



Eating Healthy with Diabetes

Tips to Make it Easy



Ready, Set, Go!

➤ Educate

- Food choices are important
- You can count carbs, stay within parameters, and still make poor food choices
- 30 grams of carb from a donut are completely different than 30 grams of carb from a whole grain English muffin
- Portions play a huge roll in glucose control and energy levels
- Apples are good choices but can not be the size of a wagon wheel!



Ready, Set, Go!

➤ Empathize/Encourage

- This is tough for some folks to manage
- Diabetes is not an on again off again disease
- They can't take weekends off and stay in good control
- Focus should be on positive steps-it will encourage increased positive changes



Ready, Set, Go!

➤ Empower

- Give them the tools to succeed
- “Hands on” works wonders for most people
- Find out where they need the most help
- Shopping, menus, nutrition label education, food prep, portion control, cooking are all important tasks to master



Let's take a store tour....

➤ Produce

- Variety of colors
- Watch portions!
- Choose seasonal to get best taste and cost
- Educate on non-starchy food choices
- Introduce fresh herbs
- Choices lose value if swimming in butter, cheese sauce, or ranch!



Let's take a store tour....

➤ Bakery

- Wheat vs. White
- Whole grains and fiber content
- Education on reading a food label is a must!
- Identify a “safe” bakery treat
- If purchasing a whole package is dangerous it is better to buy a single item



Let's take a store tour....

➤ Meat/Seafood

- Identify lean and healthy choices and key words to look for (round, loin)
- Portions
- Mix it up! Encourage lean beef, turkey, pork, chicken, fatty fish, fresh seafood
- Watch sauces, rubs, and marinades for hidden sugars



Let's take a store tour....

➤ Dairy

- You need a yogurt PhD these days!
- Cheeses-watch portions, choose white varieties, limit imitation products
- Eggs are not evil but need to be monitored
- Juices-limit choices
- Milks



Let's take a store tour....

➤ Health Market

- Buyer beware!
- Special diets (Gluten Free, FODMAP, Paleo, Keto) are definitely not for everyone
- Organic foods still have carbs!
- Hidden sugars, fats, bothersome fibers etc.
- RD choices



Let's take a store tour....

➤ Center Store

- Nutrition label reading a must-take them to products and help them identify what to look for
- Sugar free has it's drawbacks-unwanted fats, artificial sweeteners, misconception they can eat more
- Cheaper is not always the healthiest choice-encourage to invest a little more money into a healthier product



Healthier Cooking Tips

- Encourage menu planning
- Take the time to think ahead, helps reduce eating out, purchasing processed foods, and impulse purchases
- Shop savvy-read ads, digital coupons, purchase and freeze
- Cook once/Eat twice concept
- For example: Rotisserie chicken is on sale-can be incorporated into salads, stir-fry's, wraps, soups, chili's, hot dishes. Pair it with steamed veggies and rice/quinoa for a quick, easy, and healthy meal



Healthier Cooking Tips

- Visit with your Hy-Vee Registered Dietitian for help with cooking tips. Everyone requires something different
- Important to set time aside for food prep. Cut multiple veggies up and store in fridge ready to dump into soups, hot dishes, omelets or ready to throw onto the grill
- Family prep time is a great way to connect, increase variety, teach healthy habits, encourage creativity, and increases ownership in your own choices



Packaged Puzzles

- Focus should be on the food label, not the packaging.
- Important to visit about the ingredient list and what it can mean
- Help them set concrete goals when it pertains to fiber, added sugars, carbohydrates, fats, sodium
- Reminder that although we are focused on carbohydrates, attention needs to be paid to sodium and unhealthy fats also due to the involvement of potential cardiac and renal issues associated with Diabetes



Packaged Puzzles

- Don't be afraid of "off brands" which can be just as nutritious and help balance food costs
- Teach/educate on serving sizes
- Don't fall into the trap that all yogurts, dried fruits/fruit snacks, and granola are healthy
- Be careful with "Mini" packaging
- Extreme caution with "Energy" drinks...sugars, high caffeine, and additives outweigh their advertised benefits



Take Home Message

- ▶ We are all educators, cheerleaders, referees, and sometimes sounding boards for our patients/customers. Aspire to make a difference!
- ▶ Don't assume they understand the challenges ahead of them because they shake their heads in agreement...make them show you
- ▶ Healthy and purposeful eating habits and food prep can help lead to better glucose control, decreased complications, and a much better quality of life