

“Overheard in a Diabetes Educator’s Office”

Patti Henrick, RD,CDE

Munson Medical Center

Tom White, MD, Chef

Learning Objectives

- Identify common diabetes nutrition misconceptions and develop strategies re: responding when patients present these misconceptions
- Discuss carb counting and portion control as best-practices from the patient perspective
- Review the role of macronutrients in blood glucose control and how local foods are a benefit to the patient with diabetes

Learning Objectives (continued)

- Examine the roles of Diabetes Education Programs and Medical Nutrition Therapy and the Northern Michigan Diabetes Initiative and develop the ability to reinforce the information and methods used in your patient's care
- Experience the preparation of vegetable-centric recipes that promote local food and are easy to use in a healthy diabetes meal plan

Comments Overheard in a Diabetes Education Office



Key Concepts for Blood Glucose Control

- Meal Regularity
- Carbohydrate and Calorie Control
- Balance Macronutrients
- Maximize Vegetable Intake
- Increase Fiber Intake
- Portion Control
- Adequate Fluid Intake



What's On Your Plate?



Carbohydrate and Calorie Control

- Carb Counting Basics
- Benefit of 5-7 % weight loss for improved insulin resistance
- Automatic Calorie Control with meal plan



Role of Macronutrients in Diabetes Meal Plan



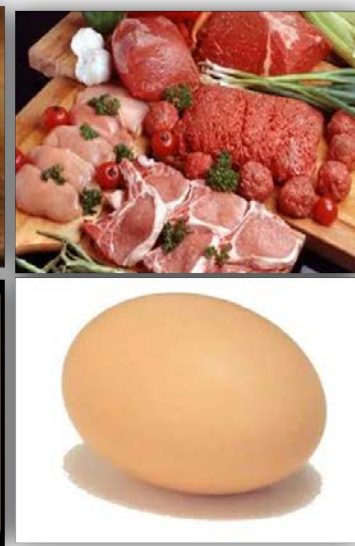
Carbohydrates



Fats



Proteins



Eat Across the Rainbow

- Maximize the use of non-starchy vegetables
 - Variety of colors
 - Low caloric density- rich in fiber
 - Fill ½ plate to off-set carb intake and add volume
 - Prep ahead for easy use
 - Fresh, local, frozen (farm to freezer program)



Fiber

- 28-38 grams per day
- Most fruits and vegetables have 2-4 grams/serving



Portion Savvy

- Measuring
- Label Reading



Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* 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.	

Northern Michigan Diabetes Initiative (NMDI)

www.nmdi.org

Patient Resources:

- Nutritional Services
- Medication Assistance Programs
- Medical Equipment
- Insurance Company Coverage
- Fitness Opportunities
- Professional Services
- Support Groups
- Apps for Smartphones

Physician Resources:

- Presentations
- Recommendations
- Referral Forms
- Tool Kits
- Apps for Smartphones



**NORTHERN MICHIGAN
DIABETES INITIATIVE**

Questions?

- On to the Kitchen...