

Nutrition and Diabetes

Diabetes Care Coaching



OKAKI

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Before We Begin ...



- Our goal is to create a safe space where all participants are comfortable to learn, share, ask questions
 - Everyone brings knowledge and expertise
 - I am always learning too
 - We won't record discussions, but will share monthly education videos
- The coaching sessions will focus on practical pieces of working in diabetes. For details, it is always best to reference the Diabetes Canada Clinical Practice Guidelines (guidelines.diabetes.ca)

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What We Plan to Cover Today



- Food security and colonization
- Carbohydrates
- Shifting nutrition narratives
 - “Rules”
 - Mindful eating
- Sharing practical tips

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Acknowledging Food Security & Colonization

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Carbohydrates

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Foods that have sugar



Grains & Starches



Fruit



Milk & Alternatives



Treats



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Foods that do not have sugar *or little sugar

Vegetables	Meat	Meat Alternatives	Fat

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Reading Labels

Serving Size - Compare to amount to be consumed →

Total Carbohydrate includes sugar, starch, fibre →

Dietary Fibre is not broken down →

Available Carbohydrate =
Total Carbohydrate – Dietary Fibre =
37 grams – 4 grams =
33 grams per 2/3 cup

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% 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.

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What about sweeteners?



<https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/sugars-and-sweeteners.pdf?ext=.pdf>



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Shifting Nutrition Narratives

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What We Hear...



Common phrases and misconceptions about nutrition and diabetes:

- Cut out all carbs
- You can never eat sugar again
- Fruit is bad



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Nutrition Shift



The narrative around nutrition and diabetes is shifting!






- All foods fit - it is not necessary to cut out entire food groups
- Move towards balancing meals with carbohydrates, protein, fibre, fat
- Find what works for each person

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Carbohydrate and Non-Carbohydrate Foods

The foods listed on this side of the page are **CARBOHYDRATE CONTAINING** foods. These foods will turn to sugar in your body and can affect your blood sugar levels.

1 SERVING = 15g







Grains & Starches							
 1 slice	 ½ c. cooked	 ½ c.	 ¼ large	 ½ c. cooked	 1 (4 in.)	 ½ reg size	 ½ c. cooked
 1 (6 in.)	 ½ (6 in.)	 6	 1 c.	 ½ medium	 ½ c.	 1 c.	

Fruits							
 1 medium	 ½ medium	 1 c.	 1 c.	 2 c.	 15	 ½ c.	 1 c.
 ¼ c.	 2 medium	 1 medium	 1 medium	 ½ medium	 1 Large	 ¼ c.	

Milk and Alternatives				Treats			
 1 c.	 ½ c.	 1 c.	 ½ c.	 ¼ regular	 1	 3 c.	 3 small
 ¼ c.	 ½ c.	 1 c.		 1 Tbsp.	 ½ c.	 2" square	

For women it is recommended that they consume 100-130g of carbohydrates per day, which is 7-9 of the serving choices listed on this page. This usually equals 2-3 servings at each meal. For men it is recommended that they eat 130-160g of carbohydrates per day, which is 9-11 of the serving choices listed on this page. This usually equals 3-4 servings at meals.

The foods listed on this side of the page **DO NOT** contain significant amounts of carbohydrates (sugar). If eaten as part of balanced meals these foods will not significantly affect your blood sugar levels.

Vegetables							
							
							

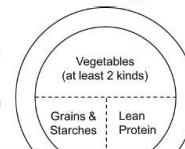
Meat and Alternatives							
 2 medium	 1 oz.	 1 c.	 ¼ c.	 2 Tbsp.	 3 oz.	 ½ can	 3 oz.
 3 oz.	 ¼ c.	 3 oz.	 2 Tbsp.	 ¼ c.			

Fats							
 1 tsp.	 1 tsp.	 1 tsp.	 1 Tbsp.	 1 Tbsp.	 ¼	 1 slice cooked	


Non-Carbohydrate Beverages: water, plain coffee, plain tea, unsweetened almond beverage, sugar-free beverages

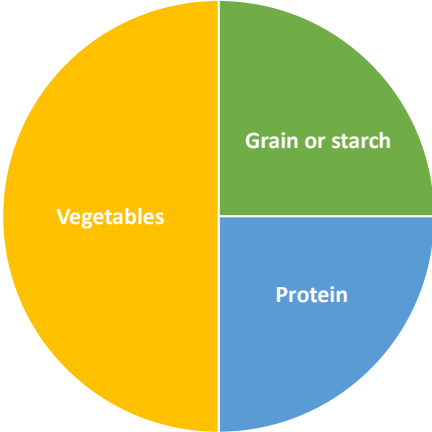
Balance Your Plate

A balanced plate should have one half filled with at least 2 different kinds of vegetables, one quarter filled with a lean protein such as chicken or fish, and the remaining quarter filled with high-fibre grains or starches. Having your plate balanced like this will help with weight and diabetes management. A balanced plate can help you manage your blood sugar levels and feel full longer.



Balanced Plate





Handy Portion Guide

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Grains and starches*/Fruits*

Choose an amount the size of your fist for grains or starches, or fruit.

Milk and alternatives*

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



Vegetables*

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives*

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat*

Limit fat to an amount the size of the tip of your thumb.

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What We Hear...

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Common phrases and misconceptions about nutrition and diabetes:

- You **MUST** eat 3 meals and 3 snacks
- Don't eat after a certain time



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Nutrition Shift



The narrative around nutrition and diabetes is shifting!

- Honor hunger and fullness cues
- Choose what is sustainable for you
- Food is so much more than *just* food!

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Mindful Eating



- It's not just about WHAT we eat, HOW and WHY we eat deserve attention too!



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Hunger and Fullness Scale



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What about weight?



“Your best weight is the one you reach while living the healthiest life you actually enjoy”

- Dr. Yoni Freedhoff

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Benefits of Mindful Eating in Diabetes



- Improve A1C
- Help with weight management
- Improved self-management skills
- Reduced stress and anxiety around food choices
- More freedom around food choices

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Ozempic and GLP-1 Antagonists



- Decreases appetite... which is helpful... but we need to make sure it isn't too much!
- Focus on getting in enough protein, check for diet adequacy
- Eating smaller amounts more often might help

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Let's share some practical tips!

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Focusing on, what can you add or swap?



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Glycemic Index

Blood Glucose

Time

Blood Glucose

Time

Blood Glucose

Time

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Working towards balanced meals/snacks?

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1 SERVING = 15g

Grains & Starches							
Bread	Oatmeal	Cereal	Bagel	Rice	Pancakes	Bun	Pasta
1 slice	½ c. cooked	½ c.	¼ large	½ c. cooked	1 (4 in.)	½ reg size	½ c. cooked
Tortilla	Pita	Crackers	Soup, Thick	Potato	Corn Kernel	Legumes*	
1 (6 in.)	½ (6 in.)	6	1 c.	½ medium	½ c.	1 c.	

Fruits							
Apple	Banana	Melon	Blueberries	Strawberries	Cherries or Grapes	Juice	Watermelon
1 medium	½ medium	1 c.	1 c.	2 c.	15	½ c.	1 c.
Pineapple	Kiwi	Pear	Orange	Mango	Peach	Dried Fruit	
¼ c.	2 medium	1 medium	1 medium	½ medium	1 Large	¼ c.	

Milk and Alternatives				Treats			
Low Fat Milk	Chocolate Milk	Soy Milk	Greek Yogurt	Muffin	Granola Bars	Popcorn	Cookies
1 c.	½ c.	1 c.	½ c.	¼ regular	1	3 c.	3 small
Sugar Free Yogurt	Sweetened Yogurt	Sweetened Almond Milk		Jam or Jelly	Pudding, low calorie	Cake, unfrosted	
¼ c.	½ c.	1 c.		1 Tbsp.	½ c.	2" square	

The foods listed on this side of the page **DO NOT** contain significant amounts of carbohydrates (sugar). If eaten as part of balanced meals these foods will not significantly affect your blood sugar levels.

Vegetables							
Carrots	Celery	Broccoli	Cucumber	Tomato	Beets	Peppers	Eggplant
Mushroom	Cauliflower	Squash	Asparagus	Peas	Lettuce		

Meat and Alternatives							
Egg	Low Fat Cheese	Cottage Cheese	Legumes*	Peanut Butter	Fish	Canned Fish, Drained	Poultry
2 medium	1 oz.	1 c.	¼ c.	2 Tbsp.	3 oz.	½ can	3 oz.
Meat	Egg White	Tofu	Hummus	Nuts			
3 oz.	¼ c.	3 oz.	2 Tbsp.	¼ c.			

Fats							
Margarine	Butter	Olive Oil	Mayonnaise	Salad Dressing	Avocado	Bacon	
1 tsp.	1 tsp.	1 tsp.	1 Tbsp.	1 Tbsp.	¼	1 slice cooked	

Non-Carbohydrate Beverages: water, plain coffee, plain tea, unsweetened almond beverage, sugar-free beverages

Balance Your Plate
A balanced plate should have one half filled with at least 2 different kinds of vegetables, one quarter filled with a lean protein such as chicken or fish, and the remaining quarter filled with high-fibre grains or starches. Having your plate balanced like this will help with weight and diabetes management. A balanced plate can help you

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“I need to stop drinking pop”



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Wrapping Up...



- Do you have one or two takeaways that you can use in your work?
- Anything else you want to share?
- Next Session: March 19th at 9:00 AM
 - Behaviour Change

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