

.....Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Nutrition for Diabetics

Diabetes is properly managed by balancing one's food intake throughout the day, adequate medication, and activity. This keeps one's blood glucose levels as normal as possible.

Carbohydrates do not need to be completely restricted, but intake needs to be monitored daily.

Some foods with low carbohydrate content include lean meats, eggs, green leafy vegetables, nuts, seeds, oils, and some fruits such as berries.



Pixabay.com: Rita E. photographer)

Weekly Challenge

Try consuming protein sources and healthy fats during every meal. This will help manage and balance your carbohydrate intake throughout the day.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock. 9/1/19

Nutrition for Diabetics

According to the American Diabetes Association, the overall purpose of nutrition therapy that applies to all older adults with diabetes is to promote and support healthy eating patterns, emphasizing a variety of nutrient-dense foods in appropriate portion sizes and amounts, in order to improve overall health.

November is American Diabetes Month

Visit <https://www.diabetes.org/> to learn more.

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Healthy Living with Diabetes Class

Everyone knows new habits take time. In the Healthy Living with Diabetes (HLWD) 6 week class, you get the time and encouragement you need to make the changes you want to make.

You'll build new skills, practice what you learn, and share your experience with others. You'll set your own goals and priorities. Week by week, you'll see what works for you and take steps toward healthier living .

Find a Class and more information

https://wihealthyaging.org/healthy-living-with-diabetes_1

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Nutrition for Diabetics: **Fiber**

Fiber is like your body's natural scrub brush, passing through your digestive tract carrying a lot of bad stuff out with it.

Foods that are naturally high in fiber that are labeled as **"excellent source,"** meaning they contain more than 5 grams of fiber; while foods labeled as **"good source"** contain at least 2.5 grams of fiber per serving.

Eating foods higher in fiber can improve your digestion, lower your blood sugar, and reduce your risk of heart disease.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Tom Paine. Nov. 2019

Nutrition for Diabetics:

Fiber



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Fiber is one nutrient in diabetes management that deserves more credit. It is critical for aiding in weight loss, increases satiety, is beneficial to digestive health, and has even been found to help manage blood sugar levels. Fiber is plant-sourced; it's found in fruits and veggies, legumes, and whole grain foods like pastas, breads, and cereals.

Weekly Challenge:

Meet the daily fiber goal of 25-30g or more for a minimum of three days this week.



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Nutrition for Diabetics: Fiber

It is best to get your fiber from food but if that is not possible, a supplement can help.

If you haven't been eating a lot of foods high in fiber on a daily basis, it's important that you **increase your intake slowly.** Why? It can take time for your body to adjust to more fiber. A sudden increase in eating foods high in fiber (especially foods with added fiber or when using supplements) can cause gas, bloating, or constipation.

Be sure you are drinking enough water because fiber needs water to move through your body!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Tom Paine. Nov. 2019

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Diabetes: Holiday Weight

What is mindless/mindful eating?

Mindless eating is the disregard of hunger levels during consumption. There is a tendency to eat more due to easy access. Instead of eating distracted, keep in mind how full you feel.



Photo courtesy of pexels.com

Diabetes: Monitor Winter weight

How can I prevent winter weight?

- Carefully track intakes and blood sugars after you eat. (postprandial)
- A study found those who recorded snack and meal intakes consistently lost weight while those who were inconsistent gained weight.



Photo courtesy of Pexels.com

Diabetes: Prevent winter weight

How can I prevent weight gain?

- Feel full on fewer calories, by increasing volume of foods like vegetables and other with high water content. Decrease high calorie dense foods. (like chips, mayo, pizza).
- Prepare more vegetables and less starch and meat at meal times.



Photo courtesy of pexels.com

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Nutritious Meals for Diabetics:

Carb-Counting



The total amount of carbohydrates in meals is more important than the source (starch or sugar) or the type (high or low glycemic index), according to the American Diabetes Association.

Many studies have shown that as long as the total amount of carbohydrate is kept consistent, the glycemic response is similar.

Monitoring carb intake with carb-counting or experience-based estimation, remain key strategies for good glycemic control.

[Learn More About Carb-Counting](https://www.diabetes.org/nutrition/understanding-carbs/carb-counting)
<https://www.diabetes.org/nutrition/understanding-carbs/carb-counting>

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Paige Weiner. Nov. 2019

Nutritious Meals for Diabetics:

Low-Carb Foods



A common myth about diabetes is that a person who has diabetes cannot have any carbohydrates. Diabetics can still have carbohydrates, but they must watch the amount and type they consume more than someone who doesn't have diabetes. Low-carb foods include leafy greens, lean proteins like fish and poultry, whole grains, and low-fat dairy products.

Weekly Challenge:

Prepare a meal with ingredients that are low in carbohydrates



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Nutritious Meals for Diabetics:

Types of Carbs



Did you know there are three main types of carbohydrate in food?

1. **Starches** (also known as complex carbohydrates)
2. **Sugars** (also known as simple carbs)
3. **Fiber**

On the nutrition label, the term "total carbohydrate" includes all three types of carbohydrates.

This is the number you should pay attention to if you are carbohydrate counting.

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