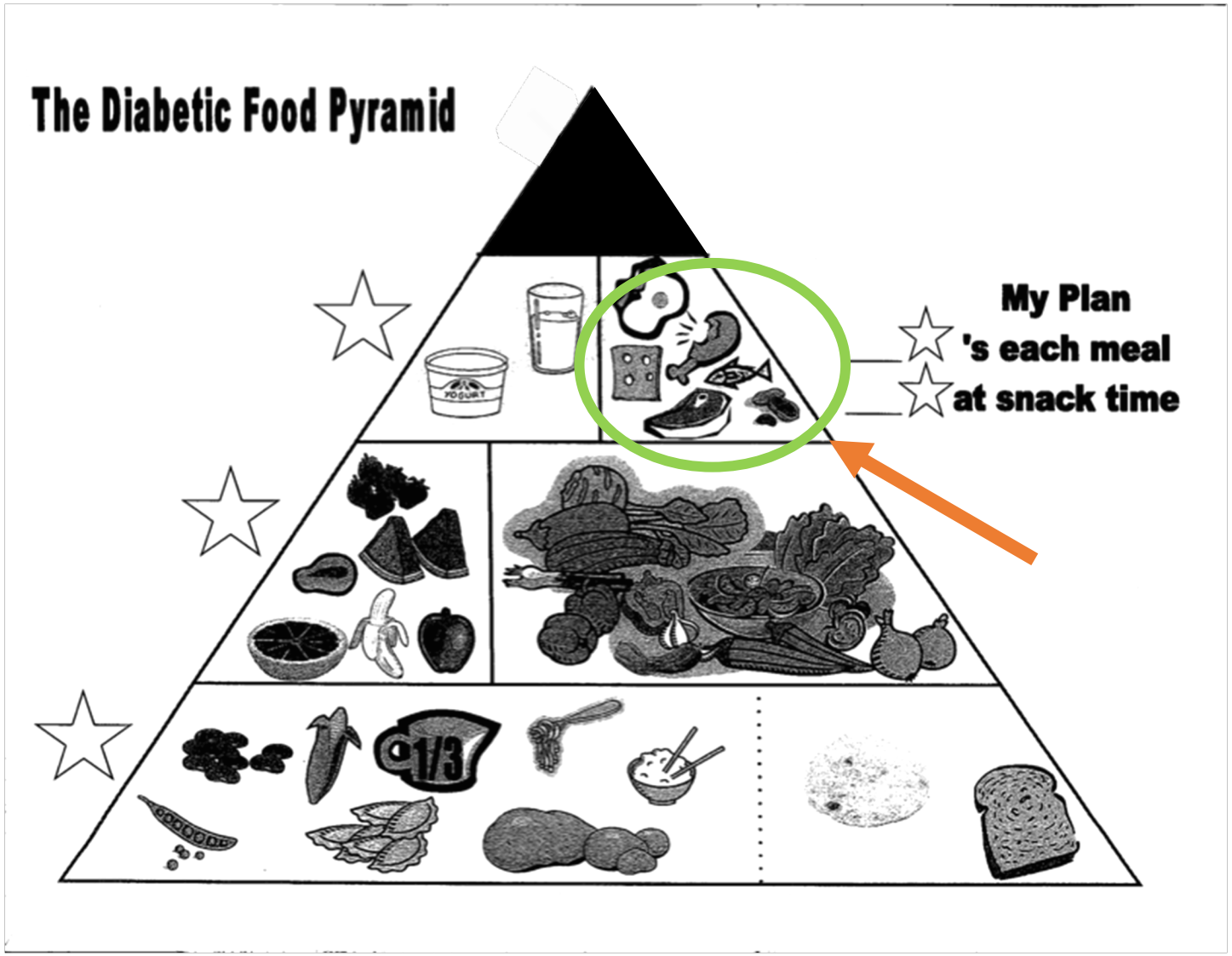

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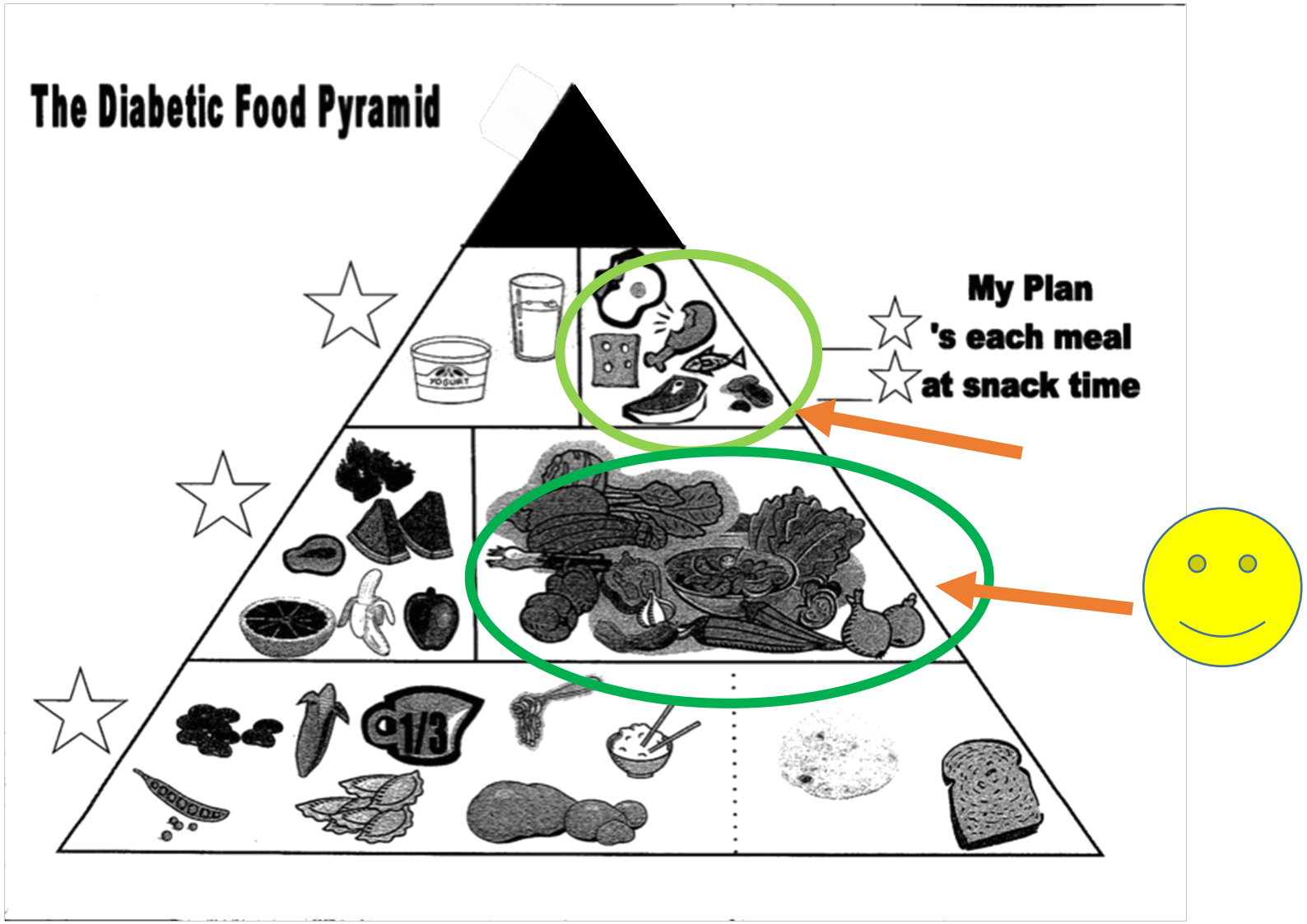
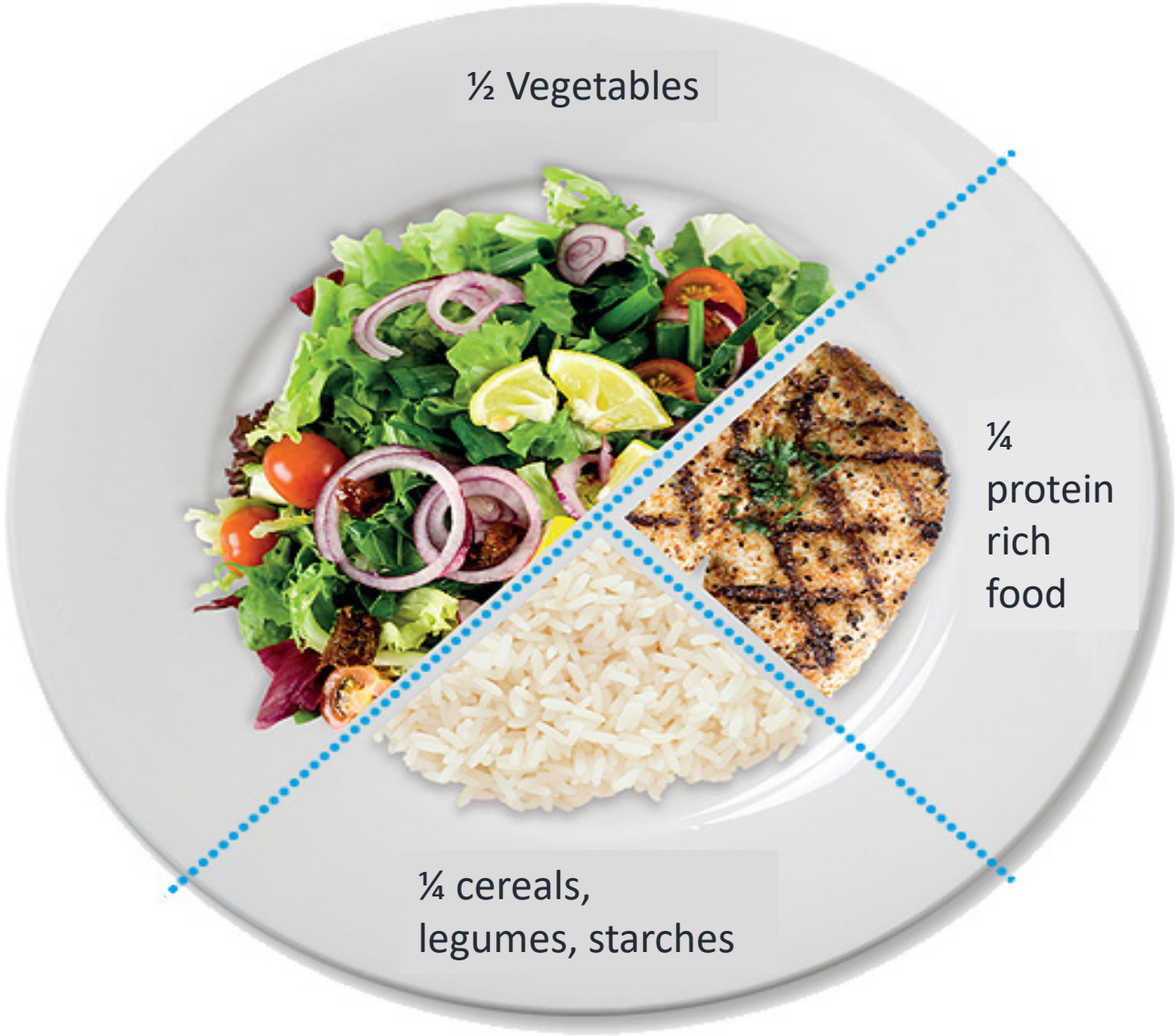


# Carbohydrates in Drinks and Their Impact on Blood Sugar Levels


Red Bull
ENERGY DRINK
250 ml
Simply Orange
vitamin water
focus
POM
WONDERFUL
27g
7 tsp
41g
10 tsp
42g
10½ tsp
32g
8 tsps
62g
15½ tsp

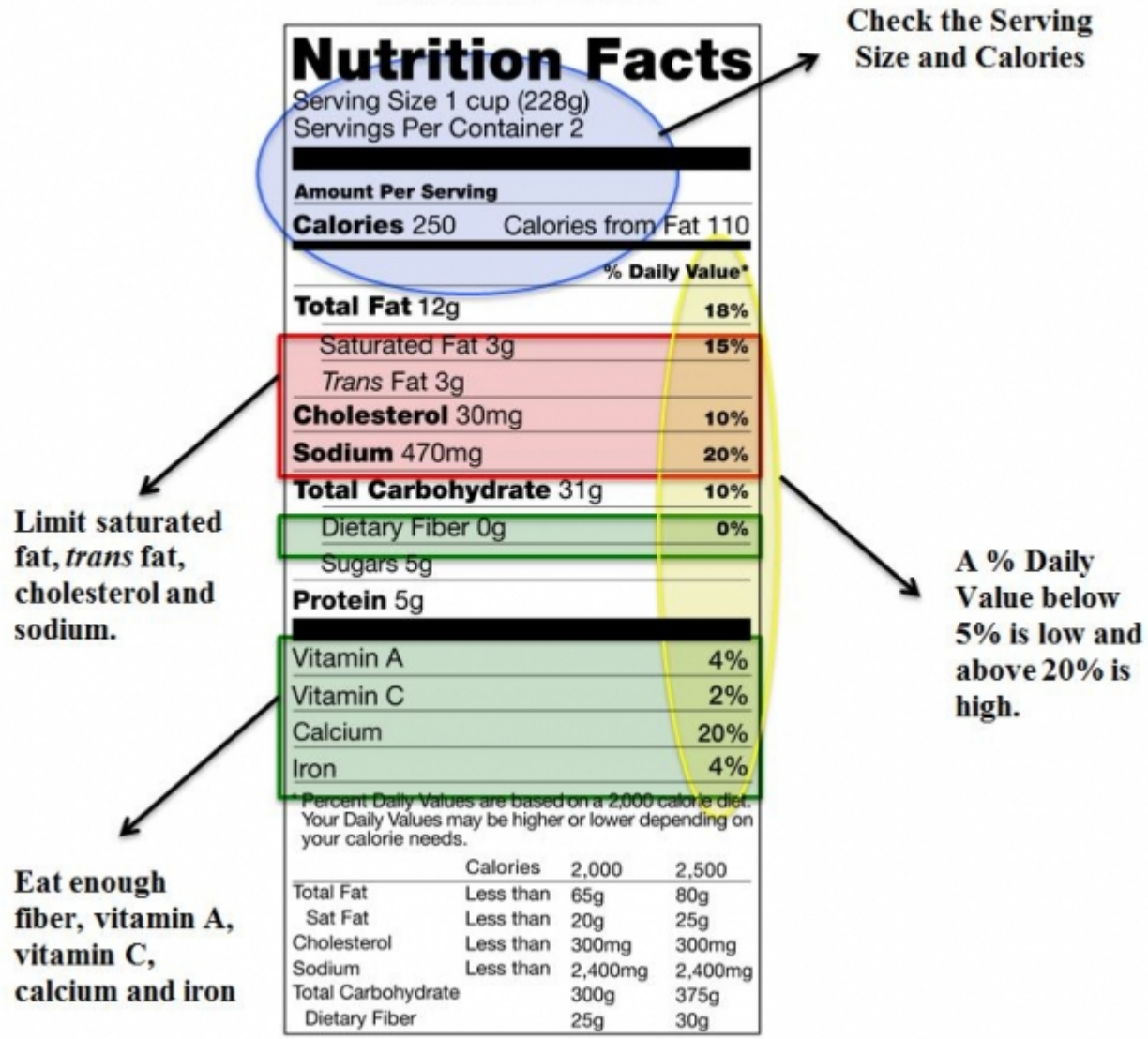

Cola
LEMON
Sweet
Iced
Tea
SPORTS
DRINK
Energy
LEMON
SQUASH
245

# The plate method for planning meals



# The plate method for planning meals

Sample label for
Macaroni & Cheese




**Check the Serving Size and Calories**

**Limit saturated fat, *trans* fat, cholesterol and sodium.**

**A % Daily Value below 5% is low and above 20% is high.**

**Eat enough fiber, vitamin A, vitamin C, calcium and iron**


# Nutrition Facts

3 servings per container

**Serving size** **2/3 cup (120g)**

**Amount per serving**

**Calories** **340**

| | % Daily Value* |
|---|---|
| **Total Fat** 20g | **26%** |
| Saturated Fat 13g | **65%** |
| Trans Fat 1g | |
| **Cholesterol** 75mg | **25%** |
| **Sodium** 105mg | **5%** |
| **Total Carbohydrate** 36g | **13%** |
| Dietary Fiber < 1g | **3%** |
| Total Sugars 29g | |
| Includes 24g Added Sugars | **48%** |
| **Protein** 4g | |
| Vitamin D 0.4mcg | 2% |
| Calcium 130mg | 10% |
| Iron 0mg | 0% |
| Potassium 220mg | 4% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.


New GREAT TASTE!
MISSION
CARB BALANCE®
SPINACH HERB
We've added flavorful spinach to our already delicious lower carb, high fiber tortilla wraps to bring you a tasty new twist that you can feel great about eating!
✓ 3G NET CARBS PER TORTILLA
✓ HIGH FIBER
✓ 60 CALORIES PER TORTILLA
Cutting carbs doesn't mean cutting back on great taste, especially with our Carb Balance® Spinach Herb tortilla wraps. Packed full of authentic Mission® flavor and the highest quality ingredients, these soft tortilla wraps will add a tasty twist to all your recipes. So get wrapping and enjoy them anytime!
Nutrition Facts
8 Servings per container
Serving Size 1 tortilla (43g)
Amount per serving
Calories 60
% Daily Value*
Total Fat 3.5g 4%
Saturated Fat 1.5g 8%
Trans Fat 0g
Polyunsaturated Fat 1.5g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 330mg 14%
Total Carbohydrate 18g 7%
Dietary Fiber 15g 54%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 6g
Vitamin D 0mcg 0%
Calcium 80mg 4%
Iron 0.7mg 4%
Potassium 50mg 0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
CONTAINS: WHEAT
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For great recipe ideas, questions & comments, visit:
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For Freshness: Refrigerate after opening.
HEATING INSTRUCTIONS
For best results: Medium heat in skillet for 10 to 15 seconds per side.
Place 4 to 6 tortillas between two damp paper towels for 30 to 45 seconds.
MISSION
CARB BALANCE®
3G NET CARBS PER TORTILLA
HIGH FIBER
SPINACH HERB
New

# Common Beliefs About a DM Diet

- People with Diabetes Mellitus must buy special foods.
- People with DM "cannot eat sweet foods.
- "Whole wheat bread does not affect blood sugar.
- Carrots contain too much sugar.
- People with diabetes cannot eat certain fruits like watermelon, bananas, and grapes.

# The role of physical activity in diabetes management

- Physical activity is a powerful tool that can be used in managing diabetes.
  - Physical activity takes sugar out of the blood.
  - In type 2 diabetes, physical activity helps the body's insulin work better.
  - Physical activity burns calories and can help with weight loss.
  - And much more…