Agenda

- Blood sugar goals
- Factors that affect blood sugar
- Diet Options: Menus, Exchange Lists, Carb Counting, Plate Method
- Food Records
- Resources & class evaluations
What should your blood sugar be?
Talk with your diabetes care provider about what target glucose range is best for you.

<table>
<thead>
<tr>
<th></th>
<th>Fasting, or before a meal</th>
<th>Two hours after the start of a meal</th>
<th>Before bed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target glucose range:</td>
<td>70-130 mg/dl</td>
<td>Less than 180 mg/dl</td>
<td>100-140 mg/dl</td>
</tr>
</tbody>
</table>
What affects blood sugar?

- Diet
- Exercise
- Stress
  - Physical
  - Mental
- Weight
- Poor sleep
- Medications (including timing)
- Injection site rotation
- Diabetes itself
Diet Options

- Menus
- Diabetic Exchange Lists
- Carbohydrate Counting
- Plate Method
Menus

The American Diabetes Association

- The Ultimate Diabetes Meal Planner
- Month of Meals
Diabetic exchange lists

- Starch/Grains
- Fruit
- Milk
- Nonstarchy vegetables
- Protein (meat and meat substitutes)
- Fats
Carbohydrate counting benefits

- Increased flexibility
- Carbohydrate can be tracked in a variety of ways
- Focus on foods that have the biggest effect on blood sugar
Consistency

- Eat about the same amount of carbohydrate at each meal
- Eat at regular times
- No skipping meals
Which foods are highest in carbohydrate?

- Fruit
- Starch (grains, starchy vegetables)
- Milk
- Miscellaneous (sweets)
Activity

Is it a carbohydrate, protein or fat?
Diabetic exchange lists

- 1 starch exchange = 15 grams carbohydrate
  - 1 slice bread
  - ½ cup beans, corn, or potatoes
  - ¾ cup cold cereal
  - ⅓ cup cooked pasta or rice

- 1 milk exchange = 15 grams carbohydrate
  - (1) 8 ounce cup milk
  - (1) 6 ounce unsweetened yogurt

- 1 fruit exchange = 15 grams carbohydrate
  - ½ cup unsweetened fruit
  - ½ cup unsweetened fruit juice
  - 1 small piece of fruit

Note: 1 tsp. sugar = 4 grams carbohydrate
Diabetic exchange lists

- 15g carbohydrate = 1 choice

- For weight loss
  - Women: 2-3 carb choices per meal (30-45g)
  - Men: 3-4 carb choices per meal (45-60g)

- For weight management
  - Women: 3-4 carb choices per meal (45-60g)
  - Men: 4-5 carb choices per meal (60-75g)

- Limit snacks to 1 carb choice (15g)
Other suggestions for carbohydrate intake

Note: 1 carb choice = 15 grams carbohydrate

<table>
<thead>
<tr>
<th>Daily Calories</th>
<th>Daily Carbs</th>
<th>Daily Carb Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>1200</td>
<td>150g</td>
<td>10</td>
</tr>
<tr>
<td>1500</td>
<td>180g</td>
<td>12</td>
</tr>
<tr>
<td>1800</td>
<td>225g</td>
<td>15</td>
</tr>
<tr>
<td>2000</td>
<td>250g</td>
<td>16-17</td>
</tr>
<tr>
<td>2200</td>
<td>275g</td>
<td>18</td>
</tr>
<tr>
<td>2500</td>
<td>315g</td>
<td>21</td>
</tr>
<tr>
<td>3000</td>
<td>375g</td>
<td>25</td>
</tr>
</tbody>
</table>
Label reading

- Serving size
- Fat
  - Maximum $\frac{1}{3}$ of total calories from fat
  - Limit saturated fat (12-16 grams per day)
  - Avoid trans fat
- Total carbohydrate
  - More fiber is better (25-35 grams per day)
- Sodium
  - Limit to 1500 mg/day
## Nutrition Facts

**Serving Size**
1 Cup (29/1.0 oz)

**Servings Per Container**
About 17

### Amount Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Cereal</th>
<th>Cereal with 1/2 Cup A&amp;D Fat Free Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td>150</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g*</td>
<td>0%</td>
</tr>
<tr>
<td>% Daily Value**</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>% Daily Value**</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>% Daily Value**</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>% Daily Value**</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>220mg</td>
<td>9%</td>
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<tr>
<td>% Daily Value**</td>
<td>9%</td>
<td>11%</td>
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<tr>
<td>Potassium</td>
<td>35mg</td>
<td>1%</td>
</tr>
<tr>
<td>% Daily Value**</td>
<td>1%</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>25g</td>
<td>8%</td>
</tr>
<tr>
<td>% Daily Value**</td>
<td>8%</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber less than 1g</td>
<td></td>
<td>2%</td>
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<tr>
<td>% Daily Value**</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Sugar Alcohol</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>
Plate method

Consider variety and balance:

- $\frac{1}{2}$ plate = veggies
- $\frac{1}{4}$ plate = protein
- $\frac{1}{4}$ plate = grains
- Include fruit and/or milk if desired
Things to consider

- Fat in a meal
- Fiber in a meal
- Protein in a meal
- Time of day
- Individual sensitivity to particular foods
What are you eating?

<table>
<thead>
<tr>
<th>Time</th>
<th>Food or drink</th>
<th>Estimated carb</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>
Consider a dietary journal

<table>
<thead>
<tr>
<th>Time</th>
<th>Blood sugar before meal</th>
<th>Detailed Food Record</th>
<th>Carbs (gm)</th>
<th>Blood sugar 2 hours after starting meal</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>110</td>
<td>1 cup Cooked oatmeal-plain 30g</td>
<td>130</td>
<td>Walked for 20 minutes after breakfast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3/4 cup Blueberries</td>
<td>15g</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1 String cheese</td>
<td>0g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 Slice bread with butter</td>
<td>15g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>60g</td>
<td></td>
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</tbody>
</table>
Principles of diet

- Spread carbohydrate evenly throughout the day
- Control your portions by measuring all foods
- Include protein and fiber with meals
- Eat regularly, at least every 4-5 hours
- Eat mainly low-fat foods
- Limit sodium
Resources

- Nutrition Advice Line
  - (916) 614-4979

- www.kp.org/nutrition

- Health Education Centers

- Healthy Living Class Catalog

- Healthy Roads
  - (877) 335-2746
  - www.choosehealthy.com
www.kp.org

- E-mail your doctor
- Order prescription refills (mailed to your home at no additional cost)
- Schedule routine appointments
- View recent lab test results
- Explore interactive health programs and research health topics
- To sign up, visit kp.org/register
- Have questions? Call (800) 556-7677 for kp.org telephone support
## Cancer screening

<table>
<thead>
<tr>
<th>AGE</th>
<th>18+</th>
<th>30</th>
<th>40</th>
<th>50</th>
<th>60</th>
<th>70</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breast Cancer Screening</strong>&lt;br&gt; For women: ages 40 – 69</td>
<td>Have a mammogram every 2 years.</td>
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<td>Walk-in mammograms are available at North Valley Radiology.</td>
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<tr>
<td><strong>Cervical Cancer Screening</strong>&lt;br&gt; For women: ages 21-64</td>
<td>Have a Pap test every 3 years.</td>
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<tr>
<td>Sign into kp.org to schedule an appointment for a Pap test.</td>
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</tr>
<tr>
<td><strong>Colorectal Cancer Screening</strong>&lt;br&gt; Ages 50 – 80</td>
<td>Have a fecal immunochemical test (FIT) once a year and/or a flexible sigmoidoscopy every 5 years or colonoscopy every 10 years.</td>
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<tr>
<td>Sign into kp.org and email your doctor to order a FIT test, flexible sigmoidoscopy or colonoscopy.</td>
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</table>

If you are not sure you are due for any of the above screenings, check with your provider.