



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service
SCFCL website: <http://www.scfcl.com>

Leader Training Guide Diabetic Menus

Objectives:

The participants will be able to:

1. Identify foods that affect blood glucose (blood sugar)
2. Describe factors that affect blood glucose (blood sugar) including, spacing/timing of meals, composition of meals, and portion sizes
3. Demonstrate the ability to build a healthy plate following the Plate Method

Lesson Overview/Introduction:

During this lesson, participants will learn about the role of food in diabetes self-management. Participants will learn about the three major nutrients that are found in food and their role in affecting blood glucose or blood sugar. Participants will also learn about other important factors that affect blood sugar management including, spacing or timing of meals, the composition of meals, and portion sizes. Finally, participants will also learn about the importance of applying their knowledge to create a healthy plate following the Plate Method to better manage their diabetes. The aim of this lesson is to equip participants with the knowledge and skills necessary to make better, more informed decisions about meals to maintain a healthy eating plan as part of a healthy lifestyle.

Lesson:

I. What can I eat?

Everything that we eat or drink affects our blood sugar. There are three major nutrients that are found food, and it is important to understand their role and impact on our blood sugar. *Ask: Does anyone know what the three major nutrients are?* The three major nutrients are: carbohydrates, protein, and fats. Write on flip chart: Carbohydrate, Protein, and Fat.

- Carbohydrates raise our blood sugar the most and the fastest. *Ask: Can anyone give some examples of carbohydrates?* Some examples of carbohydrates are: starchy vegetables such as potatoes, corn, peas, etc.; beans; fruits; fruit juices; sweets; bread; crackers; cereals; milk; yogurt; cheese. Write examples of carbohydrates on flip chart. The recommended number of grams of carbohydrate per meal for women is 30-45g and 45-60g for men. The recommended number of grams of carbohydrates for snacks for men or women is 15-30g. The next major nutrient that we will discuss is protein. Protein

does not contain carbohydrates and functions to keep the blood sugar from rising too quickly in the body.

- Protein: Ask: *Can anyone give some examples of protein?* Some examples of protein are: meat, fish, eggs, cheese, tofu, peanut butter, etc. Write examples of protein on flip chart. The third major nutrient is fat. Fat helps food stay in the stomach longer, which increases satiety to make you feel full longer. Caution! If too much fat is eaten too often in large amounts, this can increase insulin resistance.
- Fat: Ask: *Can anyone give some examples of fats?* Some examples of fats are: oils, margarine, olives, avocado, nuts, etc. Write examples of fats on flip chart. Often popular “fad” diets and common misperceptions suggest that certain nutrients are “bad” and should be avoided or eliminated. However, these major nutrients are a part of a healthy plate when eaten in moderation and according to appropriate portion sizes.

II. What other food factors affect blood sugar?

Other factors affect blood sugar related to what you eat. Ask: *Can anyone think of other factors that could affect your blood sugar?* Some of these factors are: spacing or timing of meals and snacks, the composition of the meal itself, and portion sizes. We will discuss each of these factors. Eating high carb or high sugar foods and then just upping your insulin is not a way to manage your diabetes. Can do harm to your organs.

It is important to eat within one hour of waking up and to eat every 4-5 hours afterwards, except when you are sleeping. This helps keep your blood sugar more level, and this prevents you from becoming hungry and overeating at the next meal. Often people may skip meals to lose weight, however, it is best to maintain this regular eating schedule for weight management and blood sugar control. *Complete activity using “Meal Planning Worksheet”. Instruct participants to individually complete page 1 and 2 of the worksheet according to a typical day. Discuss questions on page 2 as a group. Participants do not have to share answers, but emphasize that this is a tool to help them identify areas to help improve blood sugar control.*

The composition of the meal itself is also an important factor that affects blood sugar control. Blood sugar is better managed when meals and snacks contain high quality carbohydrates, lean protein, and healthy fats together. Remember! These are the three major nutrients previously discussed. While everything we eat and drink affects our blood sugar, it is best to choose whole grains, vegetables, whole fruit, beans, and low-fat dairy products. The composition of our meals should also try to limit highly processed foods such as enriched white bread, pasta, rice, chips, donuts, and other pastries. Avoid all sugar-sweetened beverages. The Plate Method is a good way to make sure that you are following a healthy eating plan as part of a healthy lifestyle. The Plate Method starts with stating that you should be eating from a 9-inch plate. Many homes and restaurants serve food on plates much larger than 9-inches, and we feel the need to fill our plates full! The Plate Method also states that half of your plate should be full of non-starchy vegetables, a quarter of your plate should contain a lean protein, and the remaining quarter of your plate should contain your carbohydrates, such as grains or starchy vegetables. *Let’s practice building a healthy plate based on the Plate Method in small groups using 9-inch plates and food models. Refer to “Create your Plate” handout (optional).*

Portion sizes are also very important. Portion sizes are important because this helps you to know the amount of carbohydrates or any nutrient you are eating each day. A serving of carbohydrate is considered to be 15g. Managing portions can also help you to maintain weight and may even result in weight loss. Measuring cups and measuring spoons are great ways to estimate portion sizes. Tip! Practice measuring portion sizes with measuring utensils until you can accurately predict the size of a portion of the most common foods you eat. Check your portion sizes from time to time by using measuring utensils to make sure that you are still accurately estimating your food portions. There are some simple references that you can also use to estimate portion sizes using your hands and other common items. *Refer to “A ‘Handy’ Guide to Measuring Portions. Pass around set of measuring cups and spoons as you discuss portion sizes.*

Lesson Summary:

Everything that we eat affects our blood sugar. It is important to understand how the three main nutrients work to affect our blood sugar. All three, carbohydrates, protein, and fats are all necessary components of creating a healthy plate. Meal timing or spacing of meals, composition of meals, and portion sizes are all important components to better manage blood sugar. By incorporating the main points from the Plate Method, half your plate non-starchy vegetables, a quarter of your plate lean protein, and a quarter of your plate carbohydrates, you can follow a healthy eating plan as a part of a healthy lifestyle.

Suggested Materials:

- Flip chart and markers
- “Meal Planning Worksheet”
- “Create your Plate”- American Diabetes Association Handout (optional to order)
- “A ‘Handy’ Guide to Measuring Portions” handout
- 1 9-inch plate
- Assortment of food models
- 1 set of measuring cups
- 1 set of measuring spoons

Suggested Activities:

- Discuss examples of the three major nutrients: carbohydrates, protein, and fat
- Complete Meal Planning worksheet. Instruct participants to individually complete page 1 and 2 of the worksheet according to a typical day. Discuss questions on page 2 as a group. Participants do not have to share answers, but emphasize that this is a tool to help them identify areas to help improve blood sugar control.
- Practice building a healthy plate based on the Plate Method by breaking into small groups to build a healthy plate with a 9-inch plate and food models. If food models are

not available, instruct small groups to draw a healthy plate based on the Plate Method. Once each group has their healthy plate built, have each group share and discuss their plates. Assist groups in ensuring their food choices follow the Plate Method guidelines of half their plate non-starchy vegetables, a quarter of their plate a lean protein, and the remaining quarter of their plate carbohydrates.

- Discuss portion sizes with the measuring cups and measuring spoons. Ask participants if they measure portions with measuring utensils. Emphasize portions of foods with “A ‘Handy’ Guide to Measuring Portions” handout as you pass around measuring utensils. Ask participants if they think they are eating accurate portion sizes.

Sources:

1. Choose Your Foods. Food Lists for Diabetes. American Diabetes Association and Academy of Nutrition and Dietetics # 5601-13/310X14
2. Create Your Plate. American Diabetes Association. 2017
3. Carbohydrate Counting PowerPoint. GHS. DSME. 2017

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Meal Planning Worksheet

Directions: Please complete the chart below by first entering in the time you *normally* wake up. Next, describe what times you would typically eat throughout a normal day.

Meal/Snack	Time
What time do you normally wake up?	AM PM <div style="border: 1px solid black; width: 100px; height: 40px; margin: 5px auto; text-align: center; vertical-align: middle;"> : </div>
When is your first meal?	AM PM <div style="border: 1px solid black; width: 100px; height: 40px; margin: 5px auto; text-align: center; vertical-align: middle;"> : </div>
When is your second meal?	AM PM <div style="border: 1px solid black; width: 100px; height: 40px; margin: 5px auto; text-align: center; vertical-align: middle;"> : </div>
When is your third meal?	AM PM <div style="border: 1px solid black; width: 100px; height: 40px; margin: 5px auto; text-align: center; vertical-align: middle;"> : </div>
Do you eat any snacks between meals?	AM PM <div style="border: 1px solid black; width: 100px; height: 40px; margin: 5px auto; text-align: center; vertical-align: middle;"> : </div>
When do you normally go to bed?	AM PM <div style="border: 1px solid black; width: 100px; height: 40px; margin: 5px auto; text-align: center; vertical-align: middle;"> : </div>

This handout is for education purposes only and is not intended to diagnose or cure symptoms or disease. Always follow the advice of your doctor for any nutrition or health related concerns.

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We have learned how food can affect our blood sugar and the importance of eating consistently throughout the day. Remember that it is recommended that you eat at least 3 times each day (about every 4-5 hours).

Answer the following questions about your eating habits based on the completed chart on page 1 of your “Meal Planning” worksheet. What did you notice about your eating habits?

1) Are you often going longer than 4-5 hours between meals?


2) Do you often skip meals?



3) Are your snacks more like meals?



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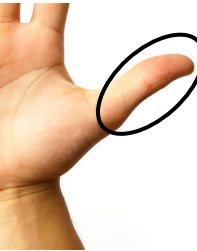

A “Handy” Guide to Measuring Portions

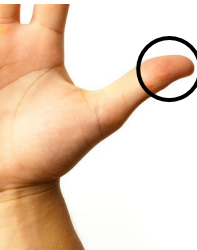

Palm of Hand		3 ounces Beef Pork Poultry Seafood		Deck of Cards
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Cupped Palm		1 ounce or 1/4 cup Nuts Chips Pretzels Dried Fruit		Egg
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Fist		1 cup Vegetables Fresh Fruit Casseroles Soups Beverages Cereal		Baseball
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Half of Fist		1/2 cup Pasta Rice Oatmeal Ice Cream Beans		Light bulb
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Thumb		1 tablespoon Peanut Butter Salad Dressings Cream Cheese Coffee Creamer		Poker Chip
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Thumb Tip		1 teaspoon Oil Butter Mayonnaise Margarine		Teaspoon
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December 2013