

Diabetes and Me: **Healthy Foods**

[a training for self-advocates]

Presented by:
Kepro SW PA Health Care Quality Unit
(Kepro HCQU)

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Disclaimer

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Objective

This training will help you learn which food and drinks are healthiest for keeping the right amount of sugar in your body when you have diabetes.

Food Gives the Body Energy

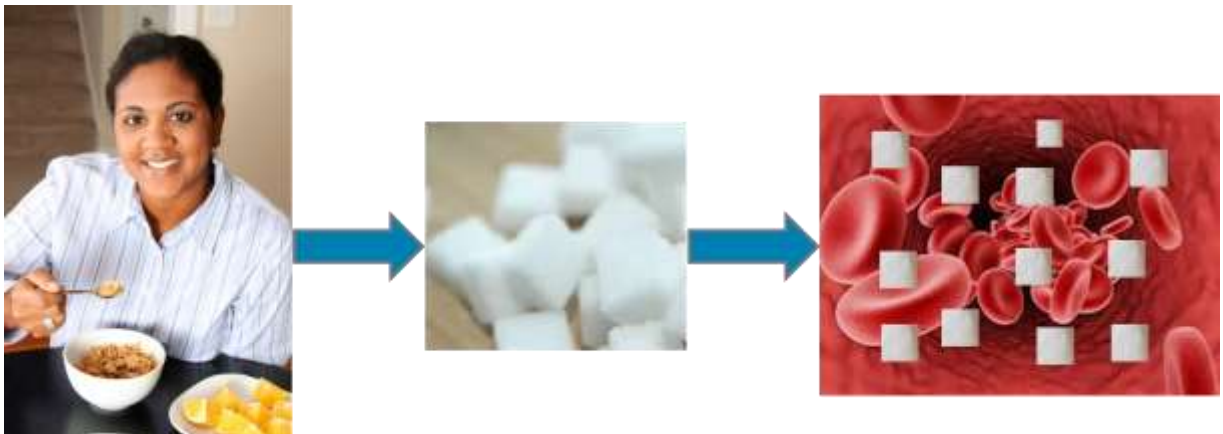
Our bodies need **energy** to move, just like a car needs gas to move. **Energy** for your body comes from the **food** you eat. Sugar from the **food** you eat goes into your blood. The blood takes the sugar to your body parts, like your heart, brain, lungs, and muscles. Insulin helps the sugar get into the cells of your body parts. When each of your body parts has the **energy** it needs, you can work, play, and move throughout the day.



What is Diabetes?

The sugar from the food you eat has to get into the cells of your body parts (your muscles, heart, lungs, and brain) to give them energy.

Diabetes is a condition where that sugar stays in your blood instead of going to the cells of your body parts. Too much sugar in your blood can cause you to feel tired and can affect how well your body works.



What is Diabetes? (continued)

It is important to remember:

1. You did not do anything to cause this to happen.
2. Following the advice of your doctor can help you to stay healthy and happy, and have enough energy to do the things you like and need to do.

Talk to the Doctor for Help



The doctor will tell you what to do to keep the right amount of sugar in your blood so it is not too high and not too low.

The 3 most important ways to keep healthy when you have diabetes are to:

1. Eat **healthy** foods
2. Be **active**
3. Take **medicine**, if prescribed by doctor



Healthy Foods

The doctor will tell you the best kind of foods to eat to keep the right amount of sugar in your blood. You will learn about foods that are **healthy** for you to eat. You may eat these foods often. **Healthy** foods include fruits and vegetables. Foods like blueberries, bananas and carrots are examples of **healthy** foods.



Healthy Foods (continued)

You will learn about foods that are **not** healthy for you to eat. You should eat these in small amounts and not every day. Foods that have a lot of sugar in them are not healthy for you. You should eat these in small amounts.

It is a good idea to eat at the **same time** every day to keep your blood sugar and your energy the same every day.

There are **5** groups of healthy foods:

1. Fruits
2. Vegetables
3. Starches
4. Dairy
5. Protein

Fruit

Fruit is full of vitamins to keep your body healthy and strong. A piece of **fruit** can be eaten at every meal ... breakfast, lunch and dinner. A piece of **fruit** is one of the best foods to eat for a snack. Be careful though ... **fruit** has sugar. With diabetes, you can eat one portion of **fruit** at every meal. Do not take second helpings.



What is your favorite fruit?

Vegetables

Do you think **vegetables** are healthy foods?

Vegetables are very healthy for your body!

Vegetables have many vitamins to keep your body strong! They are good to eat at every meal, and are a great snack food too. **What are some of YOUR favorite vegetables?**

Some **vegetables** have less sugar in them than other **vegetables**.

- ❖ **Vegetables** like carrots, peppers, lettuce, tomatoes, broccoli, cauliflower, green beans, and cucumbers have less sugar.
- ❖ You can eat a lot of these **vegetables** to help fill up your stomach.



Vegetables (continued)

Some **vegetables** have more sugar in them than the others. They are called **starchy vegetables**.

- ❖ Corn, white potatoes, beans, sweet potatoes, and peas are all **starchy vegetables**.
- ❖ **Starchy vegetables** do not taste sugary, but your body changes them into sugar.
- ❖ With diabetes, you can eat one portion of **starchy vegetables** at each meal.
- ❖ Do not take second helpings of **starchy vegetables**.



Dairy Foods and Drinks

Dairy foods and drinks are made from milk. Dairy foods and drinks are very healthy and have vitamins in them.

- ❖ Be careful though ... dairy foods and drinks have sugar.
- ❖ You can eat one portion at every meal.
- ❖ Do not take second helpings of dairy foods and drinks.



Protein Foods

Foods with **protein** in them are super healthy for your body.

- ❖ **Protein** foods give your body energy and can help heal cuts and sores.
- ❖ You can eat healthy **protein** foods at every meal.
- ❖ **Protein** foods are good to eat as a snack between meals.



Starchy Foods

Starchy foods are made from a kind of plant called a **grain**.

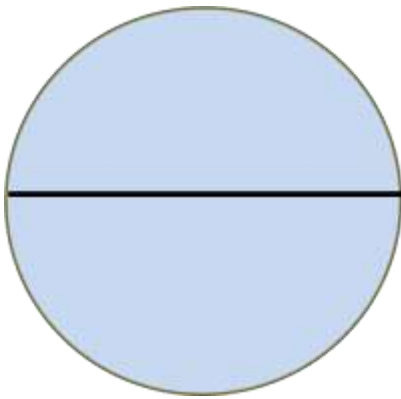
- ❖ Rice, noodles, cereal, bread, crackers, and chips all are made from grains.
- ❖ Be careful ... **starchy foods** have sugar, just like starchy vegetables.
- ❖ You can eat one portion of **starchy foods** at every meal.
- ❖ Do not take second helpings of **starchy foods**.



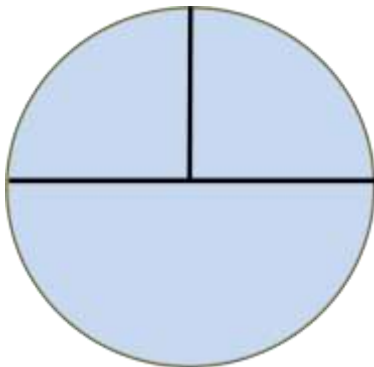
Create My Plate

This is an easy way to know how much healthy food to eat at each meal.

- ❖ Pretend there is a line across the center of the plate.



- ❖ Now pretend there is a line in the top part of the plate to make two smaller parts.

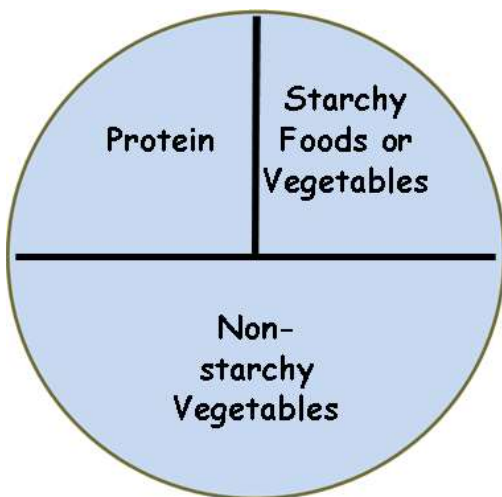


Create My Plate (continued)

Fill one small part of the plate with a **protein** food like chicken, pork, fish, steak, or eggs.

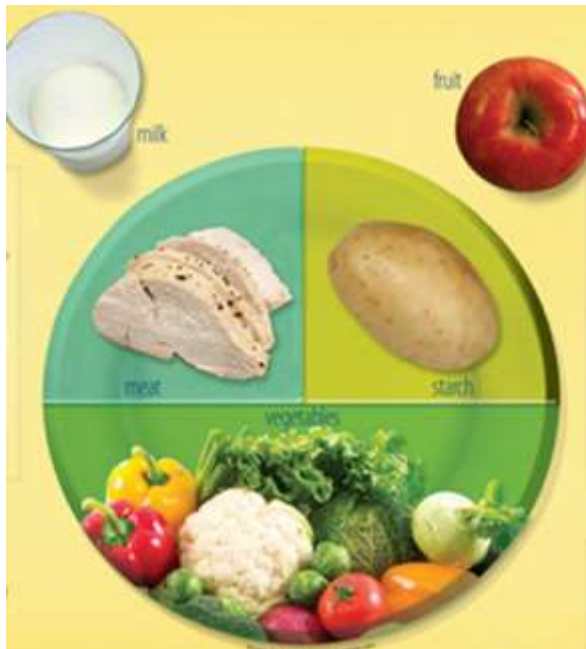
Fill one small part of the plate with **starchy** foods or starchy vegetables like green peas, potato, beans, bread, noodles or rice.

Fill the big side of the plate with **non-starchy vegetables** like broccoli, cabbage, carrots, cauliflower, green beans, salad, and zucchini.



Create My Plate (continued)

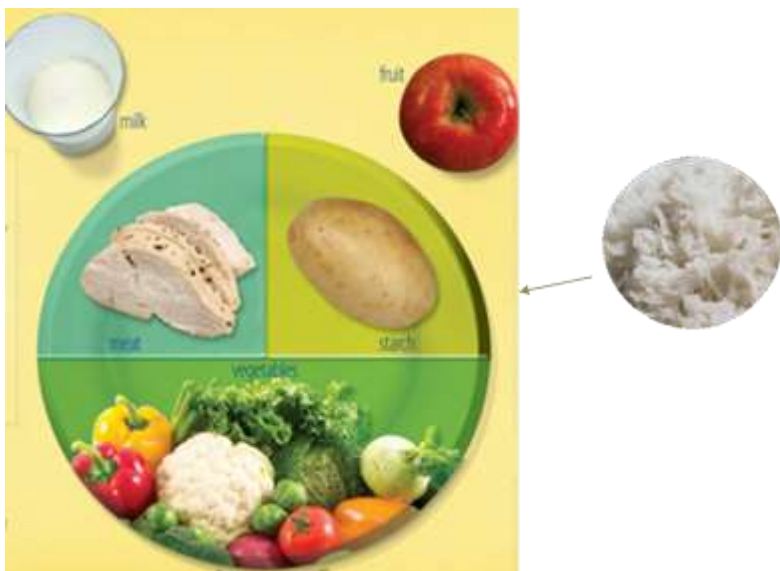
Here is a picture of a **healthy** meal! You can add a glass of milk and a piece of fruit too!



How Much on Your Plate

It is good to eat healthy foods, but be careful ... eating **too much** of some kinds of foods can put **too much** sugar in your body. Remember how you pretended there were lines on the plate? The lines showed the right, or portion, of each type of food to eat.

For example, rice is a starchy food. The portion is shown right here.



Snacks

It is good to eat a **snack** in between meals, especially if you are hungry and you are starting to not feel well. Healthy **snacks** could be yogurt, popcorn, celery with peanut butter and raisins, an apple, a hard-boiled egg, or a bowl of cut fruit.



What snacks do you like to eat?

Eat Less of These Foods

These foods are **not healthy** for anyone to eat. Even though they taste good, they are not good for your body, especially if you have diabetes, because they will keep your blood sugar too high. Be careful if you like to eat these kinds of foods. Do not eat them every day. When you do eat them, eat a small amount (a small portion) and only at one meal or snack.



Eat at Same Times Every Day

It is important to eat meals and snacks at the same times every single day. Try to eat at the same times even on Saturdays and Sundays.

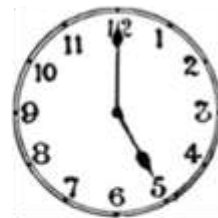
- ❖ If you eat **breakfast** at 8:00 in the morning Monday through Friday, eat breakfast at 8:00 on Saturday and Sunday mornings, too.
- ❖ If you eat **lunch** at 12 noon Monday through Friday, eat lunch at 12 noon on Saturday and Sunday.
- ❖ If you eat **dinner** at 5:00 in the afternoon Monday through Friday, eat dinner at 5:00 on Saturday and Sunday afternoons.



breakfast



lunch



dinner

Eat at Same Times Every Day

Never skip meals. This is especially important if you take medicine for diabetes.

Your body needs food for energy!

If you miss a meal, your body will not have enough sugar to last until the next meal.

Drinks

Soda pop has a lot of sugar. It does not have nutrients to help keep your body strong and might cause you to gain weight.



What do you think is the healthiest type of drink?
The healthiest drink is **water!!**

Drinks (continued)

Water is very good for everyone to drink. It is the healthiest drink! Water has no sugar in it, so it is very good for people with diabetes. If you do not like water, flavored water without sugar is good also.



Be Active

Moving your body helps move sugar out of your blood and into your cells to give your body the energy it needs. The doctor can help you learn what type of activity is best for you. Tell the doctor the kinds of activities you like to do.

Being active almost every day helps keep your blood sugar at a healthy level. It helps keep your whole body strong and healthy.



What do you like to do to be active?

Medicine

The doctor might tell you that you need to take **medicine** to control your diabetes. This kind of **medicine** helps move the sugar out of your blood and into the cells of your body. The **medicine** might be a pill or it might be a shot. Your doctor will know which **medicine** is best for you.



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Diabetes and You

Remember, it is important to see your regular doctor and special doctors when you have diabetes. You and your doctors will work together to help you stay healthy. It is not your fault that you have diabetes. It is not your doctor's fault, either.



Millions of people have diabetes ... you are not alone. Diabetes does not go away, but you can control diabetes ... **you are in charge!** If you follow your doctors' orders and do what you need to do to stay healthy, you can be well with diabetes.

Related Training Topics

- ❖ Diabetes and Me: What is Diabetes?
- ❖ Diabetes and Me: Taking Care of My Body
- ❖ Diabetes and Me: Taking My Medications

References

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What Did I Learn?

You learned a lot about healthy eating for people who have diabetes!



Let's practice what we learned...

Circle the right answer.

1. Carla has diabetes and wants to eat foods that will help keep her blood sugar in the right range so it is not too high and not too low. Which breakfast is healthy for Carla to eat: Plain cereal and fruit? or Donuts?

a. Plain Cereal and Fruit



b. Donuts



Circle the right answer.

2. Carla is eating spaghetti for dinner. How much spaghetti should Carla put on her plate?

a. A full plate of spaghetti



b. A small serving of spaghetti



Circle the right answer

3. Carla is looking in the refrigerator for a snack. Which would be the healthiest snack to eat:

Yogurt? or a Cupcake?

a. Yogurt

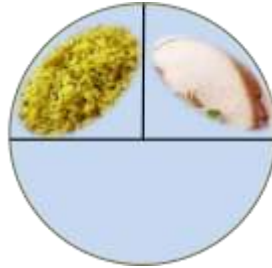


b. Cupcake



Circle the right answer.

3. Carla is at a picnic. She has put a piece of chicken and some rice on her plate. What kind of food should she add to the large empty part of her plate to make it a healthy meal?



a. Salad



b. Cake



You Are Done!

You have finished the training!