



DIABETES OVERVIEW

Consumer Advisory Board Meeting – October 21, 2021

WELCOME!

Goal: to provide MPC members with a basic understanding of how to eat better while living with Type 2 diabetes.

Objectives:

- Understand what happens to the body when you eat and have Type 2 diabetes.
- Learn the basics of counting carbohydrates and reading a food label.
- Explore ways to plan a healthy meal.

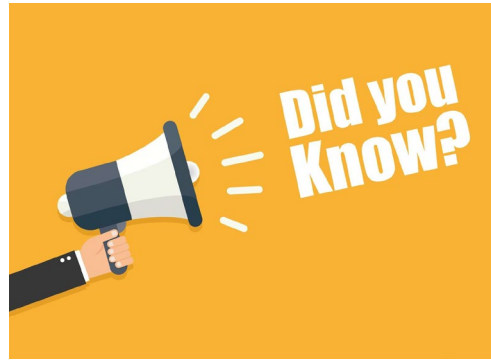


OVERVIEW

- Facts
- Diabetes and Carbohydrates (Carbs)
- Food Label & food choices
- The Plate Method/Dining Out
- Physical activity
- Review



FACTS

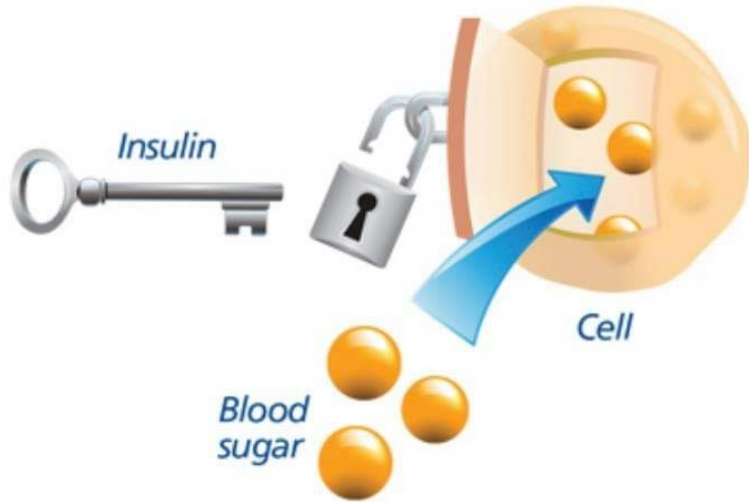


Approximately 1 out of every 10 people in the United States has diabetes.

About 90-95% of them have Type 2 diabetes.

It usually develops in people aged 45 and older, but more teens and children are developing it.

WHAT HAPPENS TO THE BODY WITH TYPE 2 DIABETES



- Insulin is a hormone that acts like a key to open your cells so they can use blood sugar as energy.
- If you have Type 2 diabetes, the key doesn't work to open the cell door.
- The blood sugar rises and rises; it gets too high and can cause other serious health problems.
- The food you eat changes into blood sugar, or “glucose.” The carbs you eat have the highest impact on glucose levels.

DIABETES AND CARBOHYDRATES (CARBS).

What are the different types of carbs?

- 1) Sugars
 - 2) Starches
 - 3) Fiber
- } Sugars and starches raise your blood sugar, but fiber doesn't.



Why should I count carbs?

- Many people with diabetes count carbs to make managing blood sugar easier.
- This helps to keep levels from rising too high or dipping too low.
- It also helps prevent or delay health issues, live longer, and have improved quality of life.

HOW MANY CARBS SHOULD I EAT?

- There's no "one size fits all" – everyone's body is different.
- Aim to get about half of your calories from carbs.
- Example:
 - If you normally eat about 1,800 calories a day to maintain a healthy weight, about 800 to 900 calories can come from carbs.
 - At 4 calories per gram, that's 200–225 carb grams a day.
 - Try to eat about the same amount of carbs at each meal to keep your blood sugar levels steady throughout the day

HOW TO READ A FOOD LABEL AND COUNT CARBS.

- 1) Check the **servings size** first.
- 2) This package has 8 servings
- 3) Total carbs in one serving of this food is 37g (grams)

- *If you eat 3 servings, that means you ate 111 grams of carbohydrates. (37 x 3 = 111)*
- *This is important to know as you watch how many grams you eat total in one day, based on your body's needs.*

Nutrition Facts	
8 servings per container	← 2
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.

WHAT FOODS CAN I EAT?



You can still eat your favorite foods, but in smaller portions or less often.

Your health care team will help create a diabetes meal plan for you that meets your needs and likes.



The key to eating with diabetes is to eat a variety of healthy foods from all food groups, in the amounts your meal plan outlines.

WHAT FOODS SHOULD I AVOID?

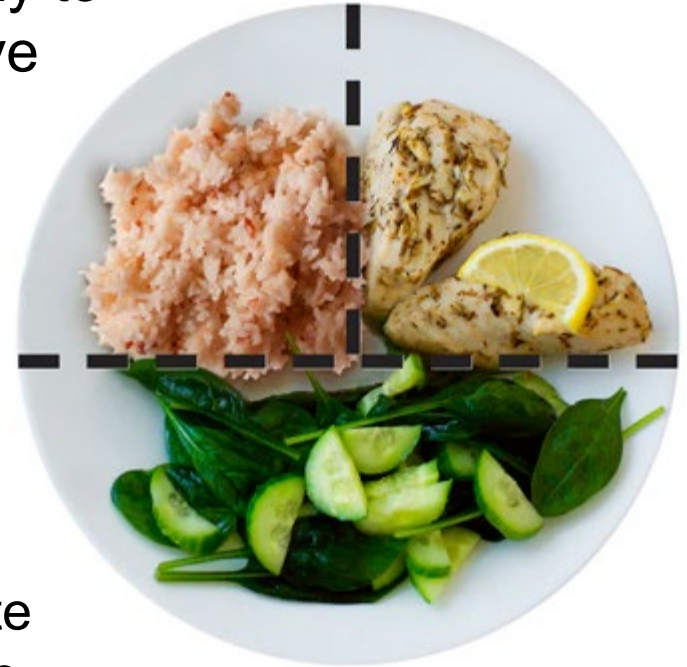
In general, there are no foods you must avoid if you have diabetes. Instead, there are foods you should limit. In other words, eat these less often and in smaller amounts:



- Fried foods and other foods high in saturated fat and trans fat.
- Food high in salt (*also called sodium*).
- Sweets: baked goods, candy, and ice cream.
- Drinks with added sugars: juice, regular soda, special coffees, tea and regular sports or energy drinks.

THE PLATE METHOD.

- The plate method is another common way to help you plan how much to eat if you have diabetes.
- It shows the amount of each food group you should eat. It helps you control portions.
- Use a 9-inch plate:
 - non-starchy vegetables on 1/2 of the plate
 - a meat or other protein on 1/4 of the plate
 - a grain or other starch on the last 1/4 of the plate



DINING OUT.

**Plan
ahead!**



**Order
Wisely!**

**Start
Smart!**

**Share &
savor!**

DIABETES & PHYSICAL ACTIVITY.

Being More Active Is Better for You!



If you have diabetes, being active makes your body more sensitive to insulin, which helps manage your diabetes.

Your body won't need to make as much insulin, or you won't need to take as much. Lower insulin levels can help prevent fat storage and weight gain.



Physical activity also helps control blood sugar levels and lowers your risk of heart disease and nerve damage.

REVIEW.

- Managing blood sugar is the key to living well with diabetes and eating well is the key to managing blood sugar.
- Simply put, eat healthy foods in the right amounts at the right times so your blood sugar stays in your target range as much as possible.
- To manage your blood glucose, you need to balance what you eat and drink with physical activity and diabetes medicine, if you take any.



RESOURCES

For more detailed information on diabetes and nutrition, as well as important routine checks of your feet, eyes, and other health concerns, please:

- 1) Let MPC know if you are interested in attending more classes.
- 2) Visit the MPC website:
<https://www.marylandphysicianscare.com/members/health-and-wellness/>
- 3) Download and create a free account on the “MyVirtualMPC” app.

Q & A

