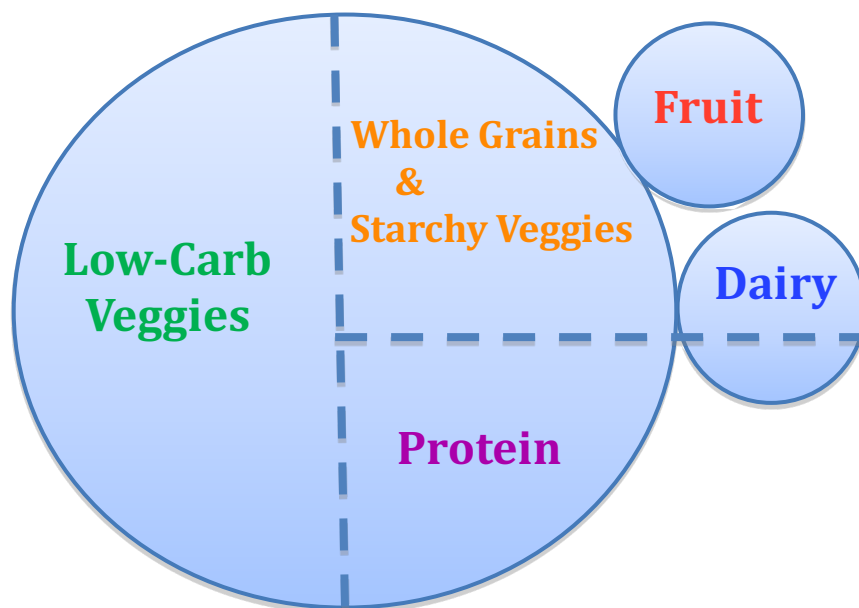


Class Four

Learning How to Build Your Plate!



Objectives

In this class, you will:

- Use your resilience resources to change unhelpful thoughts that leave you feeling bad and behaving in a way that does not support your well-being and diabetes care
- Learn how to balance your plate with satisfying foods
- Understand the importance of each food group
- Identify a variety of foods in each food group
- Understand serving sizes for each food group

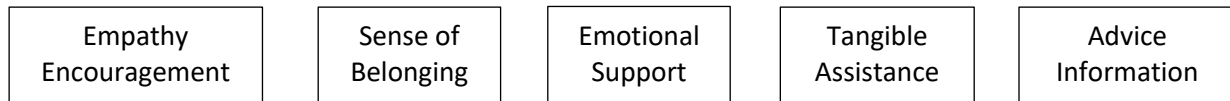


Group Discussion: Resilience Check-In

Share an experience asking for and receiving social support during the past week.

Social support consists of any communication that allows an individual to feel more positive and in control over a situation.

Types of Social Support



Using Our Resilience Resource: A Positive Mindset

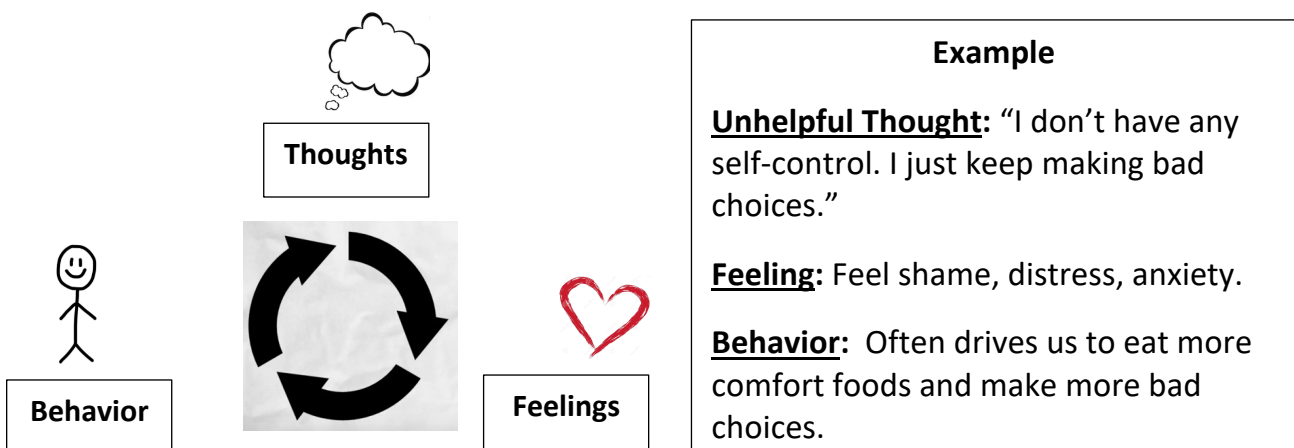
Our interpretation of a stressful situation determines how we respond to that situation. A positive mindset (realistic, helpful thoughts) is a key resource to support our diabetes care.

Unhelpful thoughts:

- Contribute to anxiety and depression
- Negatively affect our diabetes self-management

How does this happen?

Our Thoughts about a situation influence our Feelings and our Behaviors and how much stress we create for ourselves. We create extra stress when we have a lot of unhelpful thoughts.



How to Change an Unhelpful Thought

CATCH IT

Identify the unhelpful thought.

UNHELPFUL THOUGHT...

“This coke isn’t bad if I just keep taking extra insulin!”
 “I’m too busy to cook.”

CHECK IT (challenge it!)

Is the thought true?

ASK YOURSELF...

Is that thought 100% true?
 What am I ignoring?

CHANGE IT

Change the thought to be more balanced / helpful for you.

HELPFUL THOUGHTS...

“Choosing beverages that are sugar-free helps my blood sugar remain in the healthy range.”
 “My health is most important!”

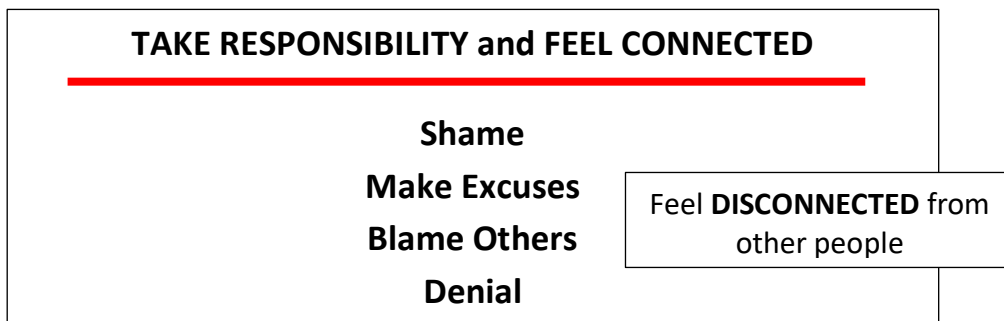
Learn to notice unhelpful thinking that leaves you feeling bad and behaving in a way that does not support your well-being and diabetes care.

Ask yourself:

1. Are my thoughts/beliefs accurate?
2. Are my thoughts helpful or harmful?
3. How would I advise a friend in this situation?
4. How else could I think about the situation?

Key reminders to recognize you’re having unhelpful thoughts:

1. You notice you are “below the line” on the Responsibility Model below.
2. You notice you feel disconnected from a loved one/friend.



Remember from Last Class: The Balanced Plate

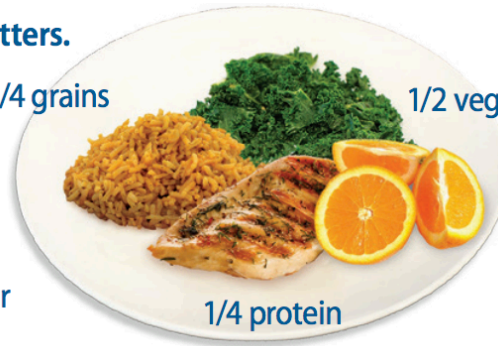
A balanced plate allows for flexibility in your food choices, while providing guidance on how to fill your plate. Making half your plate non-starchy (low carb) vegetables and fruits is a great place to start. Then, choose a lean protein to fill one fourth of the plate. Choose a starchy vegetable or grain to fill the final fourth. We will go more into detail about examples and the importance of each component, but when in doubt, using this guide is a great start!

Portion size matters.

1/4 grains

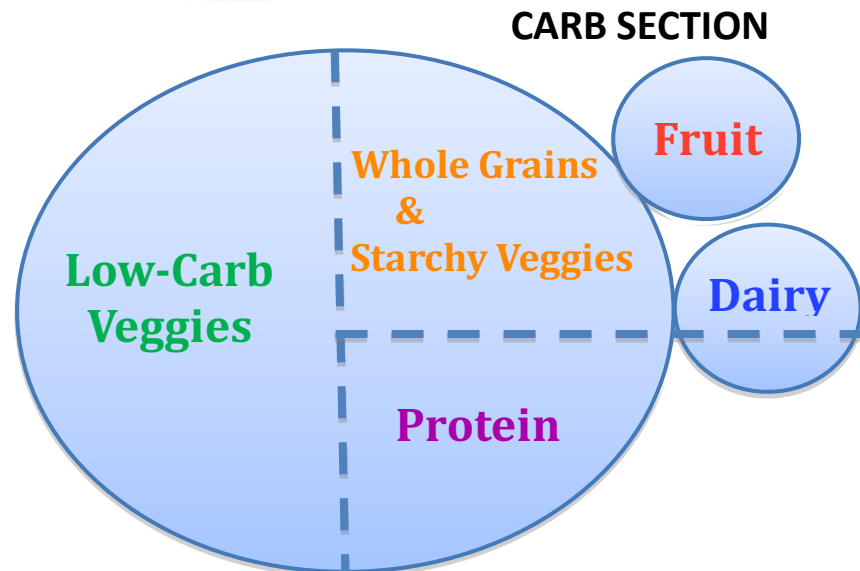
1/2 vegetables and fruit

Reduce portion sizes and fill your plate like this.



1/4 protein

The Balanced Plate
For Individuals with
Type 2 Diabetes



A better option for people with type 2 diabetes is to fill half of your plate with Low-Carb Veggies. The Protein Section is a quarter of the plate and includes protein and some sources of low-carb dairy (e.g., cheese). The Carb Section is also a quarter of the plate and the most important section to monitor for a person with diabetes. The carb section includes whole grains and starchy veggies, fruit, and dairy products that you can drink (e.g., milk) or eat with a spoon (e.g., yogurt, ice cream).

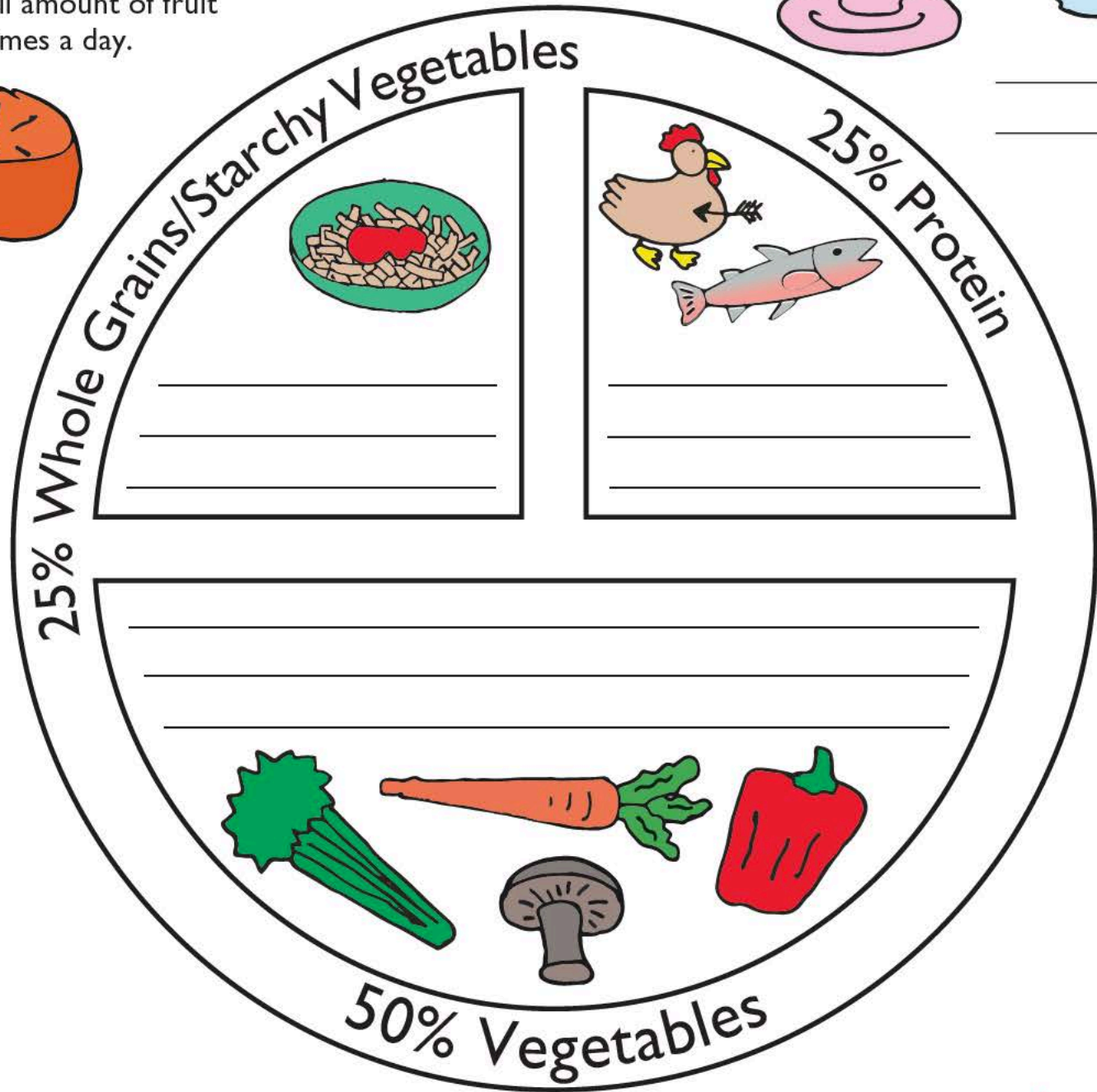
See handout: Healthy Eating Plate, Make Your Own

See handout: Your Healthy Food Pyramid

HEALTHY EATING PLATE

MAKE YOUR OWN

Eat a small amount of fruit
_____ times a day.



←————— Nine-Inch Plate —————→



Limit sugar,
salt, and fat in
all meals.

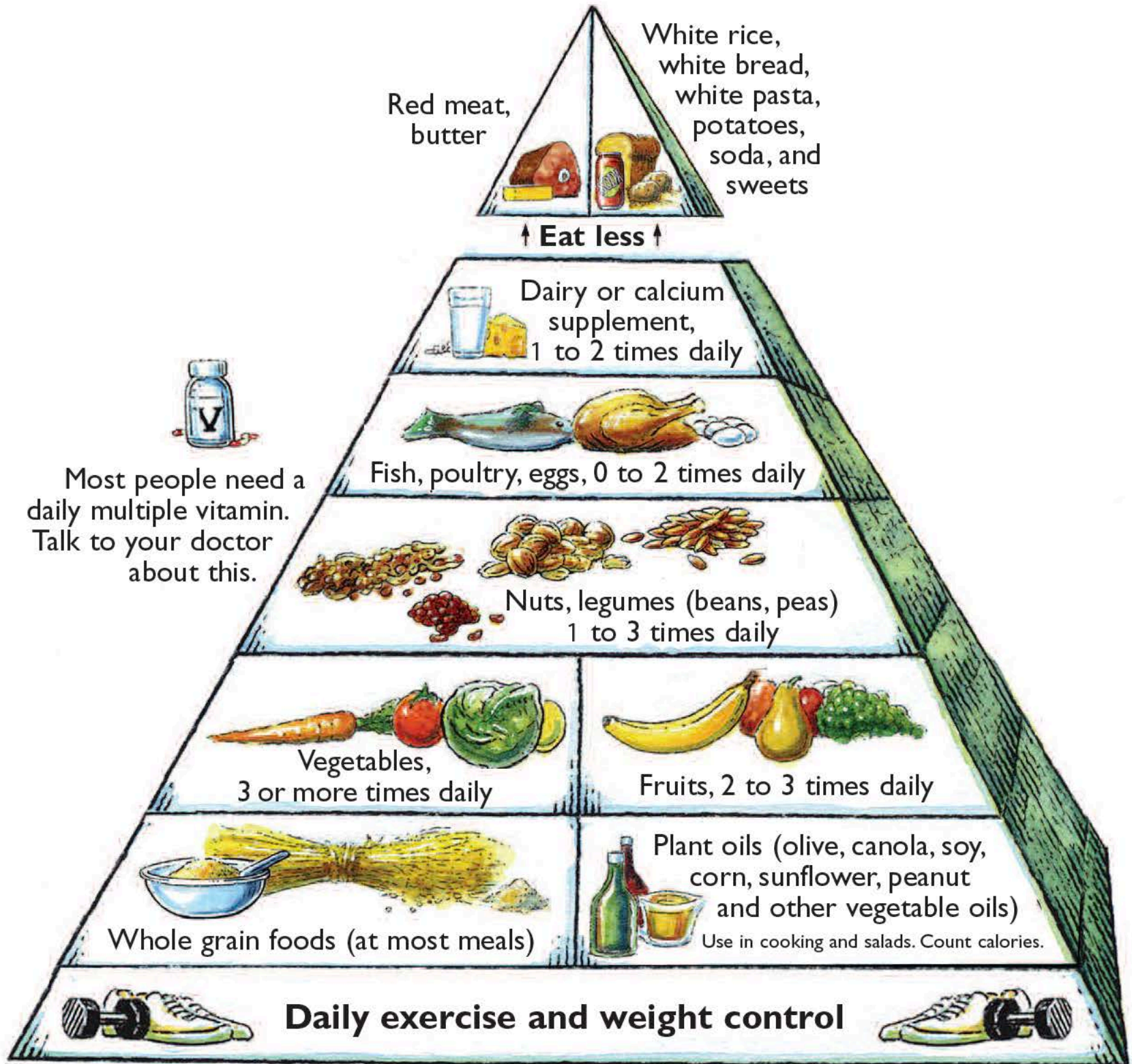


Be active
every day!



Use healthy oils
(Limit butter.)

YOUR HEALTHY EATING PYRAMID



Most people need a daily multiple vitamin. Talk to your doctor about this.

Adapted from Eat, Drink, and Be Healthy by Walter C. Willet, M.D.
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A Quick Note on Combination Foods

Some foods are harder to fit into the balanced plate guidelines. For example, lasagna might include all three areas of the plate (vegetables from the sauce and filling, lean protein from ground beef, and grains like whole grain noodles), but it is not as easy to decide what portion of the plate each food group takes up. In these situations, use your best judgment. Some roasted vegetables might be a great choice to add on the side in this example since the vegetables in the sauce are probably not making up half of the lasagna.

Does anyone else have an example of a combination food and what might go well on the side?



Group Activity: Let's Practice!

Examine the foods below. Let's practice naming the food group for each food. Our food groups include:

Low-Carb Veggies	Whole Grains & Starchy Veggies	Protein	Dairy	Fruits
---------------------	-----------------------------------	---------	-------	--------

What food group does each food below belong to?

Apple	Asparagus	Bagel	Bread	Broccoli
Carrots	Cereal	Cheese	Chicken	Oatmeal
Corn	Fish	Green Beans	Hamburger	Ice Cream
Milk	Peanut Butter	Pork Chop	Potato	Beans/Legumes
Cottage Cheese	Rice	Salmon	Sausage	Pasta
Spinach	Steak	Tomato	Turkey	Watermelon
Yogurt	Zucchini	Banana	Raisins	Cantaloupe
Grapes	Berries	Brussel Sprouts	Strawberries	Cauliflower

Below, we list each food from the previous page in the food group it belongs:

Low-Carb Veggies	Whole Grains & Starchy Veggies	Protein	Dairy	Fruits
Asparagus	Bagel	Chicken	Carbs:	Apple
Broccoli	Bread	Fish	Milk	Watermelon
Carrots	Cereal	Hamburger	Ice Cream	Banana
Green Beans	Oatmeal	Peanut Butter	Yogurt	Raisins
Spinach	Pasta	Pork Chop	Cottage Cheese	Cantaloupe
Tomato	Corn	Turkey	Not a Carb:	Grapes
Zucchini	Potato	Sausage	Cheese	Strawberries
Brussel Sprouts	Rice	Steak		Berries
Cauliflower	Beans/Legumes	Salmon		

Important Things to Remember:

- ✓ Each serving of whole grains, starchy vegetables (corn, potatoes), dairy that you drink (milk) or eat with a spoon (yogurt, ice cream), and fruits count as one carbohydrate serving. Note: be mindful of the serving size
- ✓ Low-carb vegetables (broccoli, carrots), proteins, and cheeses are carbohydrate free foods.

A Closer Look at Each Food Group

Low-Carb Vegetables

Low carb vegetables come in a variety of colors and sizes, and may be eaten cooked or raw, fresh, frozen, canned, cut-up, mashed, roasted, or whole.



Major benefits to eating low-carb vegetables:

- ✓ A good source of fiber, vitamins and minerals.
- ✓ Low in calories and fat and do not have cholesterol.
- ✓ Help reduce risk of heart disease, obesity, and some cancers.
- ✓ Help you feel full throughout the day rather than overly hungry and deprived.

Tips to help you eat more low-carb vegetables:

- ✓ Buy fresh vegetables in season – they are cheaper and more flavorful.
- ✓ Buy vegetables that are easy to prepare, such as bags of salad and baby carrots.

- ✓ On pizza night, order a veggie pizza (with extra veggies).
- ✓ Add color to your salads by adding carrots, tomatoes, broccoli, or mushrooms.
- ✓ Boast the taste of your veggies by adding flavoring such as lemon, red pepper, or dill.
- ✓ Try out different vegetables to avoid getting bored and to get a variety of nutrients.
- ✓ “Volumize” your meals and snacks by adding more low-carb veggies to help you feel satisfied and less likely to overeat.
- ✓ To bump up the nutrition in dishes like eggs, quesadillas, pasta, rice, casseroles, etc., add some low-carb vegetables!

Whole Grains and Starchy Vegetables

Whole Grains

A grain is any food made from a number of cereal grains, including rice, wheat, cornmeal, oats, and barley. Grains are divided into two types: whole grains and refined grains.

Whole grains, such as whole-wheat bread, oatmeal, and brown rice, have more fiber, prevent constipation, and help control blood sugar, allowing you to feel full longer, and helping to reduce cholesterol.

Refined grains, such as white bread and white rice, have been processed. This means that refined grains tend to have a longer shelf life, but this process results in the removal of dietary fiber.



Tips to help you eat more whole grains:

- ✓ Look for whole grain cereals.
- ✓ Substitute a whole grain for a refined grain, such as brown rice for white rice.
- ✓ For recipes that call for flour, use half whole-wheat flour and half white flour.
- ✓ Try using a whole grain cereal as breading for baked chicken or fish.
- ✓ Look for 100% whole-wheat bread.
- ✓ If you can't tell if a product is made with whole grains, check the fiber content on the nutrition label. It should have at least 2g of fiber per serving.

Starchy Vegetables

While all vegetables are rich in vitamins and minerals, starchy vegetables are higher in carbohydrates and calories and raise blood sugar levels more than non-starchy (low carb) vegetables. Therefore, a person with diabetes needs to be aware of portion sizes of starchy vegetables like potatoes, corn, green peas, squash, yams, and sweet potatoes.



Beans and Legumes



A ½ C of beans counts as 1 serving of carbohydrate. Beans and legumes are also a heart-healthy addition to your plate. In fact, a half-cup of beans contains as much protein as an ounce of meat, but without the saturated fat and cholesterol. Beans are also high in fiber helping to keep your blood sugar in check. Although you can substitute beans for animal protein, don't forget that ½ C of beans still count as 1 serving of carbohydrates. Additionally, we suggest you always rinse canned beans to remove excess salt.

Protein



Your body uses protein to build bones, muscles, and hormones. Although proteins have benefits, some animal-based foods are higher in fat and can lead to increases in cholesterol, which can increase the risk of heart disease. To keep cholesterol at a healthy level, buy lean protein sources and cook in ways that keep the meats lean.

Tips to help you select lean proteins:

- ✓ Choose ground beef that is 90% lean.
- ✓ Buy skinless chicken (or remove the skin before cooking).
- ✓ Try incorporating seafood twice a week (or more).
- ✓ Try adding in a serving of nuts as a snack – these have protein and healthy fats for sustained energy.
- ✓ Substitute beans/legumes for animal proteins, just make sure to account for the carbohydrate servings.
- ✓ Choose lean or low-fat lunch meats for sandwiches.
- ✓ Limit foods high in saturated fat, such as sausage, hot dogs, and bacon.

Cooking tips:

- ✓ Try broiling, baking, grilling, or steaming instead of frying.
- ✓ Drain fat, or grease, that appears during cooking.
- ✓ Trim away visible fat before cooking.

Dairy

Dairy products provide our bodies with calcium, potassium, and protein, nutrients that build strong bones and teeth. Most dairy products contain carbohydrates, but not all. A general rule of thumb is that if you can drink it (milk) or eat it with a spoon (yogurt, ice cream) it is a carbohydrate, but if you put it on a sandwich it is not a carbohydrate (cheese = a protein).

**Tips to consider when selecting dairy products:**

- ✓ Switch to fat-free or 1% milk—it has the same amount of calcium and protein as whole milk, but fewer calories and fat.
- ✓ Choose fat-free or low-fat yogurt as a quick snack.
- ✓ For dessert, try pudding made with fat-free or 1% milk.
- ✓ Try cheeses made from 2% milk.

Fruits

Fruits offer many of the same health benefits as vegetables, in that they are full of nutrients that our bodies need; however, unlike low carb vegetables, fruits are higher in sugar. So, even with fruits, portion size does matter.

Tips to consider when buying and eating fruits:

- ✓ Eat whole or cut-up fruits – they are good sources of fiber.
- ✓ Fresh fruit is best, but when eating canned fruit look for fruit packed in water or their own juices. Avoid fruits packed in heavy syrup.
- ✓ Keep a bowl of fresh fruit on the counter for quick snacks.
- ✓ Limit fruit juices – juices are high in sugar and liquid sugars raise your blood sugar very quickly.
- ✓ Buy fresh fruits in season – fruits in season are cheaper, more flavorful, and help you feel satisfied and less likely to overeat later in the day.

Putting it all into Practice

Tips for healthy meal planning:

- ✓ Combine a protein source and a carb source together at every meal and every snack (for example: apple and peanut butter; celery and hummus; chicken and wheat roll). This will help to slow digestion a bit, and your blood sugar will be less likely to spike; it also helps you feel more satisfied. **See handout: *How to Make a Healthy Snack***
- ✓ Be sure to keep foods like low-carb veggies, whole grains, and low-fat dairy on hand; these foods do not spike blood sugar as much as processed grains or sugary snacks.
- ✓ Recall that portion size matters. **See handout: *Portion Sizes***
- ✓ Create a colorful plate.
- ✓ Enjoy your food while being mindful of portion size.
- ✓ Be aware of the salt in your food. Salt is typically higher in packaged foods!
- ✓ “Volumize” your plate with low-carb veggies, which can help you feel full.
- ✓ Set a good example for your family by eating low-carb veggies and fruits every day with meals or as snacks.
- ✓ Choose seafood twice a week.
- ✓ Eat plant protein more often (beans, hummus, nuts); they are lower in saturated fat and higher in fiber.
- ✓ Stay hydrated by drinking water instead of sugary drinks.

Tips for healthy grocery shopping:

- ✓ Your trip to the grocery store starts before you even go! Choose a day of the week most convenient for you. Before going shopping, think about your week and make a plan – when will you need quick dinners, what will you pack for lunch, what have you run out of, and what sounds good? Think about meals you want to make that week, and make a list including those and other foods that will help make balanced plates throughout the week.
- ✓ While making your list, be sure you have foods from all the food groups: lean proteins, low-carb veggies, low-fat dairy, whole grains, starchy vegetables, and fruits!
- ✓ When you arrive at the store with your food list, it becomes easier to stick to your plan instead of having to decide what to get at the store.
- ✓ Remember: food should be enjoyable; plan to buy things you will enjoy, and don’t be afraid to try new foods or recipes!
- ✓ It is probably a good idea to have a healthy snack before grocery shopping so that you’re not hungry when you go and end up “impulsive” buying or eating unhealthy foods/snacks.

How to make a HEALTHY SNACK

Whether or not you have diabetes, you probably like having a snack now and then. The goal is to choose healthy snacks. The snacks listed here may cause a small increase in blood sugar, but are *not* to be used to treat a low blood sugar problem.

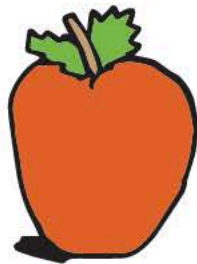
To build your own snack, choose one (1) carbohydrate food and one (1) protein or healthy-fat food from each box.

Measures:

oz. = ounce

tsp. = teaspoon

tbsp. = tablespoon



HEALTHY SNACK

CARBOHYDRATES (CARBS)

- 1 small apple
- 1 small sweet potato
- 1 small banana
- ½ cup of cooked plain oatmeal
- 1 small pear
- 1 ¼ cups of strawberries
- ¾ cup of blueberries
- 3 graham cracker squares
- 5 small whole-wheat crackers
- 1 slice of bread with 3 or more grams of fiber
- ¾ cup of unsweetened dry cereal



PROTEINS AND HEALTHY FATS

- 1 tbsp. of peanut butter, almonds, or cashews
- 1 to 2 ounces (oz.) of chicken salad
- 1 to 2 oz. of skinned chicken
- 1 to 2 oz. of low-sodium turkey
- 2 oz. of tuna
- 1 hard-boiled egg
- 4 oz. of low-fat cottage cheese
- 1 string cheese or 1 slice of Swiss cheese
- 10 unsalted almonds or peanuts
- ¼ avocado
- 2 tbsp. of hummus
- 8 oz. glass of low-fat milk
- 6 oz. of low-fat or fat-free yogurt

Note: Always check with your doctor or diabetes educator before you make any change in your diabetes meal plan.

PORTION SIZES

WHEN YOU CAN'T MEASURE YOUR FOOD

Your Helpful Hands...

The best way to find out how much of a food you are eating, or your portion size, is to use measuring cups, spoons or a scale. Sometimes, such as when you eat out, you can't do this. Here are a number of ways you can use your hands to help you find out about how much you are eating. * The portion sizes in each food group use an adult *woman's* hand as a guide.



One fist clenched = 8 fluid ounces

- Cold and hot beverages



Two hands, cupped = 1 cup

- Breakfast cereal
- Soup
- Green salads (lettuce or spinach)
- Mixed dishes (chili, stew, macaroni and cheese)
- Chinese food



One hand, cupped = 1/2 cup

- Pasta, rice
- Hot cereal (oatmeal, farina)
- Fruit salad, berries, applesauce
- Tomato or spaghetti sauce
- Beans (cooked or canned)
- Cole slaw or potato salad
- Mashed potatoes
- Cottage cheese
- Pudding, gelatin



Palm of hand = 3 ounces

- Cooked meats (hamburger patty, chicken breast, fish fillet, pork loin)
- Canned fish (tuna, salmon)



Two thumbs together = 1 tablespoon

- Peanut butter
- Salad dressing
- Sour cream
- Dips
- Whipped topping
- Dessert sauces
- Margarine
- Cream cheese
- Mayonnaise

*Adapted from MyPyramid.gov. This handout is only a guide. The amounts of foods in your meal plan may be different.

Mindful eating: what is it anyway?

Eating healthfully is much more than what you put on your plate. Taking the time to slow down, savor your food, and tune in to your hunger and fullness can be great tools to help make eating enjoyable and to manage diabetes! In the midst of busy lives and stressful situations, eating can otherwise become rushed, and our ability to choose foods that best support our health may decrease.

If you find yourself using food as a way to relax or de-stress, consider this: Is the reason you choose to eat certain foods for emotional hunger and not physical hunger?

- ✓ Foods can become tied to emotions. For example, if we feel sad, we might grab a family size bag of chips. The trick is to untangle the food choice from the emotion, and instead, use resilience resources rather than food to cope and work through our emotions.

A couple questions to ask yourself while eating (a little mid-meal check in):

- ✓ Am I still hungry?
- ✓ Do I enjoy the way this food tastes, or am I mindlessly eating after I feel satisfied?
- ✓ Does this food align with what will help me reach my short-term and long-term goals?
- ✓ Am I eating because I feel sad, happy, stressed, or tired? Or, am I eating because I recognize that food is fuel and I am nourishing my body with the fuel it needs?

Begin to practice taking the time to recognize if you eat past fullness often, if you are always rushed when eating, or if you are truly enjoying the taste of the food you are eating. You can make healthy decisions about what and how much to eat based on your knowledge of diabetes AND based on what foods sound good to you. Take time to enjoy your food, and begin to practice listening to your body as to when you feel satisfied.

What about dessert?

You don't have to deny your sweet tooth, but people with diabetes do need to eat desserts in moderation and closely monitor portion sizes. Desserts count as carbohydrates. Recall from class 3 that women should aim to eat between 3-4 servings of carbohydrates at each meal and men should aim to eat between 4-5 servings of carbohydrates at each meal. If you want to include a dessert with your meal, you will need to lower the number of servings of carbohydrates you are getting from other sources. One good strategy may be to swap the starchy veggies on your plate with carb-free veggies.



HOMEWORK: Let's Practice!

Things to commit to doing until we meet again.

Dish It Up: Practice Planning Your Meals in Advance!

Try planning your meals for an entire day. Think about what a typical day of the week is like for you, and think about the time you have, where you will be eating, if the meal would need to be prepared ahead of time, and how you will build your plate. Taking the time to plan ahead can help you be more mindful of the foods you eat and how you can best balance your plate! Practice planning breakfast, lunch, dinner, and a snack. Write down if you will cook, go out to eat, etc. and any barriers that you feel might get in the way.

Take a Picture of Your Meal

Take a picture of your plate at a meal. If your time permits, text your instructor one of the following for us to share with the group:

- 1) A meal you have questions about
- 2) A healthy meal you enjoyed eating (*confirmed by paired reading – blood glucose prior to and 2 hours after the meal*)
 - Start balancing a carbohydrate with a protein at every meal.
 - Eat mindfully during meals. Write down anything you notice that comes up!
 - Eat more low-carb veggies.

Bring to Our Next Class Session

Your diabetes notebook
Your comments and questions

