Diabetes/Pre-Diabetes Prevention and Management Week 4

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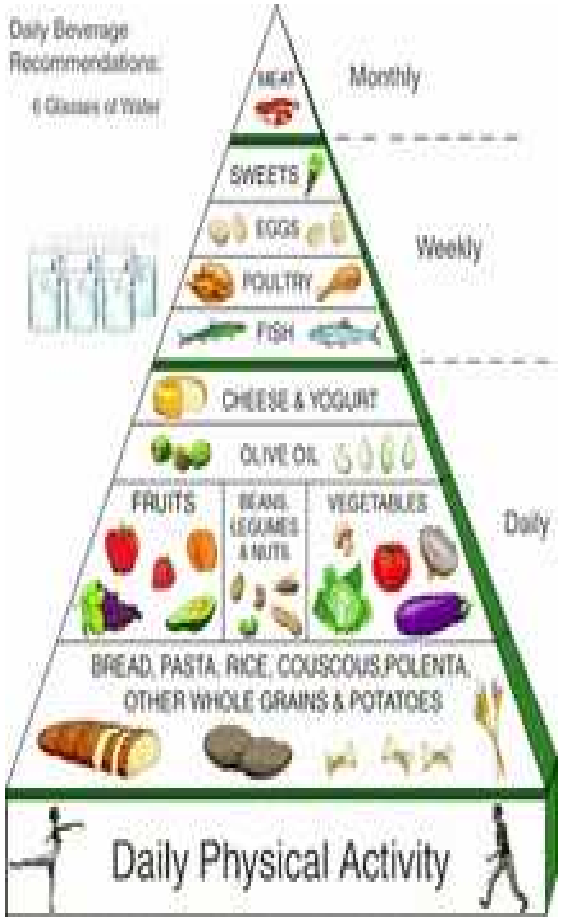
Internal Medicine Associates of Aiken

Heart Healthy Eating

Diabetes Increases Your Risk for Heart and Blood Flow Problems by 2 to 4 Times

Mediterranean Diet



Heart Healthy Eating

- Eat more vegetables, fruits, whole grains, legumes (lima beans, black-eyed peas, kidney/pinto/black beans) and nuts.

- Eat more fish, chicken and turkey

Heart Healthy Eating

- Eat less red meat, sugar-added drinks, sweets and desserts, and sodium

- Eat heart-healthy fats in place of not-so-healthy fats and carbs

Eat Healthy to Lower Blood Pressure

- Limit sodium intake to 1,500 to 2,300 mg per day
- Eat 5 to 9 servings of fruit and vegetables, 3 whole grains daily, plus low-fat dairy foods, legumes, and nuts.

Taste Buds Can Adapt!

- Use herbs and spices instead of salt
  - Garlic or onion powder, fresh or minced garlic or ginger, onion, Mrs. Dash
  - Salt-free lemon pepper, dill weed, oregano
  - May help lower your risk for heart disease & cancer: Tumeric, Cinnamon, Basil, Pepper, [illegible] ger.

Eat Less Sodium

Eat This	Instead of This
No Salt Added canned vegetables and tomato products, fresh or frozen vegetables.	Canned vegetables, tomato products and vegetable juices
Homemade meat broth, reduced sodium soups	Canned and packaged soup, gravy, broth and bouillon cubes
Fresh meats, poultry, and fish like salmon, roast beef, chicken	Processed meats and cheeses like ham, lunch meat, hot dogs, sausage, bacon.
Cook at home. Cut eating out by one day a week	Restaurant and fast foods, frozen dinners.

Eat Less Sodium

Eat This	Instead of This
Fresh fruit, vegetables, unsalted nuts for snacks	Salty snacks like chips, pretzels, pickles, salted nuts
Garlic/onion powder, herbs, no salt added spices, pepper, homemade salad dressing with olive oil	Seasoned salt, garlic/onion salt, soy sauce, bottled salad dressing
Quick-cooking grits and oatmeal	Instant grits and oatmeal

Sodium
Not over 600 mg per meal

Nutrition Facts

Serving Size 1 biscuit (58g)
Servings Per Container 12

Amount Per Serving	
Calories	170
Calories from Fat	60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**9%**
Trans Fat 3.5g	
Cholesterol 0mg	**0%**
Sodium 660mg	**28%**
Total Carbohydrate 23g	**8%**
Dietary Fiber less than 1g	**2%**
Sugars 2g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

* 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

Ingredients: Enriched Flour Bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), **Water, Partially Hydrogenated Soybean Oil, Baking Powder** (baking soda, sodium aluminum phosphate, sodium acid pyrophosphate), **Contains 2% or less of:** Sugar, Whey, Salt, Sodium Caseinate, DATEM, Wheat Protein Isolate, Cream, Natural Flavor, Artificial Color.

CONTAINS WHEAT AND MILK INGREDIENTS.

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Sodium: 600 mg/meal
2 ½ servings per can

Snacks: 150-200 mg/Serving

Adding Up Sodium

- Subway Total: 1010 mg sodium
  - 6” turkey breast sub = 810 mg
  - Baked Lays = 200 mg

- Meal at home Total: 222 mg sodium
  - 4 oz. roasted chicken = 84 mg
  - ½ cup corn flakes = 100 mg
  - 1 oz. skim milk = 16 mg
  - 1 cup frozen broccoli = 20 mg
  - ½ tsp. no salt added lemon pepper = 0 mg
  - ½ cup strawberries = 1 mg
  - 2/3 cup pasta with olive oil, Italian spices = 0 mg

Adding Up Sodium

- McDonald's Bacon Egg & Cheese Biscuit

  Total: 1,160 mg sodium

- Home meal Total: 371 mg sodium
  - 1 slice whole wheat toast = 150 mg
  - 1 Tablespoon salted peanut butter = 75 mg
  - 1 whole banana = 1 mg
  - 2 scrambled eggs = 145

Eat More Fruits and Vegetables to Lower Blood Pressure

Goal is 5 to 9 servings a day

1. Buy small bags of carrots to snack on
2. Add bell pepper slices to a sandwich
3. Take an apple with you to Mickey D's
4. Add 2 cups veggies (onions, carrots, celery, zucchini, bell pepper) [illegible] ut the meat by half

Tell Your Table Mate

I will eat _____ servings of fruit and _____ servings of vegetables a day.

Different Types of Fats in Foods

Eat Less:

1.Saturated Fat

2.Trans Fat

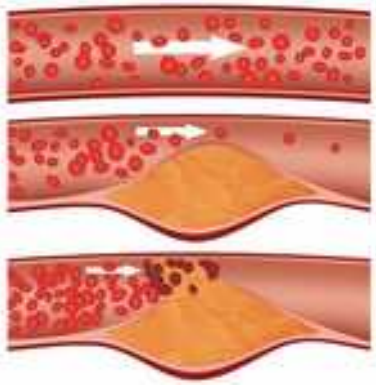
Eat More:

1. Unsaturated fats

Saturated Fat

- Not heart healthy- increases LDL

- Found in animal foods, coconut & palm oils



Eat Less Saturated Fat

Eat This	Instead of This
Eggs (not daily) or Egg whites	Bacon, sausage, ham
Fish	Red Meat – limit to 3 times a week. 1-2 per month if you can.
Chicken, turkey without skin	Chicken, turkey with skin
Vegetable, steak stir-fry	12 ounce steak
Homemade chicken or tuna salad, peanut or almond butter	Hot dogs, bologna, spam, salami, cold cuts

Eat Less Saturated Fat

Eat This	Instead of This
Canola, Olive, corn oil	Butter, palm oil, palm kernel oil, coconut oil
Tub, spray, trans-free margarine	Stick margarine
Low-fat plain yogurt (add lemon juice), hummus, guacamole, low-fat milk	Sour cream, cream cheese, ½ and ½, condensed milk
Olive oil and vinegar salad dressing, Italian salad dressing	Blue cheese and ranch salad dressing
Whole wheat bread, fruit and nuts, fudge bars	Biscuits, snack cakes, pies and cakes

Daily Saturated Fat Intake

- 1200 calories: 8 grams or less per day
- 1500 calories: 10 grams or less per day
- 1800 calories: 12 grams or less per day

Check Out the Saturated Fat

Nutrition Information

MARIE CALLENDER'S

Pot Pie: Chicken - 16 oz

Nutrition Facts

Serving Size 1 cup (200g)

Servings Per Container about 2

Amount Per Serving

Calories 380	Calories from Fat 190
	% Daily Value*
Total Fat 21g	32%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 740mg	31%
Potassium 220mg	6%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 11g	

Vitamin A 45%	Vitamin C 4%
Calcium 4%	Iron 15%
Vitamin E 10%	Riboflavin 20%
Niacin 15%	Vitamin B_6 30%
Folic Acid 15%	Vitamin B_{12} 15%
Phosphorus 10%	Selenium 20%

Product formulations and packaging may change. For the most current information regarding a particular product, please refer to the product package.

* Percent Daily Values (DV) are based on a 2,000

Frozen Entrees

- 350 to 500 calories (containing ½ cup fruit or vegetable, ½ cup whole grains, 5 grams fiber)
- If fewer calories, add fruit, vegetable, whole grain, and/or cup of low-fat milk
- No more than 2 grams saturated fat
- Not over 600 mg sodium


Nutrition Facts
Serving Size 1 Bar (83g)
Servings Per Container 1
Calories 300
Fat Cal. 200
% Daily Value*
Total Fat 22g 34%
Saturated Fat 13g 65%
Trans Fat 0g
Cholesterol 65mg 22%
Sodium 40mg 2%
Amount/Serving % Daily Value*
Total Carbohydrate 21g 7%
Dietary Fiber 1g 4%
Sugars 19g
Protein 5g
* 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
Vitamin A 8% • Vitamin C 0% • Calcium 10% • Iron 2%
INGREDIENTS: VANILLA ICE CREAM: CREAM, SKIM MILK, SUGAR, EGG YOLKS, VANILLA EXTRACT, MILK CHOCOLATE AND VEGETABLE OIL COATING WITH ALMONDS: MILK CHOCOLATE (SUGAR, WHOLE MILK POWDER, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), ALMONDS ROASTED IN VEGETABLE OIL (ALMONDS, SAFFLOWER OIL), COCONUT OIL.
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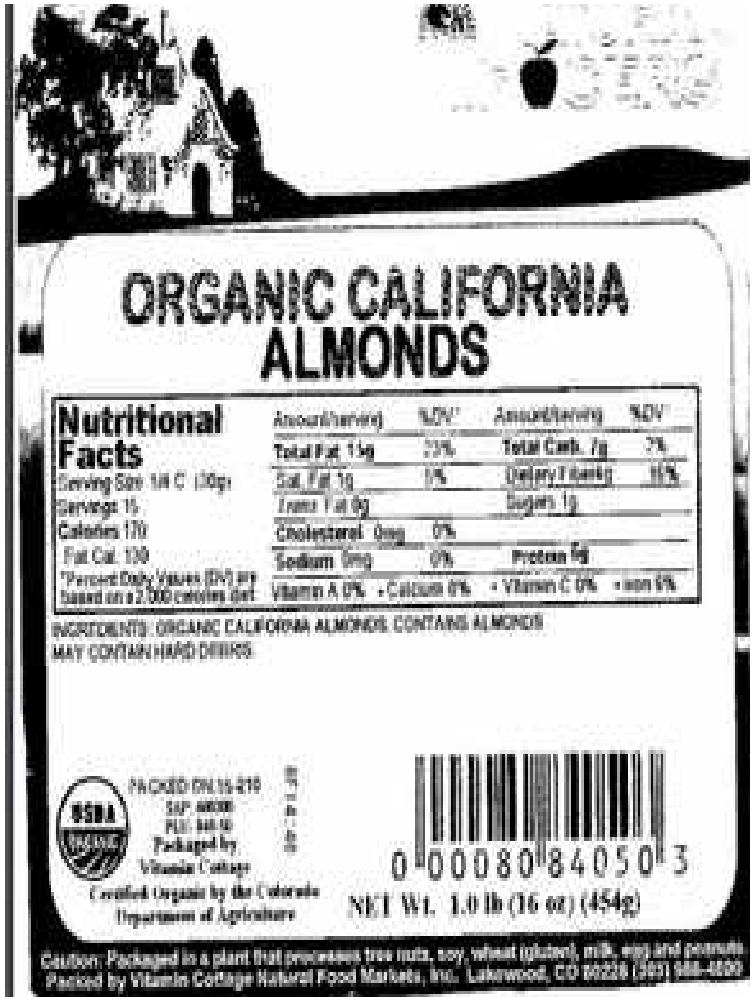
Check Out the Saturated Fat



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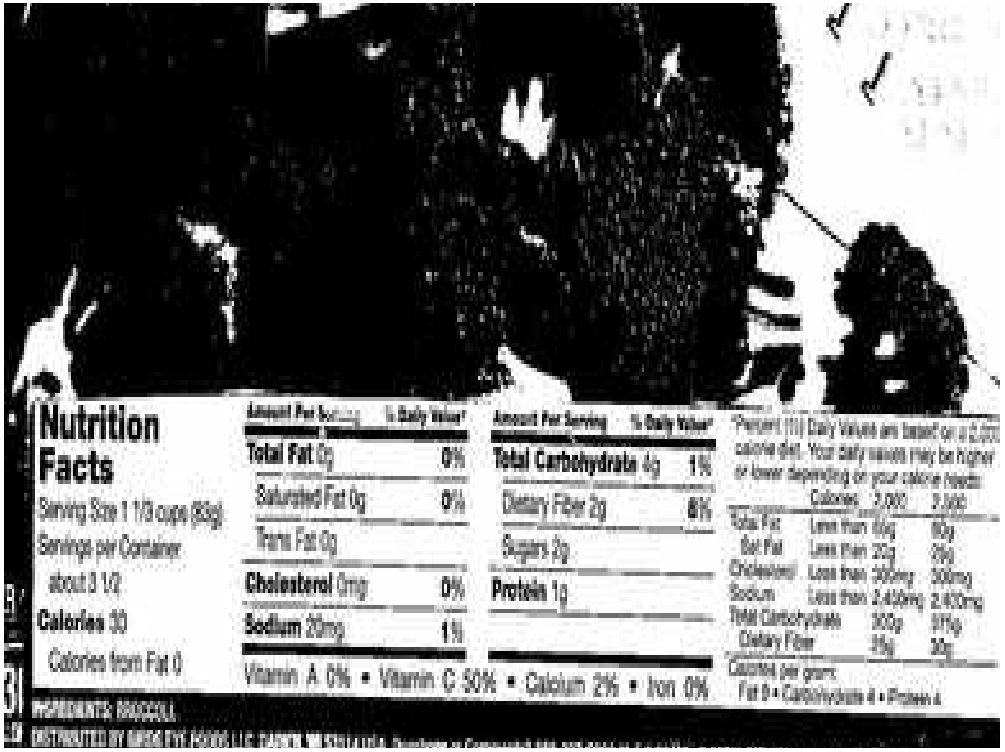


Trans Fat

Unhealthy for Anyone!

- Increase LDL, decrease HDL
- Processed foods like biscuits, crackers, cookies, stick margarine, fast foods, pies

H.A.L.T. Trans Fat

H = HDL (healthy cholesterol) goes down, LDL (lousy cholesterol) goes up

A= Associated with increased insulin resistance

L= Leads to increased risk for heart disease, stroke

T= Triggers Inflammation

How To Eat Less Trans Fat

- Use natural peanut butter
- Choose more fruits, vegetables, fresh meats and whole foods (fresh chicken instead of chicken nuggets)
- Avoid stick margarine: use low-fat tub, spray, squeeze/trans-free
- Use olive and canola oil

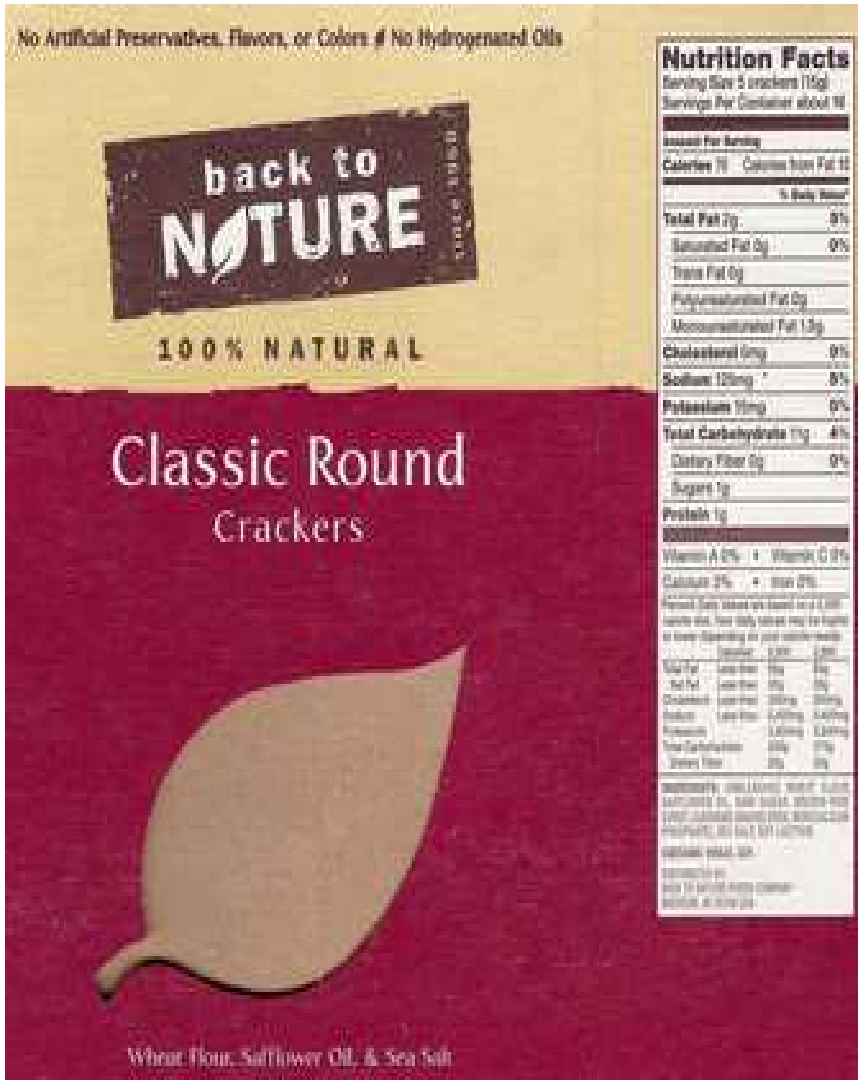
Reading Food Labels for Trans Fats

Eat as little as you can. Try for “0” grams a day.

Reading Food Labels for

The higher the words “partially hydrogenated oil” are on the list, th
Fats the food contains. Partially hydrogenated = Trans Fat

Food Labels: Trans Fat



Ingredients: unbleached wheat flour, safflower oil, raw sugar, brown rice syrup, leavening (baking soda, monocalcium phosphate), sea salt, soy lecithin

Food Labels: Trans Fat

Corn Syrup, Enriched Bleached Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamin Mononitrate [vitamin B1], Riboflavin [vitamin B2], Folic Acid), Partially Hydrogenated Soybean and Cottonseed Oil with Tbhq to Preserve Flavor, Dextrose, whole Grain oats, Water, Sugar, Molasses, Raisins…

Stand Up and Move Every 30 Minutes!

Eat Unsaturated Fats in Place of Saturated Fats

- Corn, soybean, and sunflower oils
- Olive & canola oil, high oleic sunflower oil
- Peanut and almond butter
- Olives, Avocado, Nuts, and Seeds

Add Heart-Healthy Fats

- Use canola or olive oil in cooking
- Add olives, nuts, or seeds to cereals, yogurt, salads, stir-fries or wraps
- Have a peanut butter toast for breakfast

Add Heart-Healthy Fats

- Replace bacon or cheese on sandwiches with avocado

- Try a peanut butter sandwich instead of a bologna sandwich

Eat Fish at Least Twice a Week

- Fatty fish like salmon, mackerel, herring, rainbow trout & sardines are great!

- Plant sources: flaxseed & canola oil, walnuts, chia and ground flax seeds

Margarine vs. Butter

- Butter has more saturated fat and contains cholesterol. No additives.

- Margarine contains no cholesterol but may contain trans fat. Has additives.

Margarine

- Buy tub, squeeze or spray. No stick!
- Whipped, light, will have less fat/calories (may not work for baking)
- Less than 2 grams saturated fat/serving 
- Use vegetable oil (olive, canola, corn, soybean) instead of margarine or butter whenever possible

Recommended Margarines

-Benechol

-Fleishman's Original Soft Spread

-Promise Buttery Spread, Light Spread, and Active Light

-Can't Believe It's Not Butter, Light

-Parkay Original Light

-Country Crock Original, Light, Churn Style, Added calcium and vitamin D

Love your Legumes

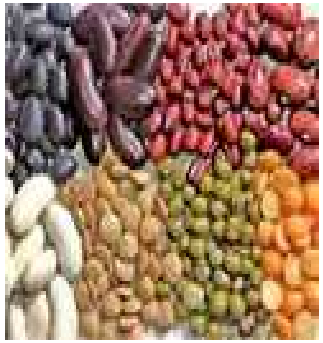
- Black-eyed peas, butter beans, black and pinto beans, chick peas, lentils
- May help lower LDL-cholesterol, blood sugar, and blood pressure.
- Help you feel full. Slow carbs.
- High in fiber, contain prebiotics and protein.
- To help with gas: cook until well done. If canned, rinse, drain, and cook in new water.

Love Your Legumes

- Add black beans to eggs
- Hummus or other bean spreads (add spices, lemon or lime, onion)-eat with veggies, sandwich
- Make tacos, burritos with black or kidney beans
- Throw in beans in your soups, salad or pasta or smoothie (cooked white or chickpeas).
- Puree leftover cannellini or navy beans, freeze in ice cube trays. Add later to soups, sauces, mashed potatoes.

Summary: Eat These Heart Healthy Foods More Often

- Fruits/vegetables, whole grains
- Avocados, olives
- Nut & seeds; peanut butter
- Starchy beans and peas (black-eyed peas, pinto, navy, black, kidney beans), soybeans
- Canola or olive oils
- Fish: at least twice a week



Meal Makeover for Breakfast

Standard:	Healthier:
2 scrambled eggs	1 egg scrambled with ¼
2 slices bacon	diced avocado
2 slices toast	1 slice toast
1 tablespoon butter	1 tablespoon almond butter
1 tablespoon jelly	1 cup fat-free Greek yogurt
	with 1-2 Tablespoons
	chopped walnuts

Meal Makeover for Lunch

Standard	Healthier
2 slices white bread	2 slices whole grain bread
Breaded chicken patty	3 oz. chicken breast
1 Tablespoon Mayo	1 Tablespoon light Mayo
1 slice cheddar cheese	sliced avocado
2 ounces potato chips (30)	1 oz. unsalted almonds (23)

Summary: Food Labels

- Total Carbs
- Sodium: less than

600 mg per meal

- Eat Less

Saturated Fat

- No trans fat

Move More

- Walk over and talk to someone instead of emailing or texting them
- Take the long way around
- Stand or walk around while on the phone
- Get rid of the remote
- Use the stairs
- Park farther away

Move More

- How often do you sit for hours at a time? (watching TV, binge watching, on the computer, computer games, sitting at your desk)

- Ge  every 30 minutes!!

The Biggest Risk of Exercise is not Starting!!

How To Start Working Out When You Don't Want To

1. Commit to consistency: pick certain dates and times. "I will walk 20 minutes on Monday, Wednesday, Friday."
2. Take little steps: gradually increase your time.
3. It doesn't have to be all at once. Walk 10 minutes in the morning and 10 minutes in the evening.

How To Start

4. Be social.
5. Make it convenient and affordable.
6. Avoid injury (impact and skill).
7. Pick something fun – dancing, hiking.
8. Walking is great, and is free.

Benefits of Exercise

- Better blood sugar control
- Improves heart health
- Helps you lose weight
- Lightens your load (stress relief, better mood)
- Better sleep
- Helps your insulin work better

Be Set For Success

- Walk 10-15 minutes after meals.
- Spread your exercise over at least 3 days in the week.
- Don’t go more than 2 days without exercise.
- You may not need as much

  diabetes medicine (call Dr.)

Remember

- Check with your doctor before you start an exercise program
- Drink plenty of fluids
- Warm-up and cool-down
- Carry fast-acting sugar and medical I.D. with you
- Wear supportive shoes and socks that fit
- Don’t exercise if blood sugar is 100 or less (have a snack and recheck blood sugar, make sure it’s over 100) or over 300.

Score Your Food Logs: Add Total

Add Points for Each Serving	Nuts or olive oil +3
Fruit +1	Didn't eat out in 2 days +3
Low-carb vegetable +2	Ate a smaller portion than usual +3
Whole grain +1	Physical Activity +4
Fish +2	Starchy beans or peas +4

Score your Food Logs

Subtract for Each Serving	
Bacon or sausage -1	Out to eat more than once in 2 days -3
Deep-fried food -2	Ate too much of any food -3
Biscuit/snack cake/chips/donut	No physical activity -4
Sugar-added beverage	Ate Easter candy before Easter -4
Lunch meat/cold cuts/ham/hot dogs -3	

Score Your Logs. Who Has the Highest Score?

- 20 or higher: Excellent job. Keep up the good work

- 14 to 19: Great effort. Keep making gradual changes.

- 8 to 13: You'll get there, don't give up! Set goals, start walking.

- 7 or less: Ask for help. Have your doctor to refer you to a Registered Dietitian.

Thank you for Coming!!

Eat Healthy and Happy Spring