



Providing Community Education Around Nutrition and Diabetes by Incorporating MCN's Diabetes Comic Book

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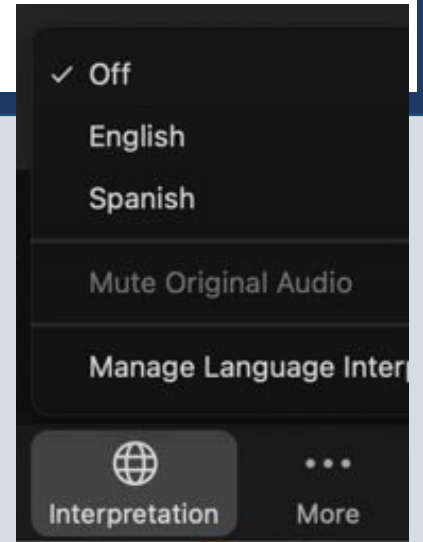


Selecting the language in which you want to listen

SIMULTANEOUS INTERPRETATION ZOOM

From your computer's Zoom toolbar, click on the **Interpretation icon (globe icon)**. Select your desired language in the pop-up menu. This will be the language you hear during the presentation.

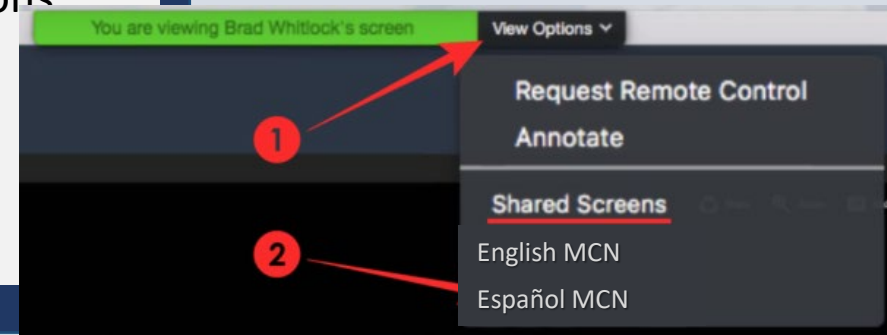
From your **Cellphone**, click the "more options" and select Interpretation to select your desired language.



Selecting the screen with your preferred display language

At the top (middle) of your screen, click the "View Options" tab

From the dropdown menu, select the language of the presentation you wish to view



Learning Objectives

At the conclusion of this presentation, you will be able to:

- Understand the importance of a healthy diet for the management of diabetes.
- Recognize the relationship between food, drink, activity, and blood sugar.
- Familiarize yourself with a healthy diet for people with diabetes.



Taking good care of people with diabetes means 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 blood sugar, and this sugar is the 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

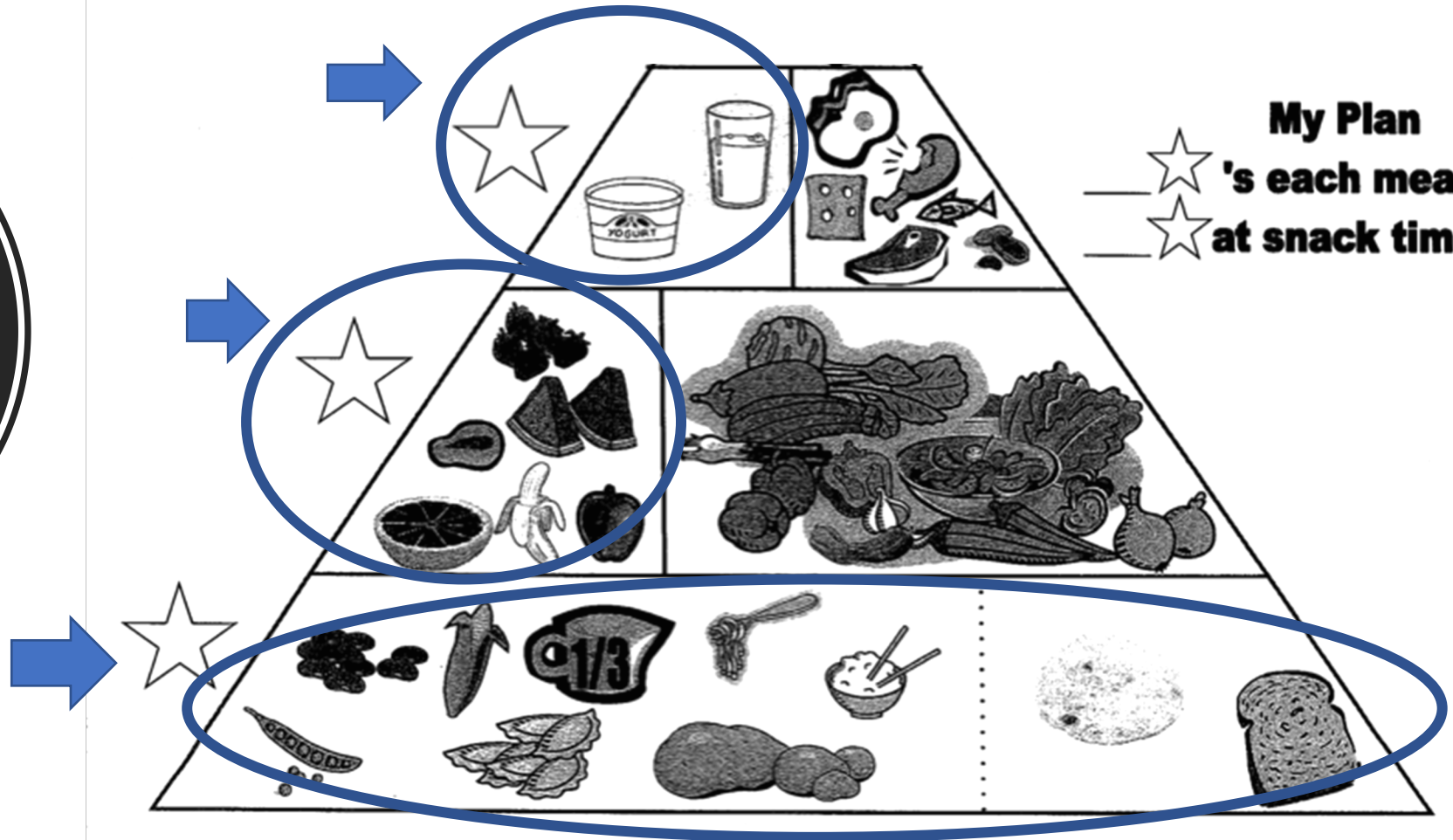
When do carbohydrates affect blood sugar?

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



The Diabetic Food Pyramid

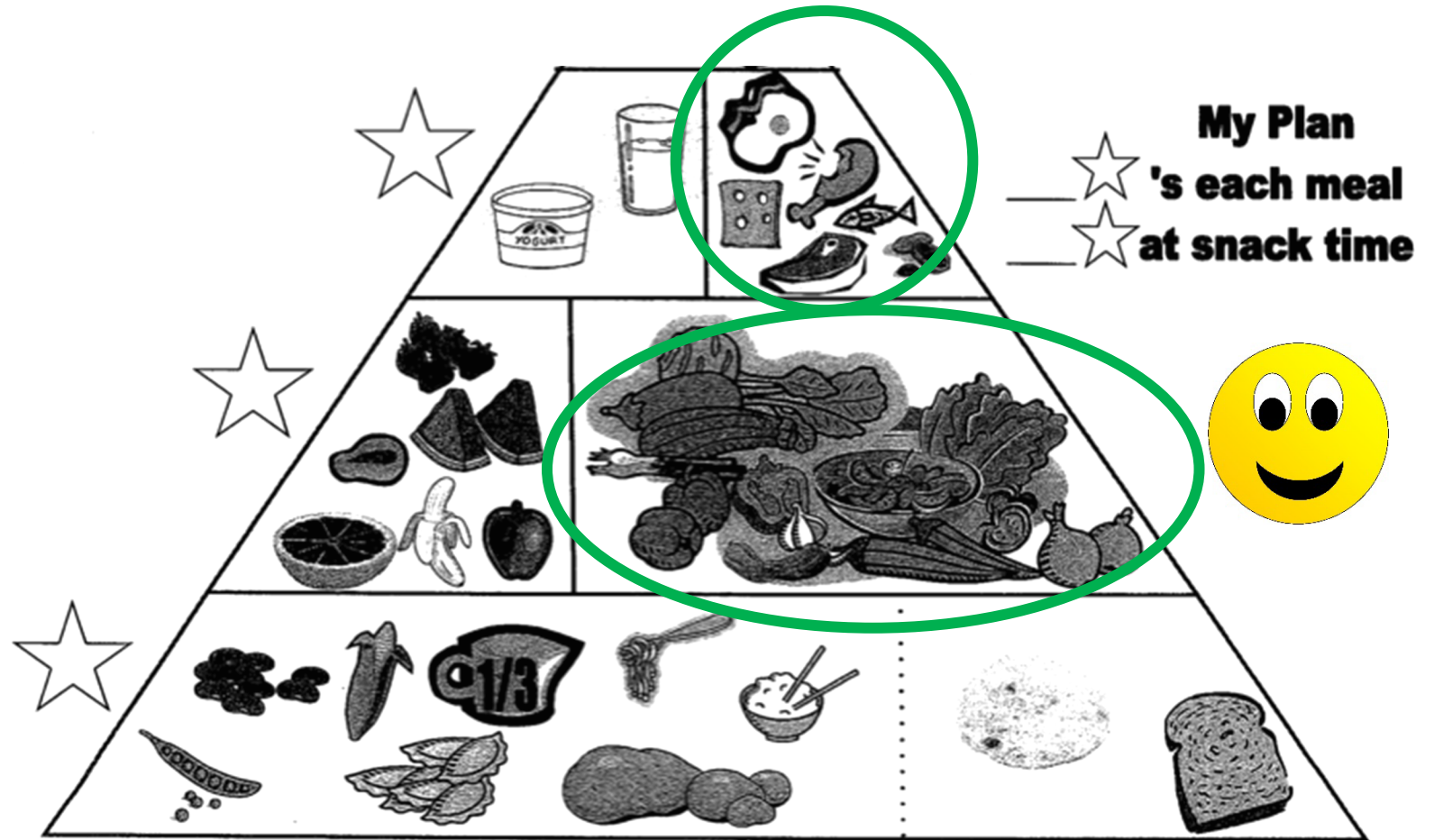
My Plan
—★'s each meal
—★ at snack time



Where are carbohydrates found?

The Diabetic Food Pyramid

These meals are low in carbohydrates, so they don't spike your blood sugar.





Carbohydrates in drinks and their
impact on blood sugar levels



How much sugar is in your drink?

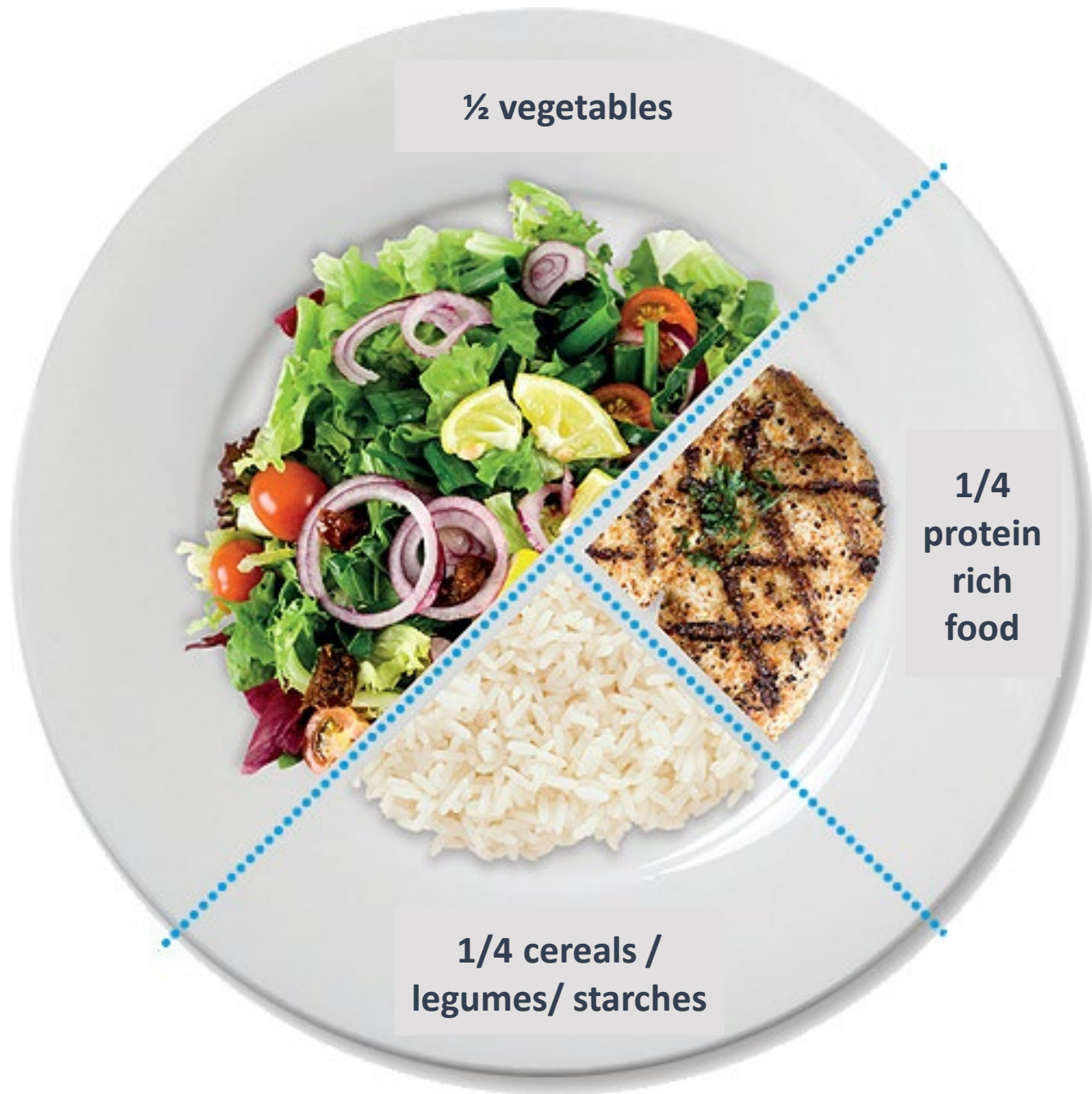


Some low-carb options for people who think it's impossible to drink water

The Plate
Method for
meal
planning



The Plate Method for meal planning



1 Check the serving size

#2 Check total carbohydrates



Nutrition Facts
about 30 servings per container
Serving size 5 crackers (16g)

Amount per serving
Calories **70**

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber Less than 1g	3%
Total Sugars 0g	
Incl 0g Added Sugars	0%
Protein 1g	

Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0.69mg	4%
Potassium 54mg	0%

In general, one can eat:

30-45 grams of total carbohydrates at each meal and

15 grams of total carbohydrates in each snack

Common beliefs about the nutrition around DM

People with DM 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 such as watermelon, bananas, and grapes.

The role of physical activity in the management of diabetes

Physical activity is a powerful tool that can be used in the management of diabetes.

- Physical activity removes sugar from 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...

Questions?

