A COMMUNITY CONVERSATION

LET'S TALK ABOUT HEALTH

Diabetes
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- 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.
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?
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

- **DIABETES**
  - ≥ 126 mg/dl
  - < 126 mg/dl

- **PREDIABETES**
  - ≥ 100 mg/dl
  - < 100 mg/dl

- **NORMAL**

- **DIABETES**
  - HBA1C 6.5% or above

- **PREDIABETES**
  - HBA1C 5.7% to 6.4%

- **NORMAL**
  - HBA1C less than 5.7%
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

- Healthy Food Choices
- Medications
- Education and Support
- Physical Activity
- Monitoring Blood Glucose
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!
Building Blocks of Good Nutrition

Carbohydrates

Protein

Fat

Most foods are a mixture of these building blocks.
Carbohydrates are in Many Healthy Foods

Vegetables

Grains and Cereals

Milk and Yogurt

Fruits

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

<table>
<thead>
<tr>
<th>To LOSE Weight</th>
<th>Carb Servings per Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>2-3 servings (30-45 grams)</td>
</tr>
<tr>
<td>Men</td>
<td>3-4 servings (45-60 grams)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>To MAINTAIN Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
</tr>
<tr>
<td>Men</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>For ACTIVE People</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
</tr>
<tr>
<td>Men</td>
</tr>
</tbody>
</table>
Sample Carb Counting at Breakfast

Herbal tea = free food
½ cup milk = ½ carb
½ cup strawberries = ½ carb
1 ½ cup dry cereal = 2 carbs

Total = 3 carb servings (45 grams)
Sample Carb Counting at Lunch

¼ cup salsa = free food
1/3 cup brown rice = 1 carb
½ 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

Monday, 7:00 am

Tuesday, 7:10 am

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.
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.
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

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.

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.

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

<table>
<thead>
<tr>
<th>Food &amp; Activity Record</th>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Breakfast</td>
</tr>
<tr>
<td></td>
<td>Food/Amount</td>
</tr>
<tr>
<td>MON</td>
<td>Time: 8 AM BG: 118 2 PCS TOAST w/MARGARINE 1 FRIED EGG 4OZ. ORANGE JUICE</td>
</tr>
<tr>
<td></td>
<td>Time: 7:30 AM BG: 120 1 CUP OF CHEERIOS w/WHOLE MILK RAISINS-1 TBSP</td>
</tr>
</tbody>
</table>

- 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

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.

Women
25 grams/day

Men
38 grams/day
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.
Choose low-fat cuts such as round, chop or sirloin. Avoid fatty or marbled meats.

Buy fresh or frozen seafood (non-breadcrided). 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

Order a child’s size or appetizer portion
Share an entrée
Take extra home

Restaurant portions are often large enough for 2-3 meals!
Speak Up: Make Special Requests

“May I please have broccoli instead of rice?”

“How is the dish prepared?”

“Please remove the bread/chip basket.”

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

“Please wrap half before you serve me.”

“May I have that baked instead of fried?”

“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
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.

Add 500 steps to your daily average each month.
Long-term goal = 10,000 steps per day
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.diatribe.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
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.
Thank you!