

Diabetes/Pre-Diabetes Prevention and Management Week 3

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Rate your Goals

If you rated 7 or higher: goal is achieved

If you rated less than 7, what can you do to change your goal to help you meet it?

12 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Carbohydrate Counting

Reading Food Labels

Nutrition Facts	
Serving Size 2 Oreos® (0g)	
Amount Per Serving	
Calories 160	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

1. Find Nutrition Facts
2. Check the serving size.
If you change the serving size, grams of carbs change too.
3. Total Carbohydrate:
This includes all starches, sugars, fiber, sugar and sugar alcohols.
4. Don't count sugar grams separately.

Sample label for
Macaroni & Cheese

① **Start Here** →

② **Check Calories**

③ **Limit these
Nutrients**

④ **Get Enough
of these
Nutrients**

⑤ **Footnote**

Nutrition Facts			
Serving Size 1 cup (228g) Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
	% Daily Value*		
Total Fat 12g	18%		
Saturated Fat 3g	15%		
<i>Trans</i> Fat 3g			
Cholesterol 30mg	10%		
Sodium 470mg	20%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

⑥ **Quick Guide
to % DV**

• **5% or less
is Low**

• **20% or more
is High**



Carbohydrate (Carb) Counting

- If you have a food label, look up the carb count on the Nutrition Facts label.
- If no food label: a carb serving is a food/drink that has about 15 grams carb per serving.
- Eat the same number of carb grams at the same times each day.
- **Eat at least 30 grams of carb per meal.**

Carb Counting Without a Food Label

Food Group	Carb Grams Per Serving
Starches	15
Fruit and Juice	15
Milk and Yogurt	12 (15)
Sweets and Desserts	15
Low-Carb Vegetables	5
Protein (meat/meat substitutes)	0
Fat	0

Grains, Beans, and Starchy Vegetables

Food	Carbohydrate Grams
Beans (black, pinto, lima, black-eyed peas), ½ cup cooked	15
Bread, 1 slice or small dinner roll	15
Corn or peas, ½ cup cooked	15
Squash, acorn or butternut, 1 cup	15
Potatoes, baked, 1 small (computer mouse), sweet or white	30
Potatoes, mashed, ½ cup	15
Rice or pasta, 1/3 cup cooked, brown or white	15

Fruits

Food	Carbohydrate Grams
Apple, orange, peach, 1 small (tennis ball)	15
Banana, ½ medium	15
Berries, 1 cup	15
Canned fruit, light syrup or juice, ½ cup	15
Grapes, ½ cup	15
Plum or clementine, 2 small	15
Melon, 1 cup	15
Raisins or other dried fruit, 2 TBSP	15

Milk, Yogurt

Food	Carbohydrate grams
Milk, whole, 2% or fat-free, 1 cup	12 (15)
Milk, Chocolate, 1 cup	30
Yogurt, light, 1 small carton	15
Yogurt, Greek, light, 1 small carton	15

Combination Foods

Food	Carbohydrate grams
Casserole or hot dish, 1 cup	30
Chili, with meat and beans, 1 cup	30
Coleslaw, ½ cup	15 to 22
Pasta or potato salad	22 to 30
Soup, homemade, (not tomato) 1 cup	15
Stew with meat and vegetables, 1 cup	15
Tuna or chicken salad	10
Ice Cream, ½ cup	15
Cake with frosting, 2" square	23 to 30 grams

Low-Carb Vegetables, 5 grams Carb ½ cup cooked or 1 cup raw

Asparagus

Lettuce/greens

Green Beans

Mushrooms

Beets

Okra and Onions

Broccoli

Bell Peppers

Brussel Sprouts

Spinach

Carrots

Tomatoes

Cauliflower

Turnips

Greens (collards, kale)

Zucchini & yellow squash

Can You Eat Sweets if you have Diabetes?

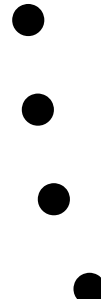


30 grams carb (2) choices



60 to 80 grams carb (4-5)

Please, pull my sweet
tooth!!





Carb Counting Practice

Fist = 1 cup



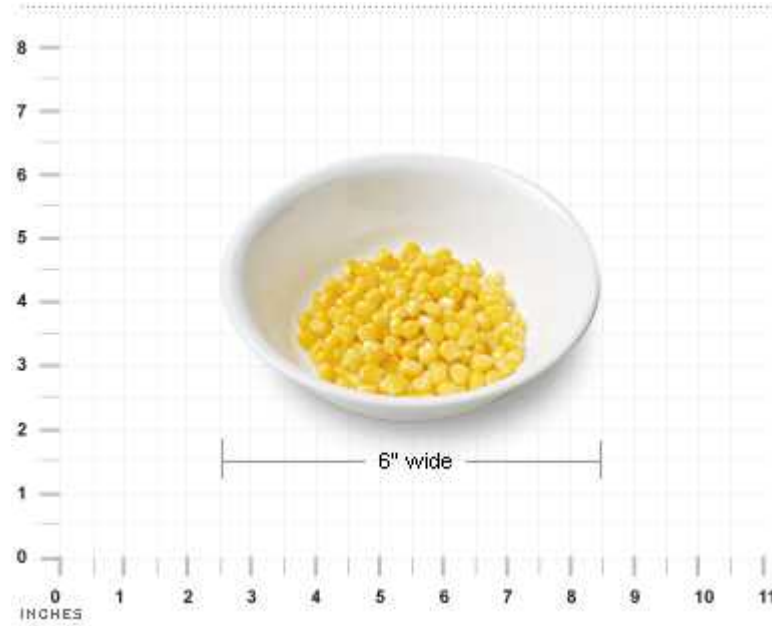
Carb Counting Practice

Fist = 1 cup



Carb Counting Practice

Palm of hand = $\frac{1}{2}$ cup



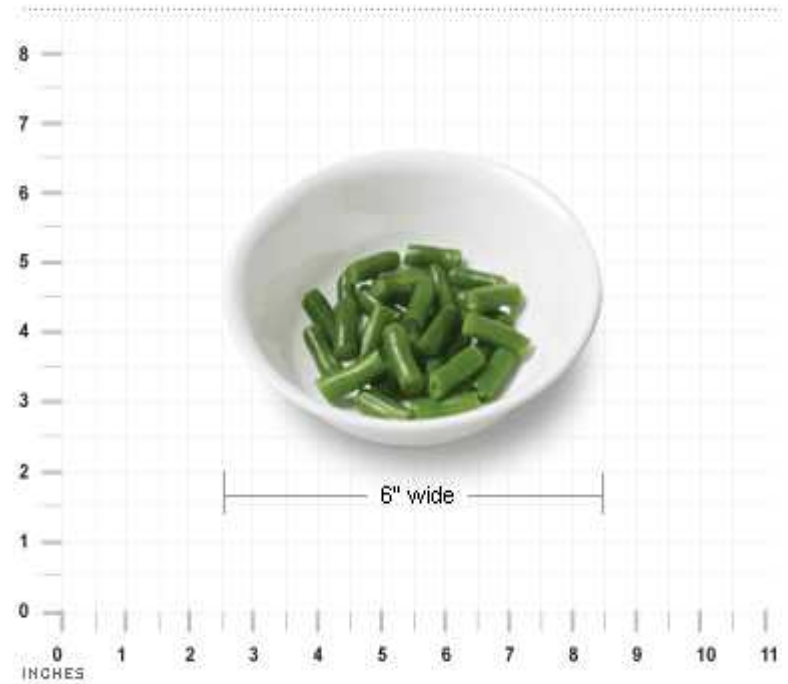
Carb Counting Practice

Tennis ball = 1 serving fruit



Carb Counting Practice

Palm of hand = $\frac{1}{2}$ cup



Carb Counting Practice

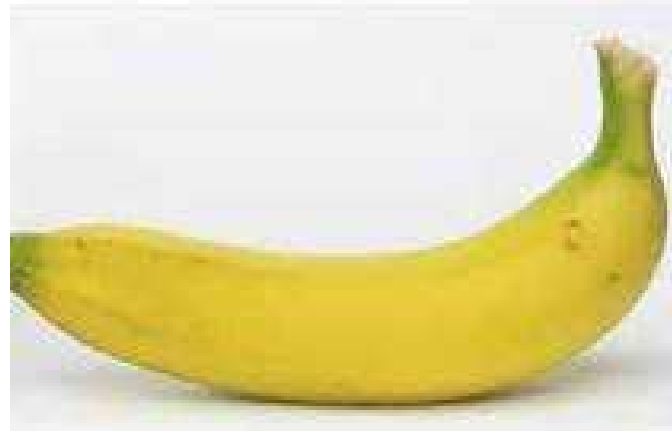
Fist = 1 cup



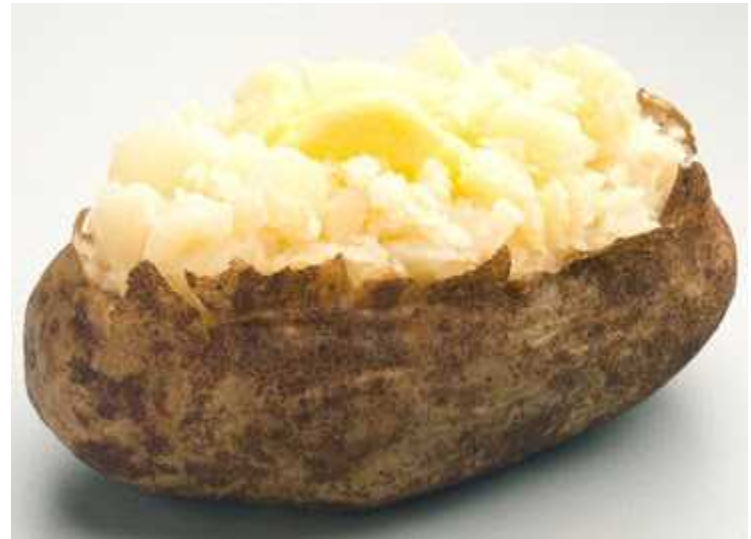
Carb Counting Practice



Carb Counting Practice



Carb Counting Practice



Carb Counting Practice



How Many Carbs Should you Eat?

- Depends on your height, weight, exercise, and weight goals. Ask your Registered Dietitian for your individualized plan.
- Women: 130 to 160 grams per day. 30 to 55 grams per meal (2 to 3 servings per meal). 15 to 20 grams for snacks (1 serving).
- Men: 160 to 185 grams per day. 40 to 60 grams per meal (3 to 4 servings). 15 to 30 grams for snacks (1 to 2 servings).



Carbs

Remember To:

- Eat about the same amount of carbohydrate at each meal & snack each day.
- Eat at least 30 carbs a meal.
- Choose healthy carbs.



Stand Up and Move Every 30 Minutes!



Protein: Meat & Meat Substitutes

Eat Small Amounts with Each Meal

- Beef, pork, chicken, turkey, fish
- Eggs, cheese, cottage cheese, peanut butter, tofu
- Starchy beans and peas count as both carbs and protein (pinto, black, butter, lima beans, black-eyed peas)



Protein: Meat & Meat Substitutes

- Cut back on high-fat meats like sausage, hotdogs, ribs, and burgers.
- Limit red meat (beef, pork & lamb) to 3 times per week.
- Choose lean meats like sirloin & top round.
- Eat fish at least twice a week.



Heart-Healthy Fats

Eat heart-healthy fats 2 to 3 times a day.

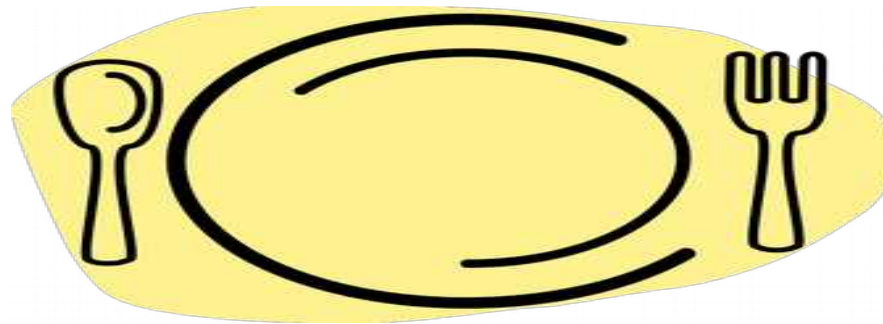
- canola & olive oil
- almonds
- peanuts
- pistachios
- pecans
- walnuts
- peanut & almond butter
- avocado (guacamole)
- olives



•Add nuts to hot and cold cereals, fruit salad, tossed salad, yogurt; have a peanut butter toast for breakfast.

Activity

- What did you eat for supper last night?
- What is one thing you could have done to make your meal healthier?



Changes to Consider

Eat This	Instead of This
Air-popped popcorn	Regular potato chips
Unsweet tea with lemon	Sweet tea
Leftover baked chicken, lettuce, tomato, with olive oil sandwich	Bologna and cheese sandwich
1% or fat-free milk	Chocolate milk
Healthy Choice Fudge Bar	Little Debbie Cake
Veggie stir-fry with olive oil, spices	Broccoli with cheese sauce
Peanut butter sandwich	Hotdog
Yogurt with nuts	Cheese Nips
Bean pasta or Shirataki noodles	White rice

Eating Away From Home



What Makes Eating Out Difficult?

- Tempted to overeat
 - Portions are large
 - Foods are higher in fat, sodium, sugar
- Food is fixed differently. It's hard to tell what's in the food.
 - Ask if you don't know what's in a dish
 - Ask how foods will be prepared (breaded, fried, sugar added?)

Beware the Buffet

- Options: order from the menu or go somewhere else
- If going with a group:
 - Choose “special” foods you don’t have every day
 - Be the last person in line
 - Be the last person to finish eating (eat slowly!)



Portions

- Share with a friend
- Ask for senior's or child's portion
- Order an appetizer as your main dish
- Ask for the “to go” box at the beginning of your meal, and cut your meal in half as soon as it comes.



Chili's Loaded Baked Potato Soup

One Cup


Calories	250
Total Carbs	13 grams
Total Fat	17 grams
Sodium	870 mg

One Bowl

Calories	510
Total Carbs	26 grams
Total Fat	35 grams
Sodium	1770 mg

Hint: get the broth-based soup instead of the cream soup

Burger King's Whoppers

	Whopper Jr	Whopper	Double Whopper
Calories	340	670	900
Total Carb grams	28	51	51
Total Fat grams	19		57
Sodium mg	510		1050

Wendy's Fries

	Small	Medium	Large
Calories	320	420	530
Total Carb grams	42	55	68
Total Fat grams	16	21	25
Sodium mg	350	460	570

Drinks

More Carbs and Calories

- Sweet Tea, 16 oz. over ice, 200 calories, 50 gm. carb
- 16 oz. Coke over ice – 131 calories, 36 gm. carb
- 8 oz. orange juice – 110 calories, 26 gm. carb

Less Carbs and Calories

- Unsweet tea – 0 calories and carbs
- Diet Soda – 0 calories and carbs
- Water or bring your Crystal Light To Go or Mio – 0 calories and 0 carbs

Salads

- Tossed vegetable or fresh fruit salads with low-fat dressing. Ask for the dressing on the side, and use less.
- Limit cheese, croutons, meats, bacon bits, sunflower seeds (portion)



Vegetables

- Order stewed, steamed, or boiled
- Ask for plain, without butter, margarine or other sauces
- Stir-fried can be greasy
- Breaded will have more carbs, fat and calories
- Choose low-carb vegetables instead of French fries and potato chips

Meats and Main Dishes - Can They be Prepared Without Added Fat?

Choose more often	Limit
6 ounce steak	8-12 ounce steak
Low-fat meats like sirloin, tenderloin, porterhouse	High-fat meats like Prime Rib, ribs, sausage, hamburger
Baked or grilled chicken/fish with small baked potato	Pot pies or other dishes with pastry, high-fat casseroles
Shrimp cocktail, baked pork chop	Fried meat, shrimp scampi, country-fried steak or main dishes with gravy, cream sauces, breading

Breakfast Meats & Sandwiches

Choose More Often	Limit
Eggs, Canadian bacon, turkey sausage, egg substitutes	Sausage, bacon, country-style ham
Chicken, turkey breast, roast beef	Salami, bologna, pepperoni, cold cuts, cheese, hot dogs
Grilled chicken sandwich	Hamburger
Chicken, turkey breast, roast beef	Tuna or chicken salad

Starches & Sandwiches

- Ask for “ungrilled” toast when ordering sandwiches
- Order without mayo, special sauces to decrease calories by 100-150



Starches

- Lower-fat: English muffins, bread, hard rolls (ask for whole grain), saltines, (small) baked potato, melba toast, plain bread sticks
- Higher- fat: biscuits, croissants, muffins, cornbread, sweet rolls, and butter-type crackers

Tell your server you don't want the chips or the rolls.

Condiments: Get On the Side

Choose More Often	Limit
Low-fat mayonnaise	Mayonnaise
Ketchup, mustard, pickles, lettuce, tomato	Tartar sauce, mayonnaise
Lemon or lime juice, flavored vinegars, low-calorie salad dressings, spices & herbs	Ranch dressing and other creamy condiments, honey mustard
Onions, lemon or lime juice, flavored vinegars	Teriyaki and Asian sauces
Salsa or picante sauce	Butter, sour cream
Ask for gravy on the side	Gravy poured on your food

Pizza



- Go for thin crust
- Avoid stuffed crust
- Lower fat toppings: vegetarian, Canadian bacon or ham & pineapple
- Order one topping meats instead of double
- Do without the extra cheese



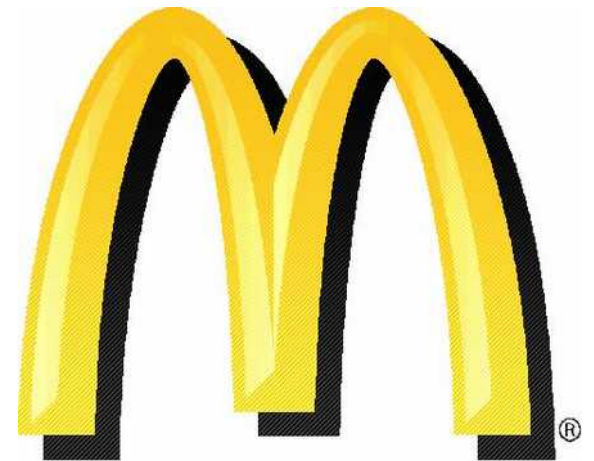
Fast Food

- Order the smaller size sandwich
- Go without the added bacon & cheese
- Get one sandwich instead of a meal deal
- Ask for no butter on your bun; no mayo, or on the side

Upsizing your order also upsizes you!!

What to Have for Breakfast – McDonald's (goal 45 gm. carb)

- Fruit & Maple Oatmeal
- Blueberry Banana Nut Oatmeal
- Egg McMuffin
- Sausage McMuffin
- Sausage Biscuit
- Big Breakfast with hotcakes
- Milk, Juice, Coffee



McDonald's

	Calories	Total Carb Grams	Total Fat Grams	Sodium, mg
Fruit & Maple Oatmeal	290	57	4.5	160
Blueberry Nut Oatmeal	290	49	8	180
Egg McMuffin	300	30	12	820
Sausage McMuffin	370	29	22	850
Sausage Biscuit	430	34	27	1080
Big Breakfast with Hotcakes	1090	111	56	2150

Restaurant Meal

Estimate carbs and calories for your meal out:

Look up actual carbs and calories for your meal out:

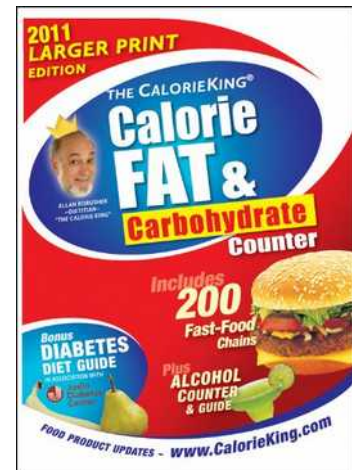
Tips For Eating Out

- Plan ahead: Look up nutritional information on line, phone apps or in books before you order.
- Choose a restaurant that offers the types of foods you want.
- Don't arrive hungry!



Resources

- The Calorie King Calorie Fat and Carbohydrate Counter (book)
- On line: calorieking.com
- Google the restaurant, click on Nutrition Information
- Numerous phone apps



Set Your Sights

- Goal Setting for Healthier Eating

1. One thing I can do to eat healthier: _____

2. What/who will help me? _____

3. What problems might get in my way? _____

4. What can I do to fix the problem? _____

Confidence Level

1 2 3 4 5 6 7 8 9 10

Low

High

My reward for reaching my
goal _____

Set Your Sights

Goal Setting for Eating Out

1. One thing I can do to eat healthier when eating out: _____
2. What/who will help me? _____
3. What problems might get in my way? _____
4. What can I do to fix the problem? _____

Confidence Level

1 2 3 4 5 6 7 8 9 10

Low

High

My reward for reaching my
goal _____

Bring to Class Next Week

- Written Goals
- Write down **Everything** you eat and drink for 2 days.
- For brownie points, **Measure** everything you eat and drink for 2 days.

