



Nutrition Basics for Diabetes



University of Virginia
VA Center for Diabetes Prevention & Education



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Educational Handouts

- The Plate Method
- Serving Size Chart
- Meal Preparation and Choosing Snacks

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Class Topics

Nutrition Basics

- I. What does a Healthy Plate look like?
- II. Understanding Carbohydrates
- III. Getting to know Portion Sizes
- IV. Estimating Portion Sizes
- V. Choosing wisely

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What's in it for you?

- Eating right is the most important way to control your blood sugar.
- Your blood sugar is affected by
 - What you eat
 - When you eat
 - How much you eat

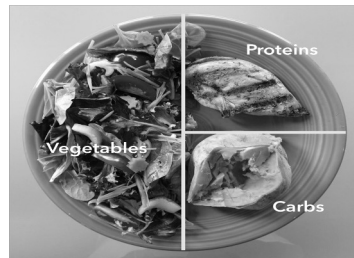
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What's in it for you?

- Carbohydrate foods affect your blood sugar the most.
- Eating the right portion sizes will affect your blood sugar & help you lose weight if needed.
- People with type 2 diabetes will feel better when their blood sugar is in range and when they lose even a few pounds.

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Healthy Plate



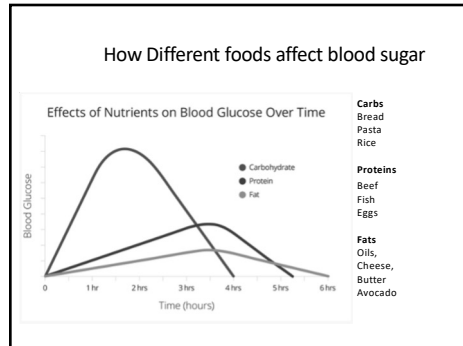
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What are Carbohydrates?

- Found in food
- Body's main source of energy
- Type and amount of carbs affects blood glucose
- Want slower, longer lasting carbohydrate foods

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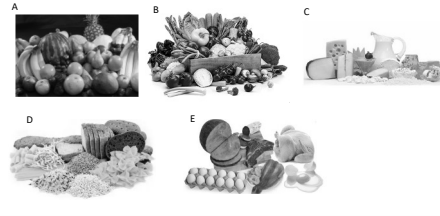
How Different foods affect blood sugar



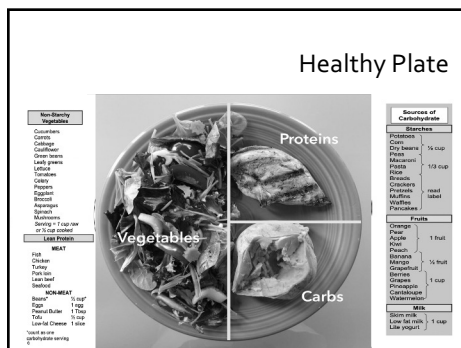
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Carbohydrates

What food groups contain carbohydrates?



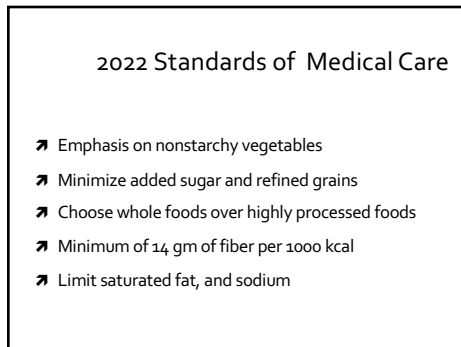
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Carbohydrates

Portion size of carbohydrates affects blood sugar

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Portion Size: Fruits & Grains

Fruits				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup
Grains: Breads, Cereals, Pasta				
Dry cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful	1/2 cup
Slice of whole-wheat bread			Flat hand	1 slice


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Portion Size: Dairy & Vegetables

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (string cheese)			Pointer finger
Milk and yogurt (glass of milk)			One fist
Vegetables			
Cooked carrots			One fist
Salad (bowl of salad)			Two fists

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Beverages



Sugar-Sweetened beverages increase blood sugar fast & furiously

- Sweetened Ice-Tea, Soda, Juices, Sugar-sweetened coffees, juice drinks, energy drinks

Replace with

- Water, low-fat or skim milk, diet sodas, sugar free drinks, tea or coffee without sugar

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Desserts





Desserts make your blood sugar go up fast

- Smaller portion
- Mini candy bar
- Small piece of fruit
- Eat after meal
- Cake without icing



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







Portion Size: Protein Foods

Protein: Meat, Beans, Nuts			
Chicken, beef, fish, pork (chicken breast)			Palm 3 ounces
Peanut butter (spoon of peanut butter)			Thumb 1 tablespoon

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Non-starchy Vegetables

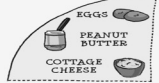
Don't raise blood sugar that much - Half your plate

 Broccoli	 Cabbage	 Spinach	 Green Salad
 Carrots	 Green beans	 Zucchini	 Peppers
 Cucumbers	 Jicama	 Mushrooms	 Tomatoes


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Breakfast You...

One-quarter (1/4) of your plate is from the **MEAT** or **PROTEIN** food group.




One-quarter (1/4) of your plate is from the whole grain **BREADS** or **STARCHES** food group.




Leave the other half of your plate empty!

You can also have one small piece of **FRUIT** or one-half (1/2) cup of fruit.



And one cup (8 ounces) of low-fat or nonfat **MILK**.




The next page will show you what a sample breakfast looks like.


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Lunch Dinner...


One-quarter (1/4) of your plate is for **MEAT** or **PROTEIN**.



One-quarter (1/4) of your plate is for **BREADS** or **STARCHES**.



One-half (1/2) of your plate is for **NON-STARCHY VEGETABLES**.



The next page will show you what a sample lunch or dinner looks like.

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Eating Carbohydrates Consistently

Eating a consistent amount of carbohydrates per meal/snack

- ✓ Promotes healthy blood sugars
- ✓ Helps manage weight
- ✓ Reduces hunger
- ✓ Helps manage or prevent complications of diabetes

Eating similar amounts meal to meal (ex. Eating similar amounts of carbohydrates at dinner)

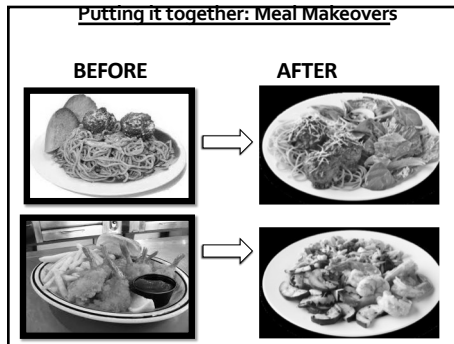
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Meal Preparation and Planning Idea - Dinner Example

Steps	Monday	Tuesday	Wednesday	Thursday	Friday
Pick your food category <small>(protein, bread, vegetables, fruit)</small>	Plate-				
Pick your vegetable	½ plate salad with avocado				
Pick your fruit	Blueberries w/cool whip				
Pick your protein	Black beans 2-oz low-fat cheese				
Pick your carb	Rice				
Seasonings/Sauces	Lite balsamic vinaigrette, salsa				
Preparation Method	Open beans & heat Microwave rice				

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Putting it together: Meal Makeovers



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Set Your Goal

Create your SMART Goal

- **SPECIFIC:** Give the who, what, when, where, and how of your goal
- **MEASURABLE:** Establish set criteria for measuring your progress
- **ATTAINABLE:** Instead of vowing to cook a healthy meal seven nights a week, shoot for one or two more than what you currently do
- **REALISTIC:** Make sure your goal is something that you are willing and able to work toward
- **TIMELY:** Set a deadline for when you will have achieved your goal

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Set Your Goal

Choose one of these ideas or write down 1 or 2 things you will do for the next few weeks. Remember that little changes in your eating can make a big difference in your blood sugar.

- I will switch from soda/sweet tea to diet soda/unsweetened tea
- I will make half my plate non-starchy vegetables
- I will make a quarter of my plate carbohydrates
- I will use a smaller plate for lunch and dinner
- I will switch to whole wheat bread, pasta and whole grains
- _____

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