

Prevent & Manage Diabetes: Healthy Food & Exercise Habits

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Healthy Lifestyle

*Finding the balance between
healthy food choices & physical activity*



Food:

- Healthy, well balanced choices from food groups
- Portion control



Physical activity:

- Daily movement– strength, balance, flexibility

What is Diabetes?

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal.

Type 2:

- The most common form of diabetes (95% of people with diabetes)
- Your body does not use insulin properly. This is called insulin resistance.
- Over time you can't make enough insulin to keep your blood glucose at normal levels.

Prediabetes: blood glucose levels are higher than normal, but not high enough to be classified as full-blown diabetes.

Type 1:

- Diagnosed in children and young adults (5% of people with diabetes)
- The body does not produce insulin.

Gestational:

- Diabetes during pregnancy

DIABETES

34.2
MILLION

34.2 million
people have
diabetes



PREDIABETES

88
MILLION



1 in 10 people have diabetes
1 in 3 adults have prediabetes

Prevalence in Seniors: The percentage of Americans age 65 and older remains high, at 26.8%, or 14.3 million seniors (diagnosed and undiagnosed).

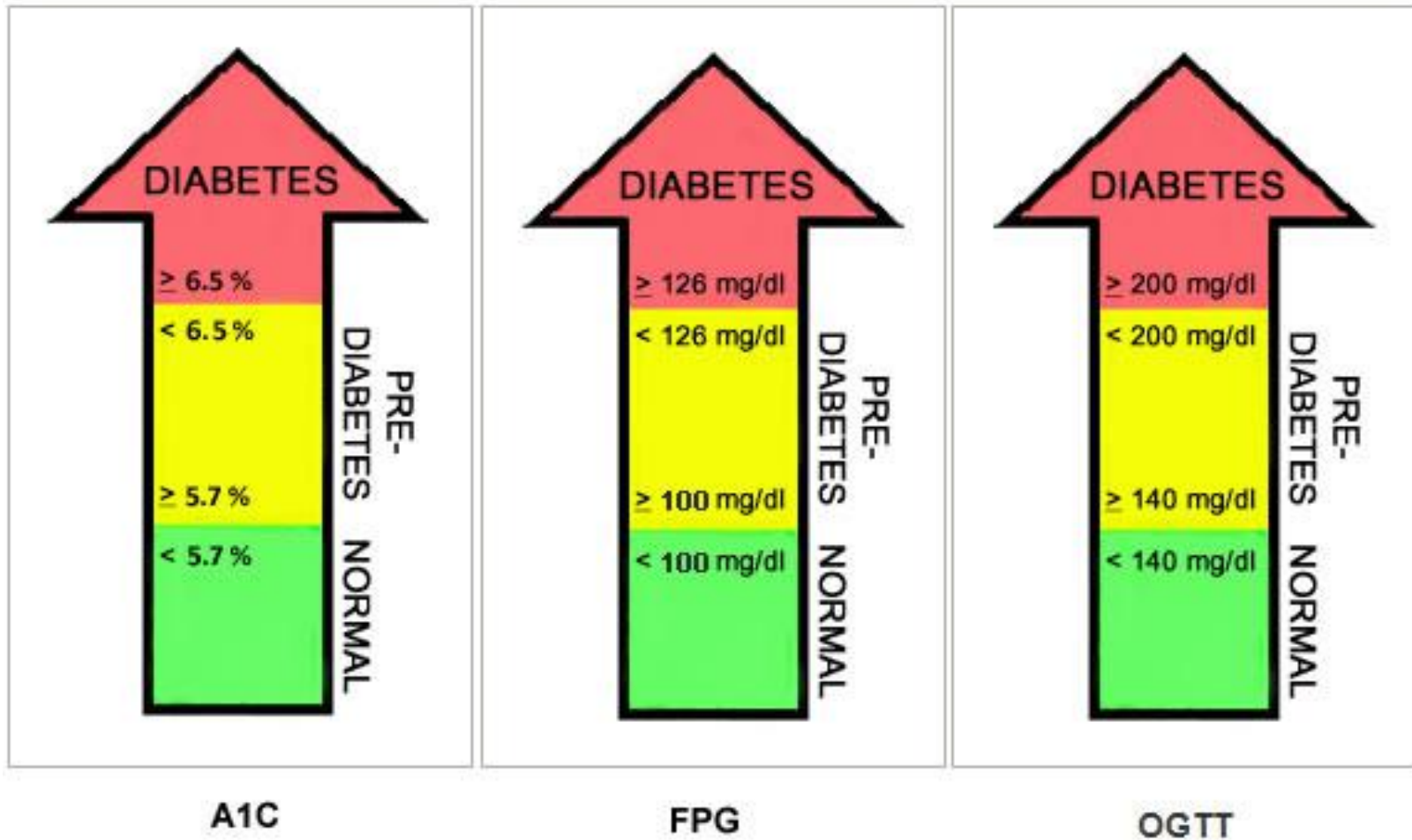
Symptoms & Complications

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)



Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Diagnosing Diabetes



Living with Diabetes

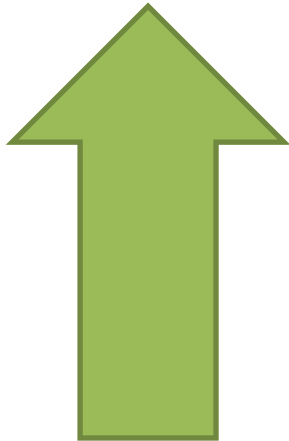
There is no cure for diabetes, but it can be managed. **Balancing the food you eat with exercise and medicine** (if prescribed) will help you control your weight and can keep your blood glucose in the healthy range.



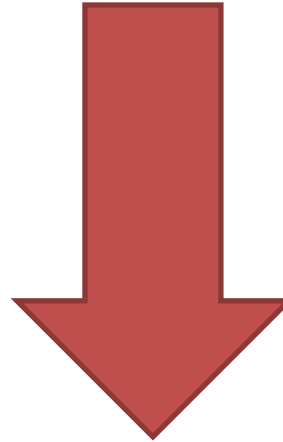
This can help prevent or delay complications. Many people with diabetes live long and healthful lives.

Balancing your Food

**Eat more whole foods and limit highly processed foods.
This will control blood sugars and may prevent and/or manage diabetes.**



- Vegetables
- Fruits
- Lean Protein
- Whole Grains
- Dairy/Dairy Alternatives



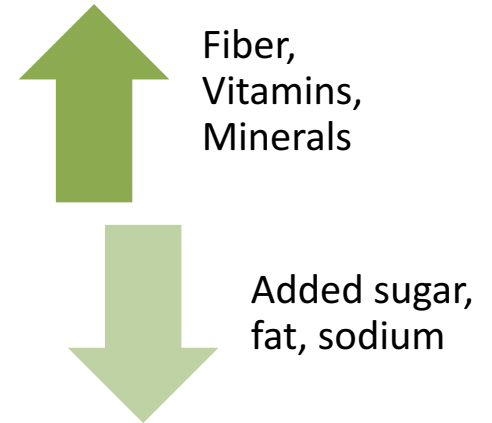
- Junk foods
- Desserts
- Sugary drinks



“Whole” vs “Processed” Foods

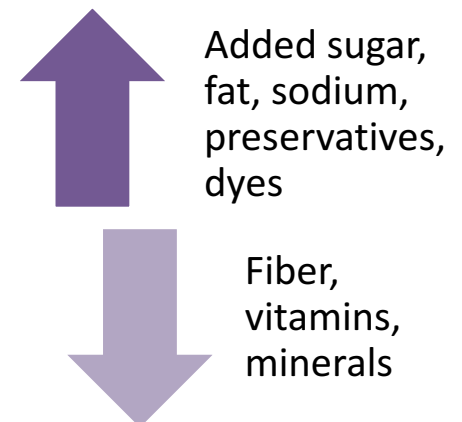
Whole Foods = Nutrient dense

- Made of one ingredient. Has nothing added to it or taken from it.
- A food in the form that nature intended it to be



Processed Foods = Energy dense

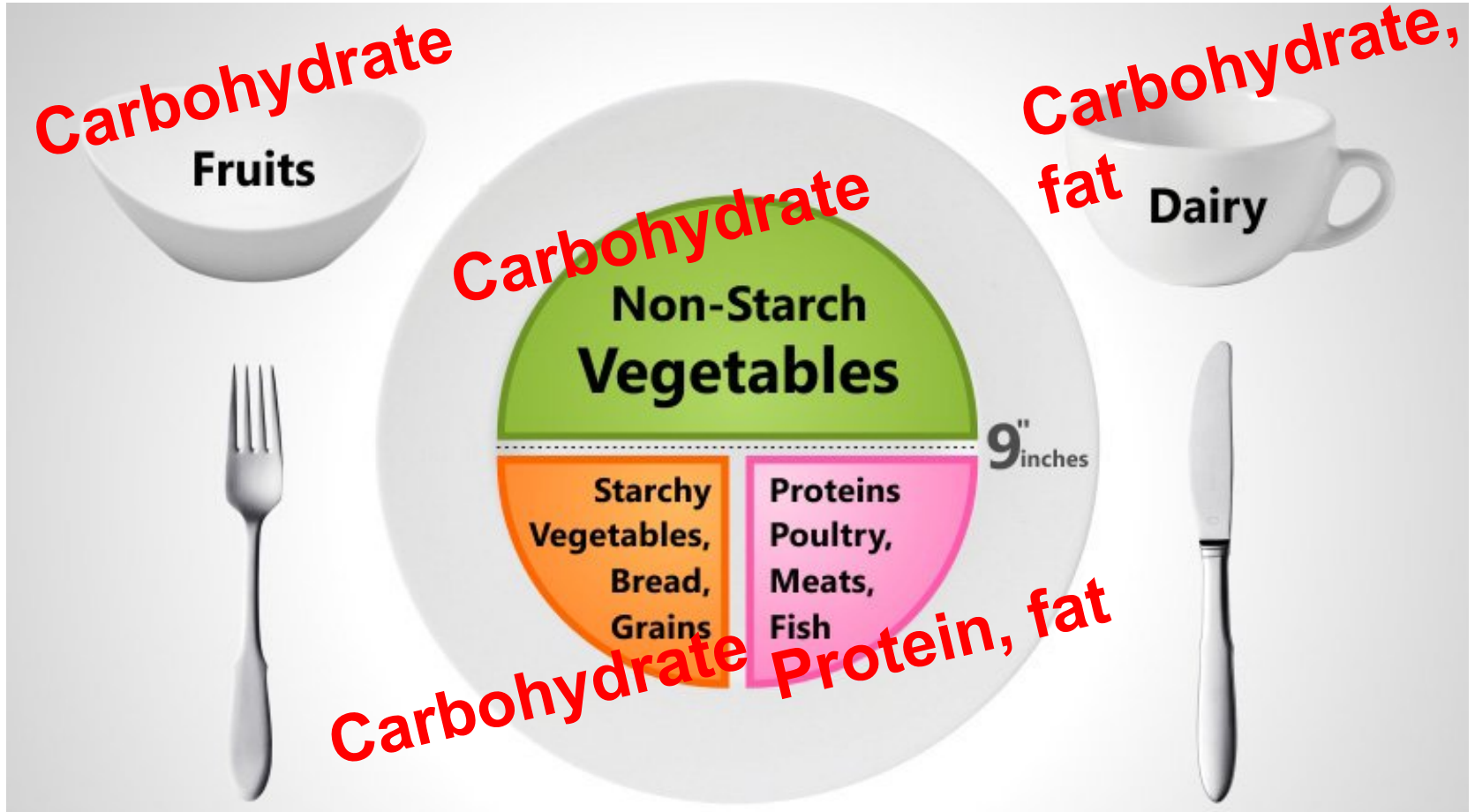
- Has more than one ingredient
- Altering the form it is found in nature, by adding or taking nutrients away.



Macronutrients = Energy

- **Carbohydrates**- break down into “sugar (glucose)” in the body. Will raise blood sugar levels.
 - Grains/starches
 - Starchy vegetables
 - Fruits
 - Dairy
 - **Non-starchy vegetables- do not raise blood sugar levels*
- **Protein** – will mildly raise blood sugar levels
 - Poultry, meats, fish
- **Fat**- does not raise blood sugar levels
 - oils

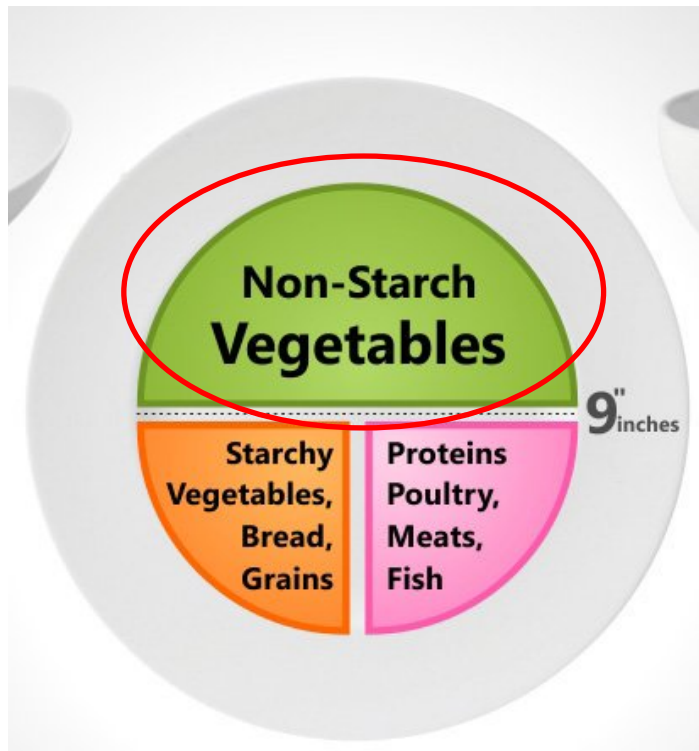
Focus on Portions



Use the “Plate Method”

Vegetables = Healthy Carbohydrates

These foods have little effect on blood sugar



- **Make ½ your plate vegetables. Try to aim for both main meals (lunch and dinner)**
- **Choose Non-Starchy Vegetables: all except for peas, corn, potatoes, beans and butternut squash**
- Full of nutrients: folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K, iron, calcium.
- Vegetables are low in calories, high in fiber: helps with weight loss, slows down rise in blood sugar level.

Vegetables

LIMIT

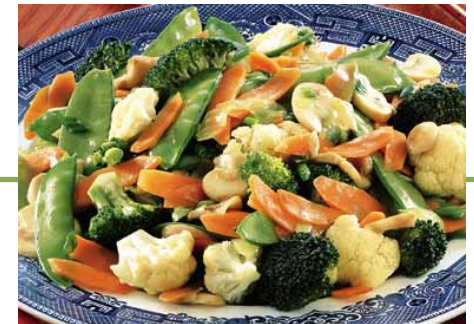
- Potato chips
- Vegetable “chips”
- High sodium vegetable juices

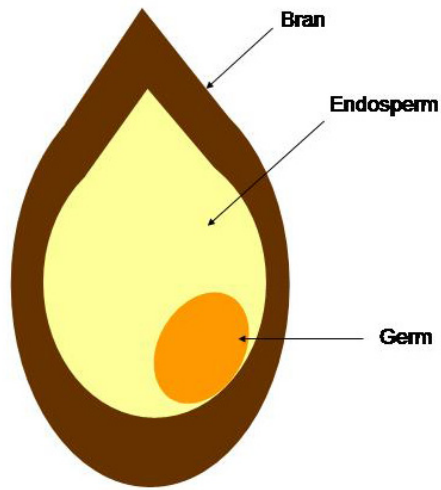


EAT MORE

- Fresh vegetables
- Frozen vegetables
- Low sodium canned vegetables
- Low sodium vegetable juices

Eat 2-3 servings of vegetables per day

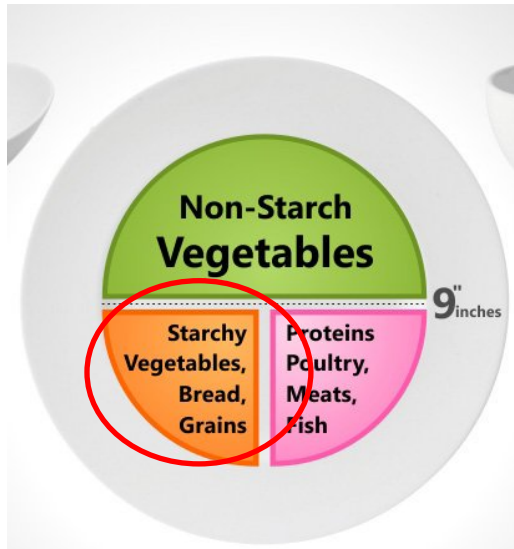




Whole Grains & Starches = Healthy Carbohydrates

These foods raise blood sugar

- Make $\frac{1}{4}$ plate whole grains and starches
- About $\frac{1}{2}$ to 1 cup serving per meal
- Choose whole grain vs refined grains (whole grain has more fiber, raises blood sugar more slowly)
- Contain more vitamins B, iron, folate and fiber than refined grains



Whole Grains and Starches

LIMIT

- white rice
- white breads
- Sweet cereals
- pastries, cakes
- Cookies

*Too much grains can raise blood sugar levels

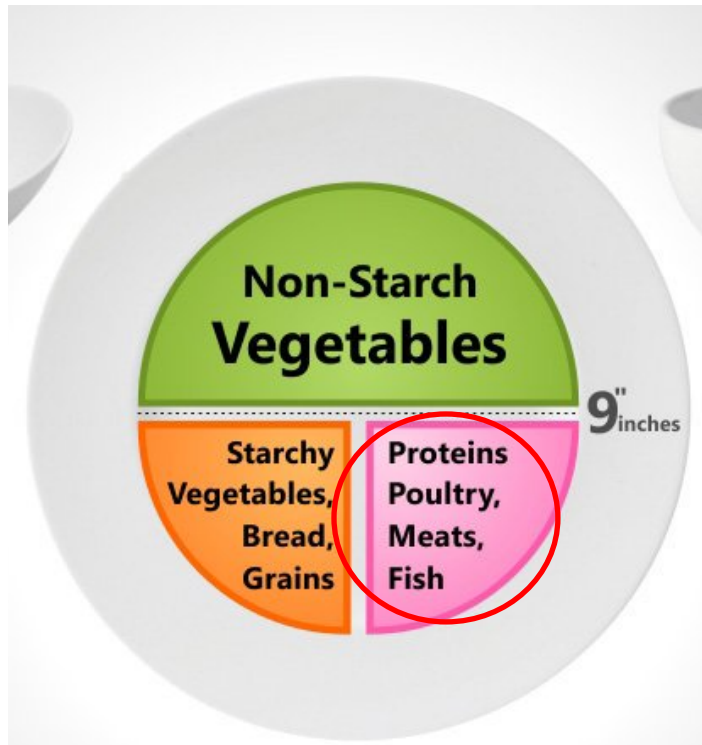
EAT ½ to 1 CUP PER MEAL

- brown rice, wild rice
- whole grain cereals (oatmeal, bran flakes)
- whole grain crackers (2-3)
- Whole grain bread (1 slice)
- corn, peas, potatoes, sweet potatoes



Protein

These foods slightly raise blood sugar



Make 1/4 plate lean protein

Eat about 3-4 oz (palm size) per meal

Building block of tissues, maintain lean muscle mass

Contain richer sources of iron, zinc, vitamin B12

Protein

LIMIT

- bacon, sausage, spam
- Fried chicken, fried fish
- hot dogs, salami

EAT 3-4 OZ PER MEAL

- Chicken, lean pork, turkey, lean beef
- Fish and seafood
- Eggs
- tofu, edamame
- Nuts, peanut butter
- Beans, lentils



Fruit = Healthy carbohydrates

These foods raise blood sugar, but are high in fiber and vitamins as well

Aim for 2-3 servings fruit per day

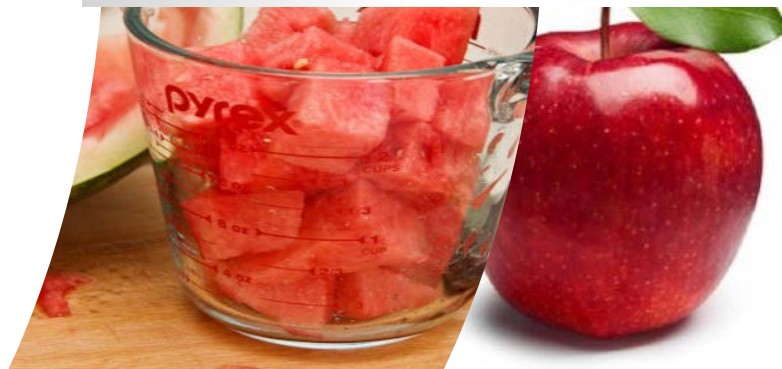
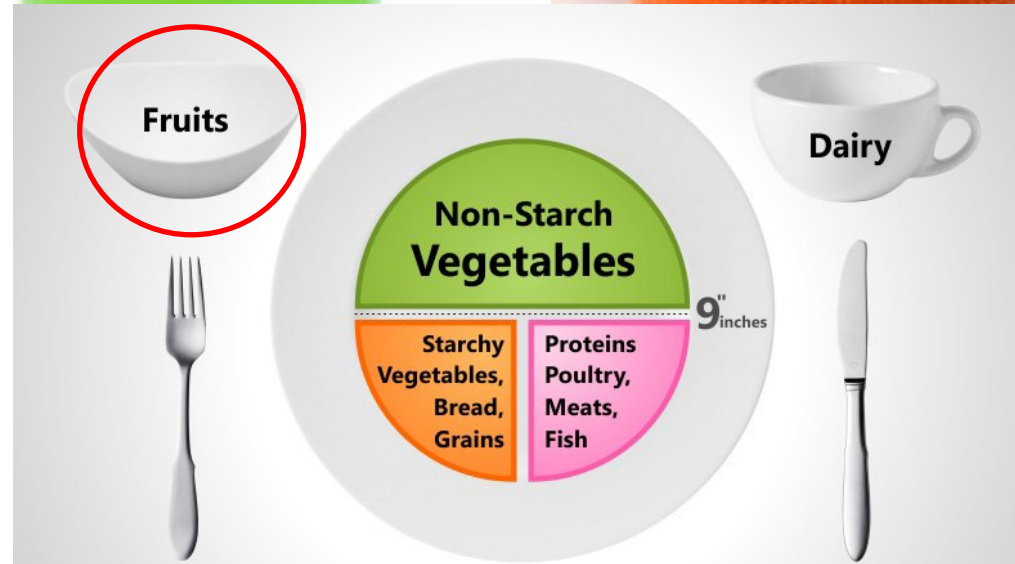
Popular for breakfast, snacks and after dinner treat

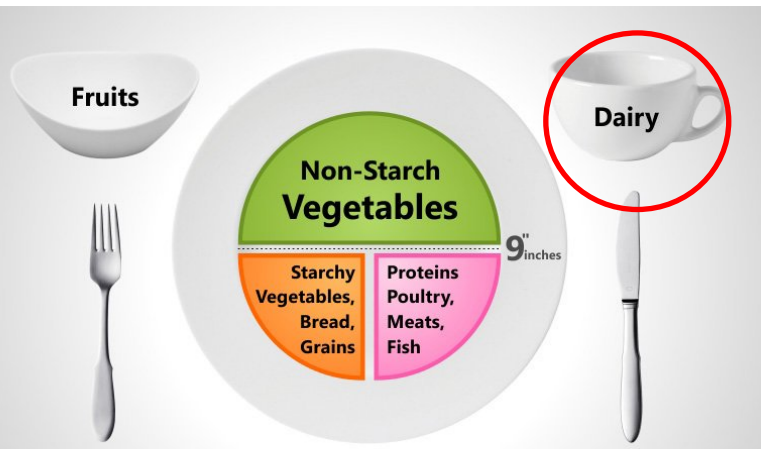
1 serving =

- 1 small round fruit (orange or apple)
- 1 cup of berries or melon
- ½ large banana

LIMIT

- Fruit Juices
- Fruit flavored desserts
- Sorbet
- Fruits canned in heavy syrup





Dairy/Dairy Alternatives = Healthy Carbohydrates

Cow's milk dairy raises blood sugar. Dairy alternatives may or may not

- Eat 2-3 servings per day
- Source of protein, carbohydrates, potassium, calcium and vitamin D
- Cows milk, soy milk, almond milk, yogurt, cheese, cottage cheese, string cheese
- Dairy has the highest sources of calcium and vitamin D of all food choices. Vitamin D is essential for bone health and immunity.
- Watch for added sugars in dairy alternatives



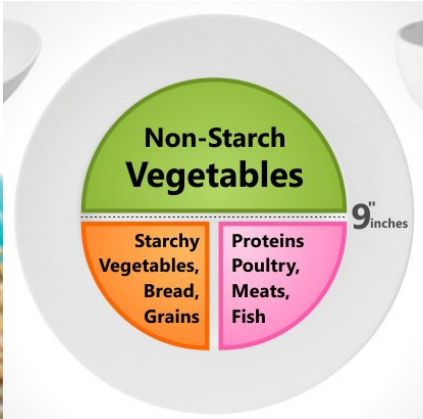
Include Healthy Fats



- Fats do not raise blood sugar
- Improve blood cholesterol levels
- Lower risk of heart disease
- Support heart health

- Plant Based oils- olive, canola, vegetable, avocado, sesame
- Smart Balance, Earth Balance, Benecol
- Nuts, Seeds, Avocados, Flax seeds, chia seeds
- Fatty Fish- salmon, tuna, sardines





a healthy way and Portions are base

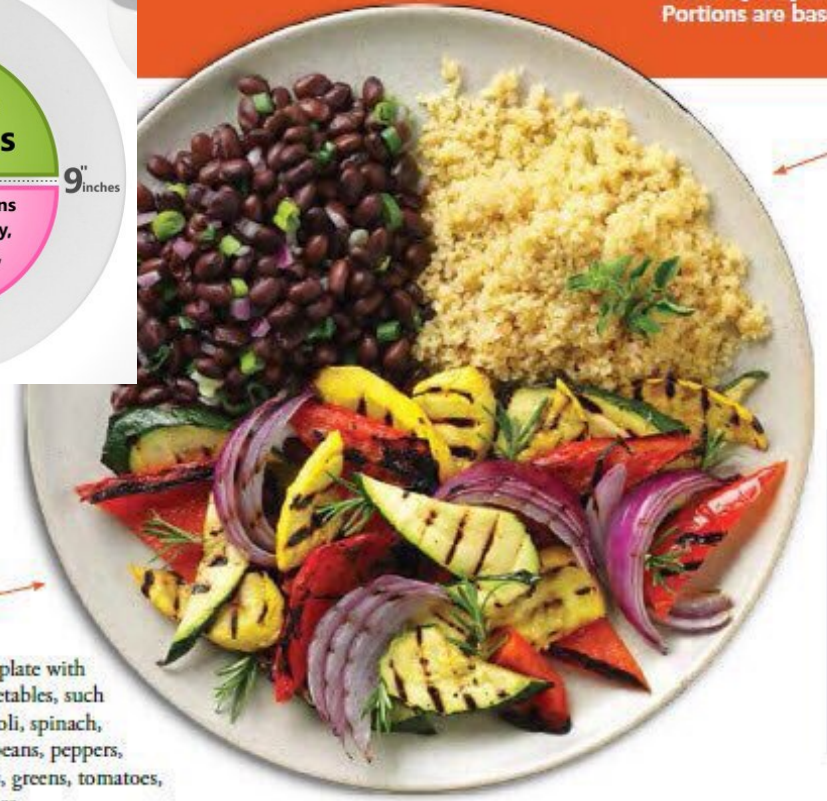
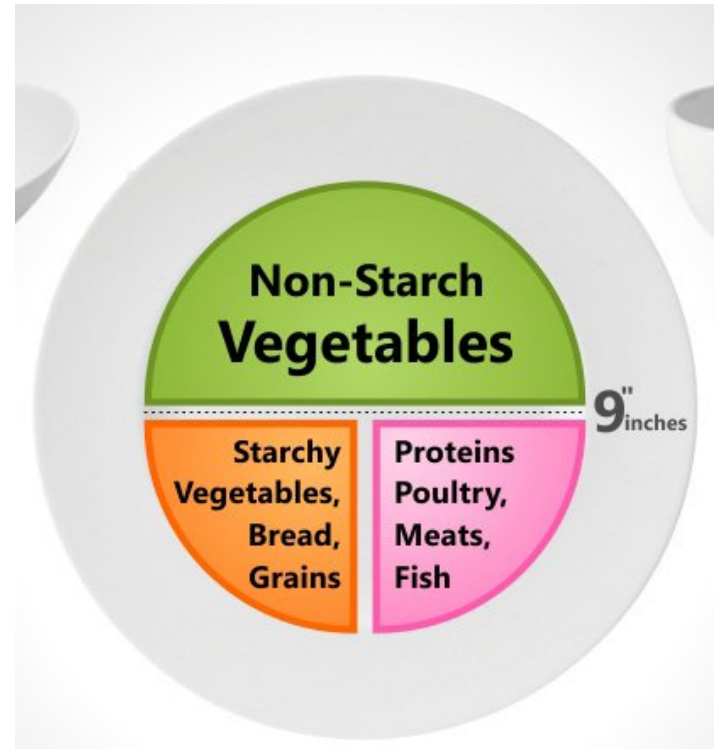


plate with vegetables, such as zucchini, spinach, beans, peppers, onions, greens, tomatoes, etc.







Healthy Snack Ideas



Highly Processed Foods and Drinks = Unhealthy carbohydrates



These foods quickly raise blood sugar

- Cakes, cookies, pastries, and donuts
- Sodas and juice drinks
- Pizza, chips
- Ice cream/Candy
- Sausages, hot dogs, bacon, and ribs
- Butter
- Fried foods



Food and Exercise choices can affect your risk of disease

Losing 5% of your current body weight can lower your risk of developing prediabetes and type 2 diabetes.

Exercise 30 minutes per day to lower blood sugar levels

Walking after a meal can lower post meal blood sugar levels

Exercise to:

- Build muscle and bone strength
- Get energy
- Sleep better
- Feel more confident



Physical Activities

Make it fun and make it your own!



Walking



Chair Exercises



Gardening



Water Aerobics



Stretching



Outdoor Sports

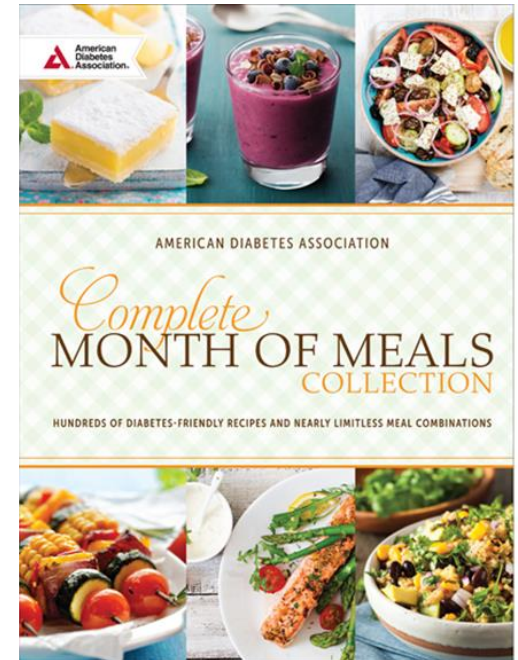
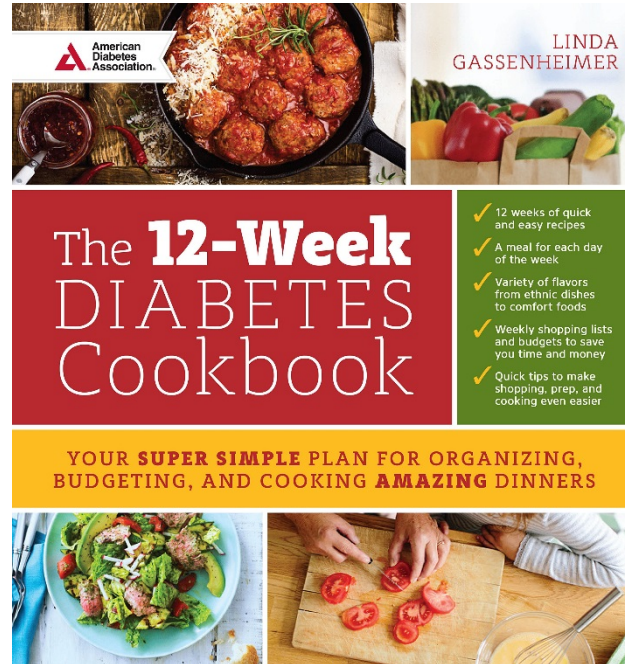
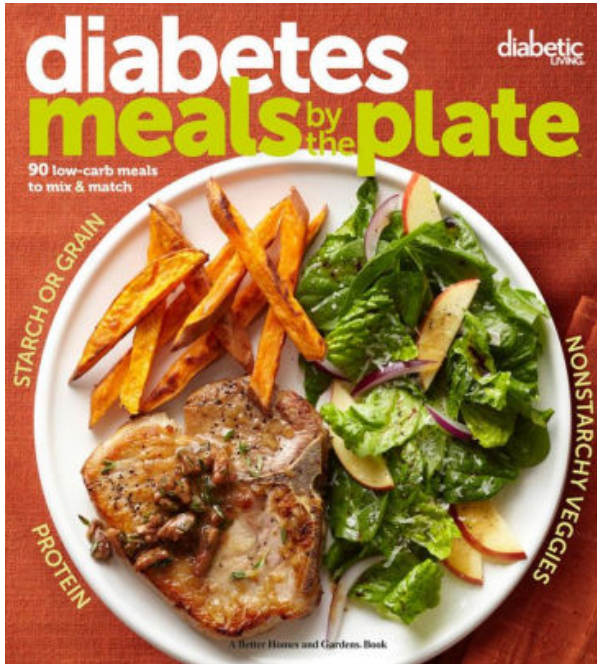


Household
chores



Yoga/Tai Chi

Resources



www.eatright.org



www.diabetes.org



Outpatient Nutrition Counseling



Personalized nutrition education and counseling at
Huntington Hospital

- Crystal Kwan, MPH, RD, CDCES
Registered Dietitian
- **Call: (626) 397-5600 x6**
- **Fax: 626-397-2217**

www.huntingtonhospital.org/Nutritioncounseling