Providing Community Education Around Nutrition and Diabetes by Incorporating MCN’s Diabetes Comic Book

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SIMULTANEOUS INTERPRETATION ZOOM

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At the conclusion of this presentation, you will be able to:

- Understand the importance of a healthy diet for the management of diabetes.
- Recognize the relationship between food, drink, activity, and blood sugar.
- Familiarize yourself with a healthy diet for people with diabetes.
Taking good care of people with diabetes means taking good care of our community, our families and ourselves.
Food and Sugar

What is the relationship between food and blood sugar levels?

• Carbohydrates turn into blood sugar, and this sugar is the gasoline for the body.

• Carbohydrates are necessary and good, but if there is no insulin or not enough insulin, it is necessary to keep carbohydrates moderate and balanced during the day.
Food and Sugar

When do carbohydrates affect blood sugar?

✓ 1-2 hours after eating is the best time to see the effect of a meal on your blood sugar.
Where are carbohydrates found?
These meals are low in carbohydrates, so they don't spike your blood sugar.
Carbohydrates in drinks and their impact on blood sugar levels
How much sugar is in your drink?
Some low-carb options for people who think it's impossible to drink water.
The Plate Method for meal planning
The Plate Method for meal planning

$\frac{1}{2}$ vegetables

$\frac{1}{4}$ protein rich food

$\frac{1}{4}$ cereals / legumes / starches
In general, one can eat:

30-45 grams of total carbohydrates at each meal and

15 grams of total carbohydrates in each snack
Common beliefs about the nutrition around DM

- People with DM must buy special foods.
- People with DM “cannot eat sweet foods.”
- Whole wheat bread does not affect blood sugar.
- Carrots contain too much sugar.
- People with diabetes cannot eat certain fruits such as watermelon, bananas, and grapes.
Physical activity is a powerful tool that can be used in the management of diabetes.

- Physical activity removes sugar from the blood.
- In type 2 diabetes, physical activity helps the body's insulin work better.
- Physical activity burns calories and can help with weight loss.
- And much more…
Questions?