

**A COMMUNITY
CONVERSATION**

LET'S **TALK** ABOUT
HEALTH



Diabetes
November 18, 2020

Today's Speaker



Angela Ginn-Meadow, RN, RDN, CDCES is the Senior Education Coordinator at University of Maryland Center for Diabetes and Endocrinology at the Midtown Campus.

- She graduated with honors from Morgan State University with a Bachelor of Science in Food & Nutrition. Ginn-Meadow completed her nursing program and passed her nursing board in July 2019.
- Angela is the owner of Real Talk Real Food, a consulting practice for organizations, and develops nutrition education programs for disease prevention. She is passionate about health, wellness and obesity prevention.
- As a media expert and past national spokeswoman for the Academy of Nutrition & Dietetics, Angela has been featured in Marie Claire, Food Network, Everyday Living, Prevention, Better Homes & Gardens, Essence and on Dr. Oz.



A Way to Take Charge- Use Ask Me 3®

Ask Me 3 is a program that suggests using three simple, straightforward questions when talking to your doctor, nurse, pharmacist or health care provider about your health:

1. **What is my main problem?**
2. **What do I need to do?**
3. **Why is it important for me to do this?**



Every time you talk with a health care provider
ASK THESE 3 QUESTIONS

- 1**
What is my main problem?
- 2**
What do I need to do?
- 3**
Why is it important for me to do this?

When to ask questions
You can ask questions when:
• You see a doctor, nurse, pharmacist, or other health care provider.
• You prepare for a medical test or procedure.
• You get your medication.

What if I ask and still don't understand?
• Let your health care provider know if you still don't understand what you need.
• You might say, "This is new to me. Will you please explain that to me one more time?"
• Don't feel rushed or embarrassed if you don't understand something. Ask your health care provider again.

Who needs to ask 3?
Everyone wants help with health information. You are not alone if you find information about your health or care confusing at times. Asking questions helps you understand how to stay well or to get better.

Institute for Healthcare Improvement

Ask Me 3
Good Questions for Your Good Health

To learn more, visit ihi.org/AskMe3

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Types of Diabetes

Type 1 Diabetes

Pancreas makes
too little or no
insulin



Type 2 Diabetes

Cells do not use
insulin well

Ability of pancreas
to make insulin
decreases over
time

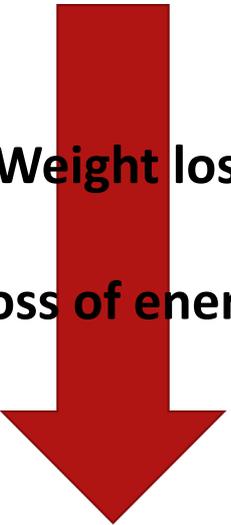


Type 1 Diabetes

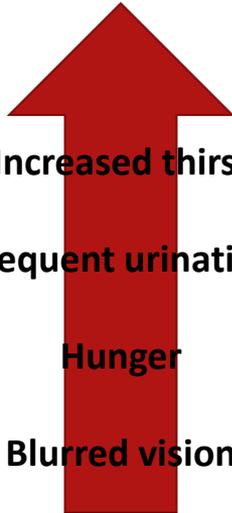
- ❖ 1 in 10 people with diabetes has Type 1.
- ❖ Most people are under age 20 when diagnosed.
- ❖ Body can no longer make insulin.
- ❖ Insulin is **ALWAYS** needed for treatment.



Common Symptoms of Type 1 Diabetes



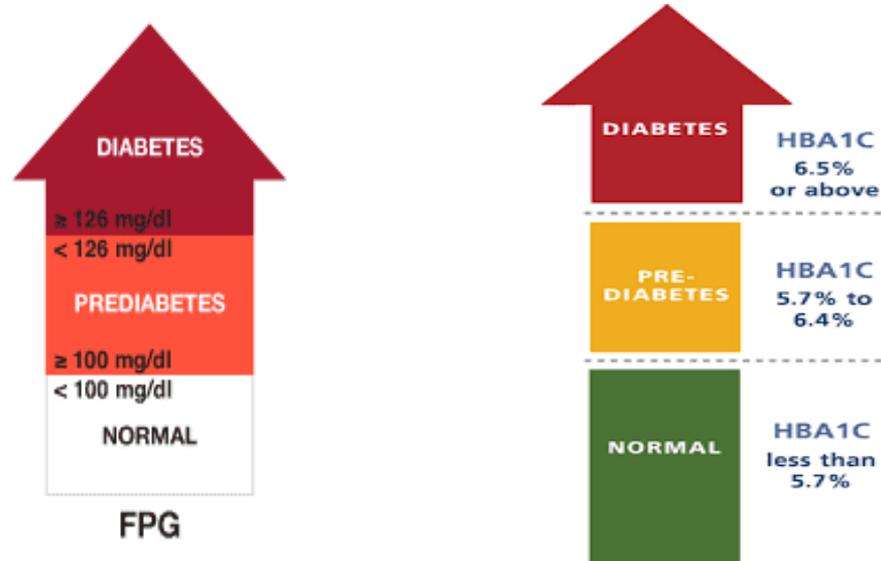
Weight loss
Loss of energy



Increased thirst
Frequent urination
Hunger
Blurred vision



Prediabetes or Diabetes



Type 2 Diabetes

- ❖ 9 in 10 people with diabetes have Type 2.
- ❖ Risk for type 2 diabetes increases with age, but is becoming more common in children and teens.
- ❖ Risk is higher if you are overweight, in certain ethnic groups, or have a family history of type 2 diabetes.



Symptoms of Type 2 Diabetes

Type 2 diabetes is often silent in its early stages and may go undiagnosed.

- ❖ **Unlike type 1 diabetes, type 2 usually does not appear suddenly.**
- ❖ **Symptoms, when they occur, are similar to those of type 1 diabetes.**
- ❖ **People with diabetes may mistake their symptoms for other conditions or situations.**



Treatment of Type 2 Diabetes that may change over time...

Always includes: education, healthy eating, blood glucose monitoring and physical activity

May include: oral medications, injectables or insulin



Using Ask Me 3®

Statement (problem)

Q: I have put on a few pounds over the past couple of years, leaving me with less energy. I also feel like I am always thirsty.

A : *These symptoms could be sign of an issue with your blood sugar. It is important not to ignore changes in your health.*

Q: What do I need to do?

A: *You should schedule an appointment with your primary care doctor to discuss. Your provider will likely order lab work to help determine what is going on.*

Q: Why is it important for me to do this?

A: *There are many things that you can do to reduce your risk of pre-diabetes and diabetes. Early intervention is key to preventing complications such as heart disease, kidney problems and nerve damage.*



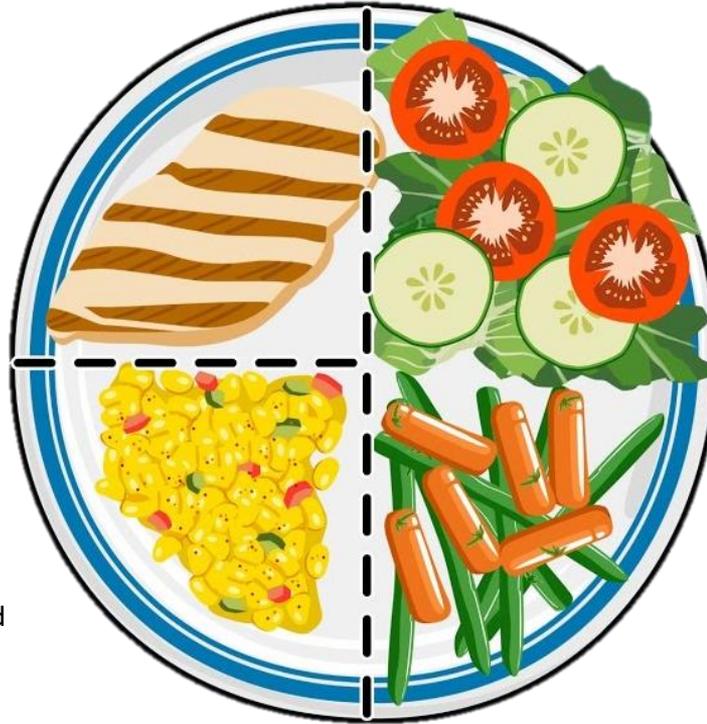
Healthy Food Choices Are Key to Diabetes Care



Try the Plate Method for Portion Control

¼ Plate Protein
meat, fish, poultry

¼ Plate Starch
Brown rice, pasta,
potato, corn, bread



**½ Plate Non-starchy
Vegetables**

Salad, broccoli, green beans,
carrots, peppers, greens,
and more!



TIP: Use a 7-9 inch salad plate to help control portions!



A COMMUNITY CONVERSATION **LET'S TALK ABOUT HEALTH**

Building Blocks of Good Nutrition



Carbohydrates



Protein



Fat

Most foods are a mixture of these building blocks.



Carbohydrates are in Many Healthy Foods



Vegetables



Fruits



Grains and Cereals



Milk and Yogurt



These are good sources of vitamins, minerals, and other nutrients.



Sugars and Sweets Have Carbs, Too



Sugar and other
Sweeteners



Sodas and Juices



Candy, Cookies,
Cakes



These foods provide mostly “empty” calories and some have lots of fat.



What is a Carb Serving?

1 serving = 15 grams of carbohydrate



1 Small Peach



½ Cup Corn



1 Slice Bread



½ English Muffin



1 Cup Milk
(8 ounces)



½ Cup Lentils



Typical Daily Carb Servings

To LOSE Weight	Carb Servings per Meal
Women	2-3 servings (30-45 grams)
Men	3-4 servings (45-60 grams)
To MAINTAIN Weight	
Women	3-4 servings (45-60 grams)
Men	4-5 servings (60-75 grams)
For ACTIVE People	
Women	4-5 servings (60-75 grams)
Men	4-6 servings (60-90 grams)



Sample Carb Counting at Breakfast

Herbal tea = free food

$\frac{1}{2}$ cup milk = $\frac{1}{2}$ carb

$\frac{1}{2}$ cup strawberries = $\frac{1}{2}$ carb

$1 \frac{1}{2}$ cup dry cereal = 2 carbs

Total = 3 carb servings (45 grams)



Sample Carb Counting at Lunch

$\frac{1}{4}$ cup salsa = free food

$\frac{1}{3}$ cup brown rice = 1 carb

$\frac{1}{2}$ cup beans = 1 carb

3 oz. chicken = 0 carbs

Lettuce and tomato = free food

1 small tortilla = 1 carb

Total = 3 carb servings (45 grams)



Sample Carb Counting at Dinner

Tossed salad = free food

Fat-Free Italian Dressing = free food

½ cup sugar-free chocolate pudding = 1 carb

3 small lean meatballs = 0 carbs

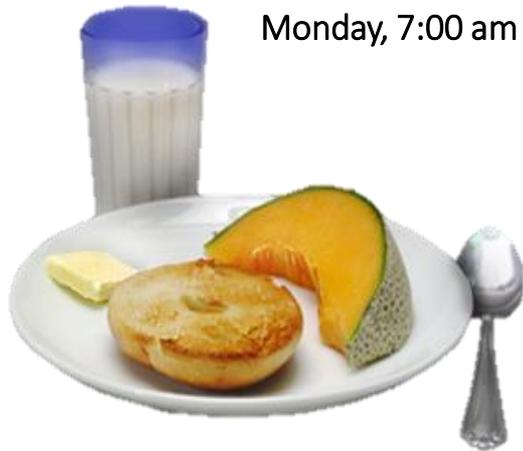
½ cup tomato sauce = 1 carb

2/3 cup spaghetti = 2 carbs

Total = 4 carb servings (60 grams)



Eat Meals at Regular Times



Eat about the same amount of carbs at the same time each day. Eat at least 3 meals daily.

To keep blood glucose on target, avoid skipping meals.

Use the Nutrition Facts Label to Help Count Carbs

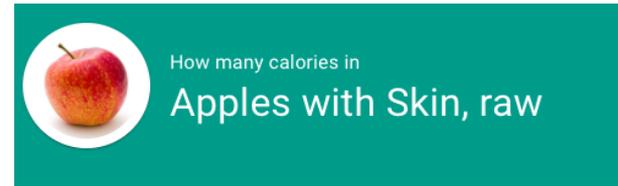
1. Check the **Serving Size** and compare with what you usually eat.
2. Check the grams (g) of **Total Carbohydrate**.
3. Add together the grams of carbohydrate in all the foods you will eat in a meal.
4. Divide your total carbohydrate grams by 15 to find the total number of carb servings.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (114g)
Amount per serving	
Calories	90
<hr/>	
	% Daily Value*
Total Fat: 3g	5%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 300mg	13%
Total Carbohydrate: 13g	4%
Dietary Fiber: 3g	12%
Sugars: 3g	
Protein: 3g	
<hr/>	
Vitamin A	80%
Vitamin C	60%
Calcium	4%
Iron	4%
<hr/>	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	



Use CalorieKing to Carb Count Other Foods

- App or website.
- Helpful for foods that don't have labels.
- Adjust to the portion you will eat.
- Find restaurants and fast foods too.



93 Calories

1 × medium [7 oz with refuse, 3" dia] (6.3 oz)

Quantity Serving

Fat	Carbs	Fiber	Protein
0.3 g	24.7 g	4.3 g	0.5 g



Tools for Learning Portion Control

Measure portions until you can “eyeball” serving sizes

Scale



Measuring Cups and Spoons



“Handy” Portion Guide



A fist or cupped hand = 1 cup

1 cup = 1½-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt



Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

A thumb = 1 oz. of cheese

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group. 1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equal 1 oz.



1 tennis ball = ½ cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.



Sample Food Record

Food & Activity Record

Name: _____

Date	Breakfast Food/Amount	Snack Food/Amount	Lunch Food/Amount	Snack Food/Amount	Dinner Food/Amount	Comments/ Activity
MON	Time: 8 AM BG: 118 2 PCS TOAST w/MARGARINE 1 FRIED EGG 4OZ. ORANGE JUICE	Time: BG:	Time: 12 NOON BG: TURKEY SANDWICH ON WHEAT w/ MUSTARD CARROT STKS & DIET SODA	Time: 4 PM BG: 1 CUP OF YOGURT	Time: 6 PM (PICNIC) BG: 2 TURKEY HOT DOGS w/BUNS BAKED CHIPS & DIET SODA FRUIT SALAD (CUP)	WALKED FOR 30 MINUTES AFTER DINNER
TUE	Time: 7:30 AM BG: 122 1 CUP OF CHEERIOS w/WHOLE MILK RAISINS -1TBSP	Time: BG:	Time: 12 NOON BG: BOWL OF VEGETABLE SOUP w/ 8 SALTINES SM PEACH & WATER	Time: BG:	Time: 5:30 PM BG: CHICKEN BREAST (GRILLED) LRG BAKED POTATO (STWD) BRUSSEL SPROUTS ICE CREAM (SUGAR FREE)	
				Time: BG:	Time: 6 PM BG: 120	

- Are you making healthy food choices?
- Do you take the time to buy and make healthy foods?
- Do you eat when you're not hungry? Why?



Aim for Foods High in Fiber



Women

25 grams/day

Men

38 grams/day

Eating more fiber can help you:

- Feel more satisfied after eating.
- Lower blood cholesterol.
- Keep blood glucose on target.
- Help you go to the bathroom more regularly.
- Reduce your risk for colon cancer.



Choose Foods Lower in Fat

Instead of this:



Try this:



Shake the Salt Habit



Try fresh herbs and spices
or salt-free seasonings
instead of table salt



Cut down on hidden salt in
canned foods, baked
goods, fast foods, and
processed foods



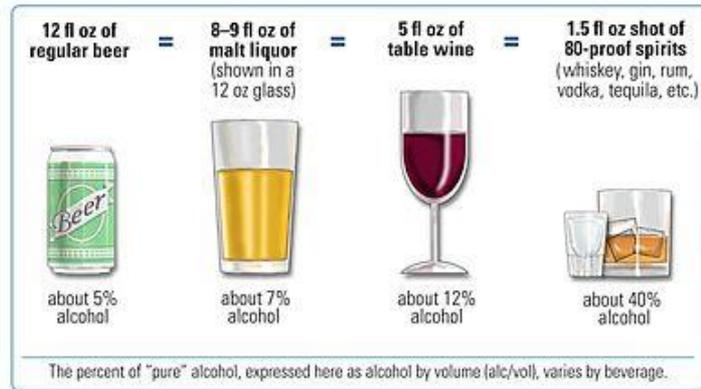
One can of soup (1000 mg of sodium) has almost 1/2 suggested daily intake.



Use Alcohol Safely/Moderation*

*Up to one drink per day for women, up to two drinks per day for men

- Be sure to eat when you drink alcohol.
- Avoid alcohol with some medications and check with your doctor or pharmacist.
- Check calories in alcoholic beverages.



Be a Smart Grocery Shopper



- Before shopping, make a list based on your meal plan.
- Shop when you are relaxed and not hungry.
- Check labels and serving sizes before buying.



Focus on outer aisles to shop for produce, lean meats, fish, poultry, and low-fat dairy products.



Smart Shopping for Meats, Poultry, and Seafood



Choose low-fat cuts such as round, chop or sirloin. Avoid fatty or marbled meats.



Buy fresh or frozen seafood (non-breaded). Buy canned tuna or salmon in water.



Buy skinless cuts or remove skin before cooking. Breast meat is leanest.



Smart Shopping for Vegetables and Fruits



- Choose fresh or frozen veggies (no sauce)
- Rinse canned veggies to remove salt
- Choose fresh or frozen fruit
- Try canned fruit in juice (NOT syrup)



Smart Shopping for Breads and Grains



Choose:

- Breads that contain whole grains: 100% whole wheat, rye or pumpernickel (ideally 1st on ingredient list).
- Cereals and oats low in sugar (<6-8 grams sugar) and fat.
- High fiber, whole grains (>10% DV or 4+ grams fiber).



Smart Shopping for Dairy



Choose:

- Fat-free or 1% milk*
- Low-fat or fat-free yogurt
- Fat-free or reduced-fat cheese and sour cream

*Lactose intolerant? Try Lactaid, soy, or almond milk. Choose unsweetened.



Practice Portion Control When Eating Out

KID'S MENU

All Kid's Menu items served with kid's chips and a drink.
Kid's Drinks: Juice, Organic Milk (plain or chocolate)

① Small Cheese Quesadilla	\$2.95
With a side of rice and beans Calories: 600-670	
② Small Meat & Cheese Quesadilla	\$3.50
With a side of rice and beans Calories: 660-730	
③ Single Taco	\$3.50
Soft or crispy shell, and a choice of any three items (one meat or guacamole) and a side of rice. Calories: 470-630	
④ Taco Kit (they build it)	\$3.95
Choose any three ingredients (one meat or guacamole) and two soft or crispy shells. Served on a tray for easy building. Calories: 420-610	

You can also order online at chipotle.com on your iPhone or by fax.
Additional nutrition information is on the back of this menu.



Order a child's size or
appetizer portion

Share an entrée

Take extra home



Restaurant portions are often large enough for 2-3 meals!



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Speak Up: Make Special Requests

"May I please have broccoli instead of rice?"

"How is the dish prepared?"

"Please remove the bread/chip basket."



"Please wrap half before you serve me."

"May I order it without butter (salt, etc.)?"

"May I have that baked instead of fried?"



Healthier Choices in Fast Food Restaurants



Egg and Cheese English Muffin + Small Coffee, skim milk, Splenda + Water
355 calories, 38 g carb, 15 g fat, 16 g protein



Grilled Chicken Sandwich + Small Fruit Bowl + Water
360 calories, 56 g carb, 6 g fat, 30 g protein



Cup Turkey Chili + ½ Fuji Apple Salad with Chicken + Sparkling Water
460 calories, 38 g carb, 23 g fat, 25 g protein



Ideas for Healthy Snacks

For a Sweet Tooth:



Sugar-Free
Popsicle or Jello



Non-Fat Greek Yogurt



Fresh Fruit Cup

For Crunchy Cravings:



Veggies & Low-Fat Dip



Light Popcorn, 3 cups



Low-Fat Cheese Stick and
Whole Grain Crackers



Using Ask Me 3®

Statement (problem)

Q: I have tried so many different diets. I can lose a few pounds but nothing significant. What do I need to do differently?

A: *By dieting, you may be depriving your body of important nutrients, causing the exact opposite effect you are trying to achieve.*

Q: What do I need to do?

A: *Consider working with a nutritionist to develop a long-term plan that includes healthy eating and regular exercise.*

Q: Why is it important for me to do this?

A: *Maintaining a healthy weight and staying active are the building blocks for a healthy life.*



Physical Activity: The Perfect Partner for Healthy Eating



Physical activity **plus** healthy eating work together to:

- Keep blood glucose on target.
- Reduce your risk of heart disease and stroke.
- Reach and maintain a healthy weight.



Getting Started with Physical Activity

1. Get a checkup **first**.
2. Develop a plan with your diabetes care team.
3. Start activity gradually and increase over time.



Move More Throughout the Day Too

- Park far from your destination.
- Take the stairs.
- Take the dog or kids for a walk.
- Garden, mow the lawn, rake, shovel snow or clean house.
- Play with your kids.
- Move every 20 minutes at work.

Your health. Your choice.



Add **500 steps** to your daily average each month.

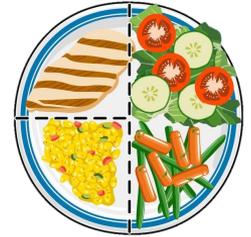
Long-term goal = **10,000 steps per day**



A COMMUNITY CONVERSATION *LET'S TALK ABOUT HEALTH*

Review

- Follow the **healthy plate** for 3 meals per day.
- Choose **healthier carbs** like vegetables, fruits, low-fat dairy, beans, and whole grains.
- Keep **carb intake consistent** – know how many **carb choices** to target for each meal. This will help you keep your blood glucose in range.
- Remember your “handy” **portions** and use measuring cups at home.
- Stick to the outside of the **grocery store** for fresh veggies, fruit, seafood, lean meats, eggs, low-fat dairy, and whole grain bread.
- When **dining out**, make healthy swaps, be mindful of portions, and skip the extras.
- Make **water** your drink of choice.
- Aim for 150 minutes of **aerobic activity** per week and move more throughout the day.



Together, healthier eating and increased physical activity can help you achieve good blood glucose control!



Diabetes is a Journey...

- Diabetes can be controlled!
- You can thrive when living with diabetes!
- You are not alone!
- Type 2 Diabetes can be prevented!
- Get a team to partner with you to manage your diabetes!



Resources

- Diabetes insight and tips: www.diatribе.org
- American Diabetes Association: www.diabetes.org
- Association of Diabetes Care & Education Specialists: www.diabeteseducator.org
- Juvenile Diabetes Research Foundation: www.jdrf.org
- Academy of Nutrition and Dietetics: www.eatright.org



Questions & Answers



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LET'S TALK ABOUT
HEALTH

A recording of this webinar will be posted within 48 hours at
www.umms.org/letstalk

Previous webinars including Technology/Telehealth, Accessing Care/Ask Me 3®, Children's Health/Safety, Men's Health and Women's Health are also available for viewing.



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Join us next month for

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Lung Disease
Wednesday, December 16, 2020

Thank you!

