

Diabetes/Pre-Diabetes
Prevention and Management
Week 4

Cheryl Mehta, RD, LD, CDE

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, Salt-free Lemon Pepper, and Ginger.**



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	90		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 2g	4%		
Trans Fat 3.5g			
Cholesterol 0mg	0%		
Sodium 590mg	23%		
Total Carbohydrate 23g	8%		
Dietary Fiber less than 1g	2%		
Sugars 3g			
Protein 4g			
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 6%			
*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your eating habits.			
	Dietary	2,000	2,500
Total Fat	Less than	65g	65g
Sat Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		28g	31g
Dietary Fiber		25g	25g

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

Healthy Request® Tomato Soup



Nutrition Facts*
Amount Per Serving (serving size) = 1/2 cup (120 ml) condensed soup

Calories 90	Dietary Fiber 1g
Fat Calories 15	Sugars 10g
Total Fat 1.5g	Protein 2g
Sat. Fat 0.5g	Potassium 700mg
Trans Fat 0g	
Polyunsat. Fat 0.5g	% Daily Values**
Monounsat. Fat 0g	Vitamin A 8%
Cholesterol 0mg	Vitamin C 10%
Sodium 410mg	Calcium 0%
Total Carb. 17g	Iron 0%

* The nutrition information contained in this list of Nutrition Facts is based on our current data. However, because the data may change from time to time, this information may not always be identical to the nutritional label information of products on shelf.

** % Daily Values (DV) are based on a 2,000 calorie diet.

Low in Saturated Fat & Cholesterol

CERTIFIED BY
American Heart Association
heartcheckmark.org



[← Back to products](#)

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) to a sandwich. Cut 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



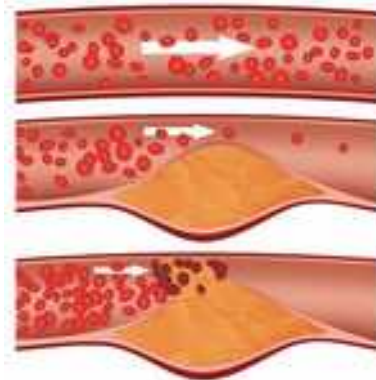
Eat More:

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 180

% 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 B₆** 30%

Folic Acid 15% **Vitamin B₁₂** 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 $\frac{1}{2}$ cup fruit or vegetable, $\frac{1}{2}$ 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

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 22g	34%	Total Carbohydrate 21g	7%
Saturated Fat 13g	65%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 19g	
Cholesterol 65mg	22%	Protein 5g	
Sodium 40mg	2%		

* Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 30g	35g
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.

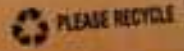
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Check Out the Saturated Fat

Nutrition Facts
 Serving Size 5 pieces (39 g)
 Servings Per Container about 2

Amount Per Serving
Calories 170 **Calories from Fat** 110

	% Daily Value*
Total Fat 12 g	18%
Saturated Fat 5 g	25%
Cholesterol less than 5 mg	1%
Sodium 135 mg	5%
Total Carbohydrate 23 g	8%
Dietary Fiber 1 g	4%
Sugars 0 g	
Lactitol 19 g	
Protein 2 g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: LACTITOL; PEANUTS*; CHOCOLATE; COCOA BUTTER; CORNSTARCH; PEANUT MILK*; CONTAINS 2% OR LESS OF POLYDEXTROSE, PARTIALLY HYDROLYZED SOYBEAN AND COTTONSEED OILS, SALT, CREAM*, SOY LECITHIN AND POPPY AS EMULSIFIERS, NATURAL AND ARTIFICIAL FLAVOR, TBHQ, A PRESERVATIVE, AND SUCRALOSE. (D) D

*ADDS A NEGLIGIBLE AMOUNT OF SUGAR

EXCESS CONSUMPTION MAY HAVE A LAXATIVE EFFECT

ORGANIC CALIFORNIA ALMONDS

Nutritional Facts
 Serving Size 1/4 C (30g)
 Servings 15
 Calories 170
 Fat Cal. 100

Amount/serving	%DV*	Amount/serving	%DV
Total Fat 14g	28%	Total Carb. 7g	7%
Sat. Fat 1g	2%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholesterol 0mg	0%	Protein 6g	
Sodium 0mg	0%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
 Vitamin A 0% • Calcium 0% • Vitamin C 0% • Iron 0%

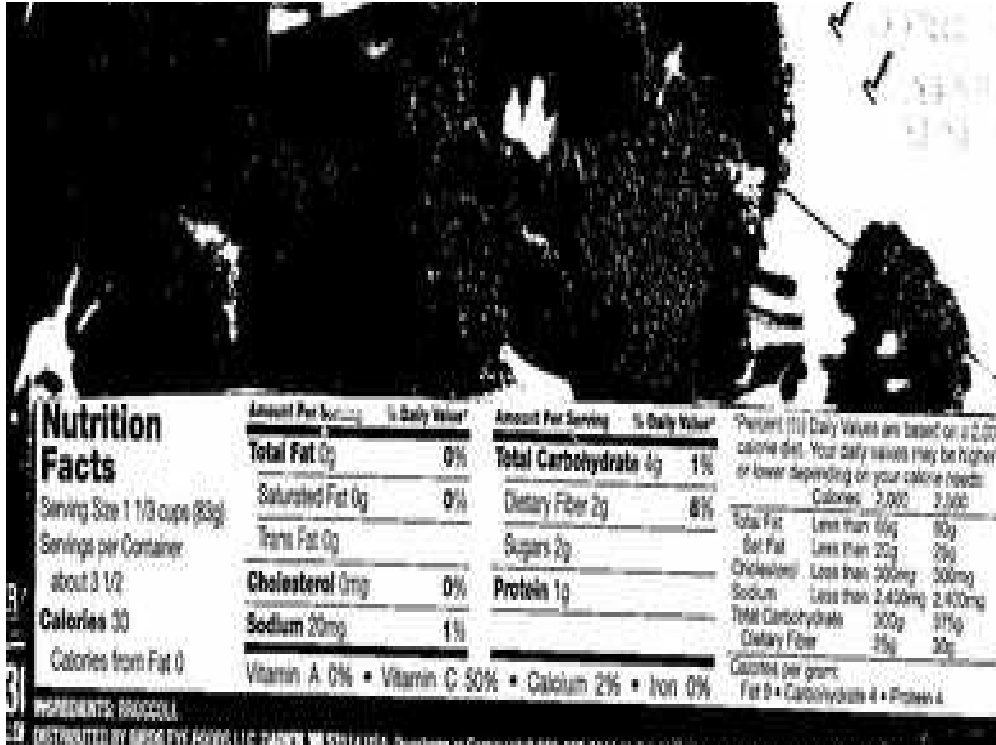
INGREDIENTS: ORGANIC CALIFORNIA ALMONDS. CONTAINS ALMONDS. MAY CONTAIN HARD DEBRIS.

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Caution: Packaged in a plant that processes tree nuts, soy, wheat (gluten), milk, egg and peanuts.
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Check Out the Saturated Fat



Nutrition Facts

Serving Size 1 1/3 cups (83g)
Servings per Container about 3 1/2
Calories 30
Calories from Fat 0

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 4g	1%
Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	Protein 1g	
Sodium 20mg	1%		

Vitamin A 0% • Vitamin C 50% • Calcium 2% • Iron 0%

Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs:
Calories 2,000 2,000
Total Fat Less than 65g 65g
Saturated Fat Less than 20g 20g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 315g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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



Nutrition Facts

Serving Size 1 biscuit (53g)
Servings Per Container 12

Amount Per Serving

Calories 170
Calories from Fat 90

% Daily Value*

Total Fat 7g 11%

Saturated Fat 2g 4%

Trans Fat 3.5g 7%

Cholesterol 0mg 0%

Sodium 500mg 23%

Total Carbohydrate 23g 8%

Dietary Fiber less than 1g 2%

Sugars 2g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a diet of other people's secrets.
Percent Daily Values are based on a diet of other people's secrets.

		Calories	1,000	2,000
Total Fat	Less than	50g	60g	60g
Sat Fat	Less than	2g	25g	25g
Cholesterol	Less than	300mg	300mg	300mg
Sodium	Less than	2,400mg	2,400mg	2,400mg
Total Carbohydrate		30g	37g	37g
Dietary Fiber		2g	2g	2g

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

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 Margarine

- 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:

2 scrambled eggs

2 slices bacon

2 slices toast

1 tablespoon butter

1 tablespoon jelly

Healthier:

1 egg scrambled with $\frac{1}{4}$

diced avocado

1 slice toast

1 tablespoon almond butter

1 cup fat-free Greek yogurt

with 1-2 Tablespoons

chopped walnuts

Meal Makeover for Lunch

Standard

2 slices white bread

Breaded chicken patty

1 Tablespoon Mayo

1 slice cheddar cheese

2 ounces potato chips (30)

Healthier

2 slices whole grain bread

3 oz. chicken breast

1 Tablespoon light Mayo

sliced avocado

1 oz. unsalted almonds (23)



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)

- Get up 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

