



HEALTH | GAP



4 Week Virtual Sessions
January 5th, 12th,
19th, and 26th

6:00-7:00pm

*Daphene Baines – Coach
(513) 290-1590*

LIFESTYLE
INTERVENTIO
N FOCUSED
ON THE
PREVENTION
OF DIABETES

DAPHENE
BAINES –
HEALTH COACH

SCHEDULE

Lesson 1: Diabetes Overview: Ways to prevent and live with diabetes

Lesson 2: Healthy Eating and Physical Activity: all about food and exercise

Lesson 3: Healthy Living and Exercise and Stress: healthy meals, grocery shopping, using technology to live better, and managing stress

Lesson 4: Review, Survey, and Testimonies



Healthy Living and Stress

Reduction:

Repeat after me: 'I will not make excuses'

- **Healthy Eating, Easy, Healthy Options**
- **Balanced meals—My Plate and carb counting**
- **Grocery Shopping and foods to watch out for**
- **Apps for healthy living**
- **Stress – definition and effects**
- **Ways to reduce stress – sleep, meditation, and problem solving**





My Favorite Way to Move



Six simple ways to smarter, healthier eating

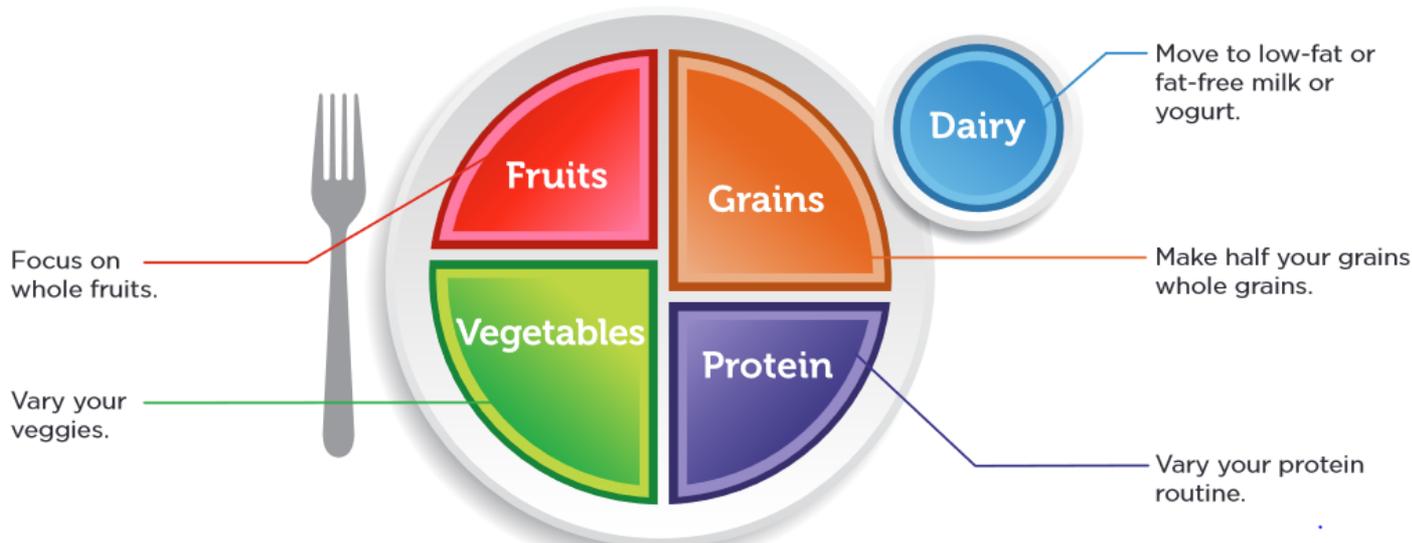
- Ditch whole milk. Not only does this reduce saturated fat in your diet, it shaves off calories. ...
- Harness the power of nuts (and seeds) ...
- Taste food before you salt it. ...
- Pack lunch once a week. ...
- Eat** five (or more) vegetables and fruits a day. ...
- Plan meals that are delightful, delicious and **healthy**.

www.health.harvard.edu



MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate**.gov



Limit

Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Choose low-fat (1% or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

5½ ounces

1 ounce counts as:

- 1 ounce tuna fish
- ¼ cup cooked beans
- 1 Tbsp peanut butter
- 1 egg

Water



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day | Adults ≥ 150 min/week



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life
Choose MyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
May 2016
CNPP-29

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MyPlate Holiday makeover



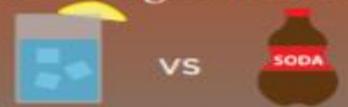
visit choosemyplate.gov for healthier options during the holidays

tweak the sweets



fruits make delicious desserts

cheers to good health



drink water to manage calories

bake healthier



use recipes with pureed fruits instead of butter or oil

spice it up



use spices and herbs instead of sugar and salt

brighten your meal



fill half your plate with fruits and vegetables

skim the fat



try skim evaporated milk instead of heavy cream

swap the grains



choose whole wheat flour instead of white flour

go easy on the gravy



a little bit of gravy goes a long way



What are the different types of carbs?

There are 3 types of carbs:

1.Sugars, such as the natural sugar in fruit and milk or the added sugar in soda and many other packaged foods.

2.Starches, including wheat, oats, and other grains; starchy vegetables such as corn and potatoes; and dried beans, lentils, and peas.

3.Fiber, the part of plant foods that isn't digested but helps you stay healthy.

Sugars and starches raise your blood sugar, but fiber doesn't.



How are carbs measured?

Carbs are measured in grams **Nutrition Facts** label. 1 carb serving is about 15 grams of carbs. This isn't always the same as what you think of as a serving of food. For example, most people would count a small baked potato as 1 serving. However, at about 30 grams of carbs, it counts as 2 carb servings.

How many carbs should I eat?

There's no "one size fits all" answer—everyone is different because everyone's body is different. The amount you can eat and stay in your target blood sugar range depends on your age, weight, activity level, and other factors.

On average, people with diabetes should aim to get about half of their calories from carbs. That means if you normally eat about 1,800 calories a day to maintain a healthy weight, about 800 to 900 calories can come from carbs. At 4 calories per gram, that's 200–225 carb grams a day. Try to eat about the same amount of carbs at each meal to keep your blood sugar levels steady throughout the day (not necessary if you use an insulin pump or give yourself multiple daily injections—you'll take a fast-acting or short-acting insulin at mealtimes to match the amount of carbs you eat).

You can use a carb-counting app to find grams of carbs in foods and drinks.



<https://www.myfitnesspal.com>

Calorie Counter - MyFitnessPal: A General Fitness App

	Total	Goal	Left
Protein	4	70	66g
Carbohydrates	35	175	140g
Fiber	4	25	21g
Sugars	2	53	51g
Fat	18	47	29g
Saturated	2	16	14g

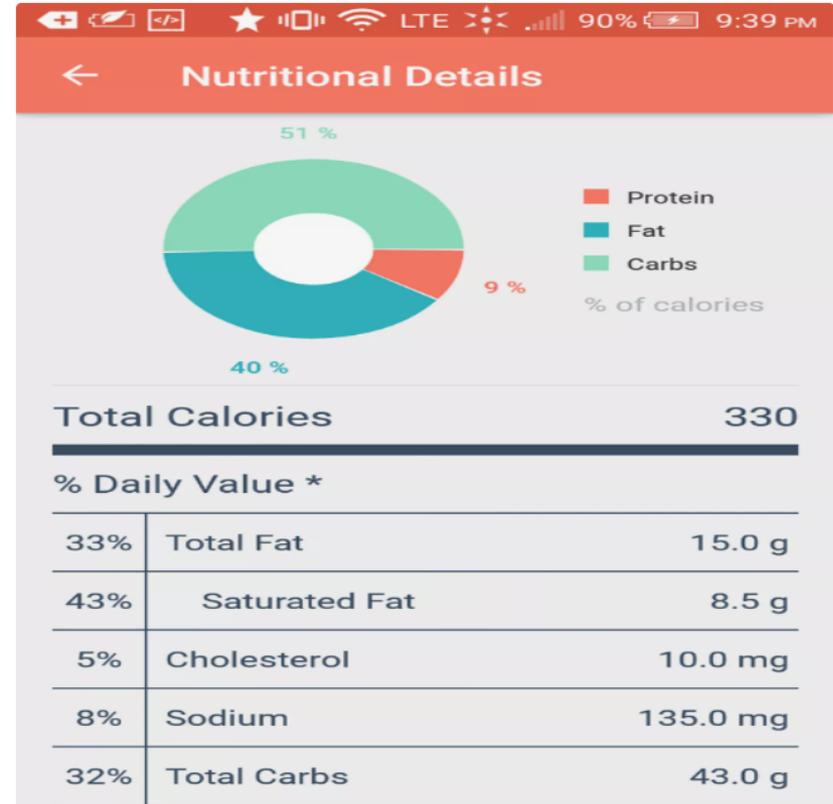
<http://www.carbohydrate-counter.org/>

Carbohydrates in Beans

Description	Per 100g	Serving Size	Per Serving
Beans, fava, in pod, raw	17.63g	cup	22.21g
Beans, fava, in pod, raw	17.63g	pod	1.08g
Beans, kidney, mature seeds, sprouted, raw	4.10g	cup	7.54g
Beans, lima, immature seeds, canned, regular pack, solids and liquids	13.33g	cup	16.53g
Beans, lima, immature seeds, canned, regular pack, solids and liquids	13.33g	can (303 x 406)	60.52g
Beans, mung, mature seeds, sprouted, canned, drained solids	2.14g	cup	2.68g
Beans, navy, mature seeds, sprouted, raw	13.05g	cup	13.57g
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	30.88g	package (10 oz) yields	87.70g
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	30.88g	package (10 oz) yields	29.03g
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	30.88g	package (10 oz) yields	87.70g

<https://www.livestrong.com/myplate/>

MyPlate Calorie Tracker: Community Support and Carb Counting



1. Check the **Serving size** first. All the numbers on this label are for a 2/3-cup serving.
2. **This package has 8 servings.** If you eat the whole thing, you are eating 8 times the amount of calories, carbs, fat, etc., shown on the label.
3. **Total Carbohydrate** shows you types of carbs in the food, including sugar and fiber.
4. Choose foods with **more fiber, vitamins, and minerals.**
5. Choose foods with **lower calories, saturated fat, sodium, and added sugars.** Avoid *trans* fat.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

One serving = 15 grams carbohydrate



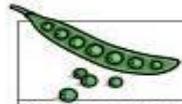
Milk

1 cup = 8 oz.

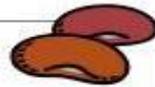


Chocolate milk	½ cup
Evaporated milk	½ cup
Milk (skim, whole, 1%, 2%, soy)	1 cup
Nonfat dry milk	½ cup
Nonfat or low-fat buttermilk	1 cup
Nonfat or low-fat fruit flavored yogurt sweetened with aspartame or nonnutritive sweetener	1 cup
Plain, low-fat or nonfat yogurt	¾ cup

3 servings of carbs for breakfast lunch and dinner



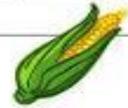
Beans, Peas, and Lentils



Beans, baked	½ cup
Beans and peas (cooked) (garbanzo, pinto, kidney, white, split, black-eyed)	½ cup
Lima beans (cooked)	¾ cup
Lentils (cooked)	½ cup



Starchy Vegetables



Baked beans	½ cup
Corn	½ cup
Corn on the cob, medium 3"	1 (5 oz.)
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Potato, baked or boiled	1 small (3 oz.)
Potato, mashed	½ cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup



Crackers and Snacks



Animal Crackers	8
Crackers, round or saltine	6
Goldfish crackers	½ cup
Graham crackers, 2 ½ inch square	3
Oyster crackers	24
Popcorn (popped)	3 cups
Pretzel twists, mini	15 (¼ oz.)
Sandwich crackers	3
Snack chips (tortilla, potato)	15-20 (1 oz.)

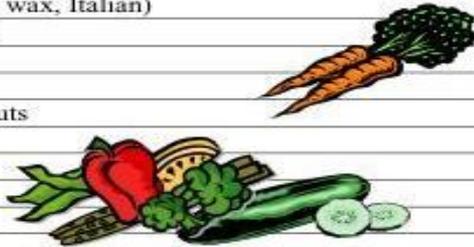
1 serving of carb for snacks

Vegetables

½ cup cooked or 1 cup raw = 5 grams carb
1 ½ cups cooked or 3 cups raw = 15 grams of carb



Artichoke	Leeks
Asparagus	Mixed vegetables (without corn, peas, or pasta)
Beans (green, wax, Italian)	Mushrooms
Bean sprouts	Okra
Beets	Onions
Broccoli	Pea pods
Brussels sprouts	Peppers
Cabbage	Radishes
Carrots	Salad greens
Cauliflower	Sauerkraut
Celery	Spinach
Cucumber	Summer squash
Eggplant	Tomato (canned, sauce, juice)
Green onions or scallions	Turnips
Greens (collard, kale, mustard, turnip)	Water chestnuts
Kohlrabi	Watercress
	Zucchini



DIABETIC GROCERY LIST

This list is a guide to assist those with diabetes with making better food choices. However, when you have diabetes, portion control of carbohydrates is important in the management of diabetes.

PRODUCE SECTION

- All fresh fruits (remember to watch the portions size of your fruit)
- All fresh non-starchy vegetables

MEAT, POULTRY, SEAFOOD

- Beef tenderloin
- Beef flank steak
- Beef bottom round steak
- Eye of the round steak
- Lean ground beef and hamburger patties
- Swift or Hormel pre-seasoned pork tenderloin
- Center cut pork chop
- Oscar Mayer Deli Fresh deli meats: roast beef, turkey breast, chicken breast, ham
- Boar's Head deli meats: all varieties
- Rotisserie chicken (remove skin)
- Oscar Mayer 50% less fat turkey bacon
- Oscar Mayer turkey sausage (⅓ less fat)
- All fish and shellfish (not stuffed, breaded, or fried)
 - Yellow fin tuna
 - Fresh salmon
 - Catfish
 - Sea scallops

- Tilapia
- Crab meat

CONDIMENTS, SAUCES, SPREADS

- Mrs. Dash's salt free seasonings and marinades
- Tabasco sauce
- Stubb's original BBQ sauce (mild and spicy)
- A-1 steak sauce
- Yellow mustard: any brand
- Hellman's light mayonnaise
- Smart Balance Light Buttery Spread
- Smart Balance Whipped Butter Spread
- I Can't Believe It's Not Butter-light
- Daisy light sour cream

SALAD DRESSINGS

- Wish Bone salad spritzers
- All balsamic vinegars

PEANUT BUTTER/JELLY

- Jif creamy or crunchy peanut butter
- Peter Pan creamy or crunchy peanut butter
- Smucker's no sugar preserves, jams, or marmalades and jellies



WHITE BREAD



FATTY MEATS



SODA



POTATOES AND FRENCH FRIES



TOP 10 WORST FOODS FOR DIABETICS



CANNED FRUIT JUICE



WHITE RICE



SUGAR-LOADED BREAKFAST CEREALS



SUGARY FRUITS

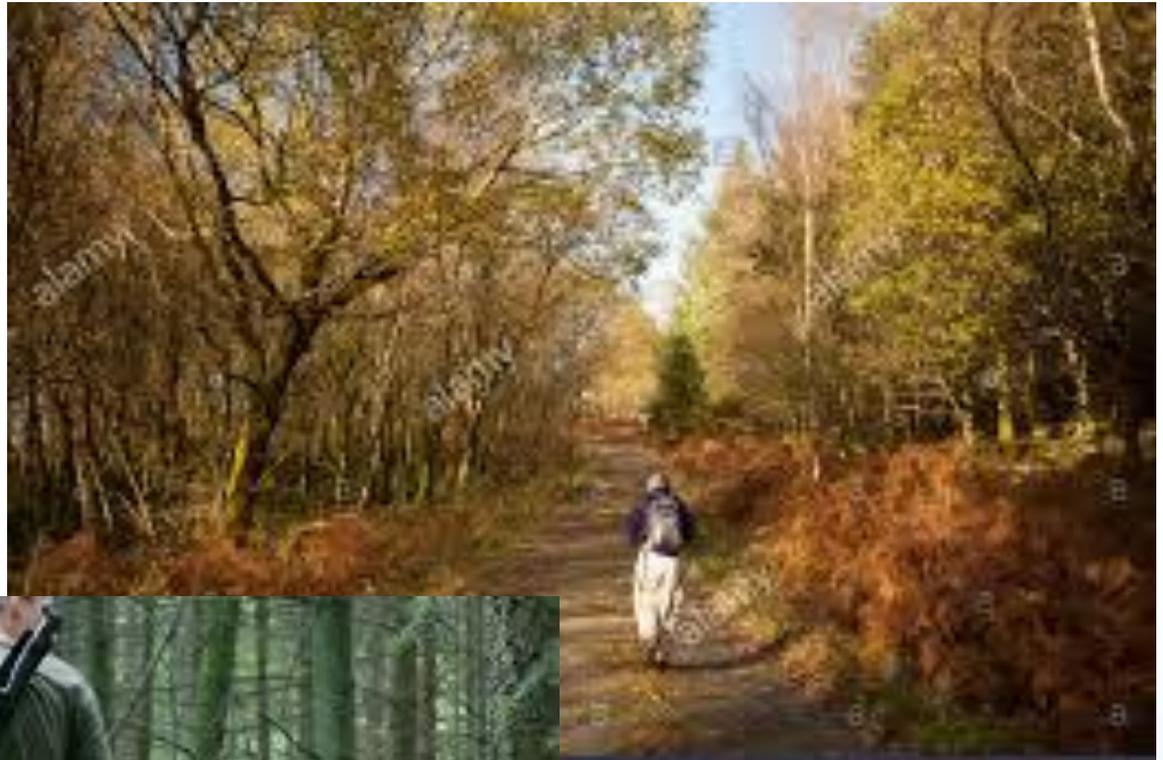


PANCAKES OR WAFFLES WITH SYRUP



FLAVORED COFFEE





RD



Body

Mind



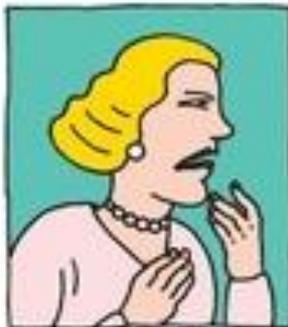
Emotions

Behavior

What Is Stress - The Truth You Need To Know

DIABETES AND STRESS

Stress is a normal part of living. Some days you feel great. Other days you may feel tired, sad, upset about work or about your diabetes.



Having diabetes can cause stress. Changes in your blood sugar levels can make your diabetes harder to control.

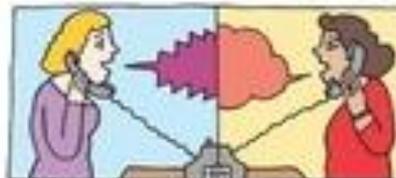


Low blood sugar can make you feel nervous or upset. High blood sugar can make you feel tired or down.

What can you do?

Learn to relax. There are a number of things you can do to lower the stress in your life and control your diabetes, such as:

- Be physically active 30 minutes or more a day.
- Get a hobby. Join a club. Try a new sport.
- Take a nap. Even a 10 minute nap can help.
- Go for a walk. Listen to music.
- Open up. Sharing your feelings with family and friends can often lower stress.



Call your doctor or diabetes educator if you have too much stress in your life. They are there to help.

7 Meditation Tips for Beginners:

1. Start with 5 minutes and increase as you get to like it
2. Don't get caught up in the how, just sit in a quiet place and be still
3. Do it in the morning as soon as you wake up
4. Focus on your breath and your smile, while you slowly inhale and exhale
5. Don't worry if you wander; simply return gently to focusing on your breath
6. Follow guided meditations; a soothing voice and smooth music often helps
7. Have fun and enjoy your time with your Self.

QUESTIONS?????



Images in this presentation from National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.