

UNDERSTANDING CARBOHYDRATES

Carbohydrates are an important source of fuel (energy). Our body breaks down carbohydrates into glucose (sugar) for energy. By being aware of the foods that contain carbohydrates, you can keep your blood sugar in a healthy range, while also having enough energy to enjoy your daily activities.

Carbohydrate Rich Foods



Fruits such as an apple, prunes, red grapes, blueberries, orange juice, and bananas



Grains such as brown rice, spaghetti, corn bread, macaroni, oatmeal, grits, and tortillas



Legumes such as black-eyed peas, baked beans, black beans, and kidney beans

Tricky Foods

Dairy

Contains carbs: Generally if it pours (milk) or you can eat with a spoon (yogurt)



DO NOT contain carbs: Eggs and cheese



Vegetables

Contain carbs: Starchy vegetables such as potatoes, corn, green peas, and yams



DO NOT contain carbs: Non-starchy vegetables such as broccoli, green beans, collard greens, spinach, and carrots



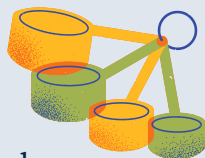
Food that are NOT carbs

Proteins in general such as chicken, salmon, steak, and fish



Serving sizes

- 1 serving = 15g carbs
- Women = 3-4 servings/meal
- Men = 4-5 servings/meal



Remember: BE RESILIENT

“The greatest glory in living lies not in never falling, but in rising every time we fall.”

-Nelson Mandela



Building Resilience with Type 2 Diabetes

Positive Social Support - What does it look like?

Social support is any communication that allows you to feel more positive and in control over a situation. Receiving social support can be especially helpful when dealing with the challenges of diabetes management. It can help reduce some of the negative health effects of diabetes distress (e.g. high blood sugars, feeling anxious) and even help prevent future stressful situations. *Social support* can take many forms and look different depending on the situation. Let's look at what this might look like with Ms. Patty and her best friends.

Ms. Patty and her best friends

Ms. Patty just had a follow-up visit with her doctor where she learned that her A1C is still too high. She's frustrated because she's been trying to bring it down for a few months already but it just feels too hard. She decides to talk about it with her two best friends – they always have positive things to say and they've helped her with others things in the past.



Types of Social Support Ms. Patty Received:



Emotional: Expressions of empathy, love, trust, encouragement, and caring.



Both of the friends go to Ms. Patty's house to listen to what happened and show her how much they care about her. They remind her of all the things she's done to be healthier since she was first diagnosed with diabetes. They tell her that they believe in her and that they know she has what it takes to become even healthier.



Instrumental: Tangible assistance or service.



One of the best friends starts meeting up with Ms. Patty to go for a walk three times a week. They all three start doing their Sunday grocery shopping together to help Ms. Patty pick out healthy foods.



Informational: Advice, suggestions, and information.



One of her best friends loves to cook and is always trying to find healthy but tasty recipes. She shares some of her favorite recipes with Ms. Patty and also tells her about a new healthy cooking class that just started at their community center.



Sense of Belonging: Feelings of support, acceptance, and inclusion by a certain group.



Ms. Patty starts going to the cooking class and meets other people who are also trying to eat healthier like her. She learns that many of them also have health problems and the teacher has diabetes herself. She feels like she can talk to them about her food struggles – they feel like her people!

Building Resilience with Type 2 Diabetes

Positive Social Support - Who provides it?

You just saw different ways Ms. Patty's two best friends and a local healthy cooking group supported her in lowering her A1C. A close friend is one possible source of support but there are many others – sometimes we don't realize just how many people care about our well-being! Take a moment to think about all the different relationships in your life that could act as a source of social support. When thinking about sources of social support, it's important to pick positive relationships in your life – negative relationships can sometimes have the opposite effect and lead to more stress. For this activity:

- Write down at least one positive relationship from each area of your life.
- Then write down a way that relationship could support your diabetes management in a way that would feel comfortable to you.



You: Feeling supported starts with supporting yourself. Having a good relationship with yourself and doing things and thinking in a way that helps you reach your goals sets a good foundation for others to help.



Family: _____
How can they support you in a way that feels comfortable to you?



Close Friends: _____
How can they support you in a way that feels comfortable to you?



Friends/Acquaintances: _____
How can they support you in a way that feels comfortable to you?



Community: _____
How can they support you in a way that feels comfortable to you?

COOKING SALMON

Salmon is a great source of protein and is high in Omega-3 unsaturated fats. Omega-3 fats are anti-inflammatory and support brain and heart health.

Buying Salmon:

Purchase the number of filets of salmon that you need. You can also buy a bigger slab of salmon, bake it whole, and portion after cooking. Sometimes, buying it this way is more cost effective. Frozen salmon filets are available as well and are a great option.

Cooking Salmon:

1. Preheat oven to 400°F.
2. Line a baking sheet with aluminum foil.
3. Lay the salmon filet(s) on the sheet pan, and season as desired.
4. Bake for 18-20 minutes, depending on your desired doneness.



Seasoning Ideas for Salmon



Lemon + Black Pepper



Cumin + Chili Powder



Dijon + Italian Seasoning



Salt Free Mrs. Dash + Olive Oil

Make it a complete meal by adding a carbohydrate and carb-free veggie



For convenience, HEB sells pre-made salmon burgers that are ready for baking.

