

# UnitedHealthcare Diabetes Care & You

Presented by Johnathan Glover, LPN  
– Clinical Practice Consultant





# Why Diet Matters

- The foods you eat have a direct impact on your blood glucose levels
- Managing your blood glucose level is key to diabetes management
- Carbohydrates are converted into glucose (a type of sugar) during digestion
- Type 2 diabetes occurs when your body cannot make enough insulin or cannot use the insulin it makes
- Insulin helps glucose enter the cells in your body so it can be used for energy
- When blood glucose levels are high over a long period of time it causes damage to parts of your body such as eyes, kidneys, nerves, and blood vessels
- Understanding the carbs in the foods you eat will help you manage your diabetes (simple vs Complex)



# Carbohydrates

- If you ever question whether something is a healthy carb, stay away from anything processed or with added sugar.
- Just because something is a healthy carb doesn't mean it's good for you. Always try to fill up on non-starchy vegetables for your carbohydrate count and add another complex carb to fill in the gap on your carb count for each meal.



# Complex Carbohydrates

VS.

# Simple Carbohydrates

- Harder for your body to process
- Digest slowly
- More nutrients and are more filling
- Include vegetables, brown rice, whole wheat bread, oats, black beans.



- Easier for your body to process
- Digest quickly
- Fruit and milk are ok to have in moderation, but others, such as sugary foods and drinks or processed foods like white bread are not.



# Count EVERYTHING!



Nutrition Facts	
About 13 servings per container	
Serving size 2 full cracker sheets (3)	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrate</b> 24g	5%
Dietary Fiber 1g	5%
Total Sugars 8g	
Includes 8g Added Sugars	15%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%

Serving Size

Total  
Carbohydrates

- Fill up on healthy carbohydrate choices, not starches and grains.
- Look at the “**Total Carbohydrates**” area on nutrition labels, then decide how many **servings** you will eat.
- Multiply the servings by the number of carbohydrates on the label.





# Carb Counting



Women should eat **30 – 45**  
grams per meal



Men should eat **50 – 60**  
grams per meal

**Snacks should be no more than 15 grams of carbs**





# Protein

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- Always eat protein with every meal and snack.
- Protein slows the absorption of carbohydrates into your system.
- Cook your protein any way you want as long as it isn't fried.
- Have at least 3 oz (size of a deck of cards) on your plate.
- Servings should be around 20 grams of protein per meal.

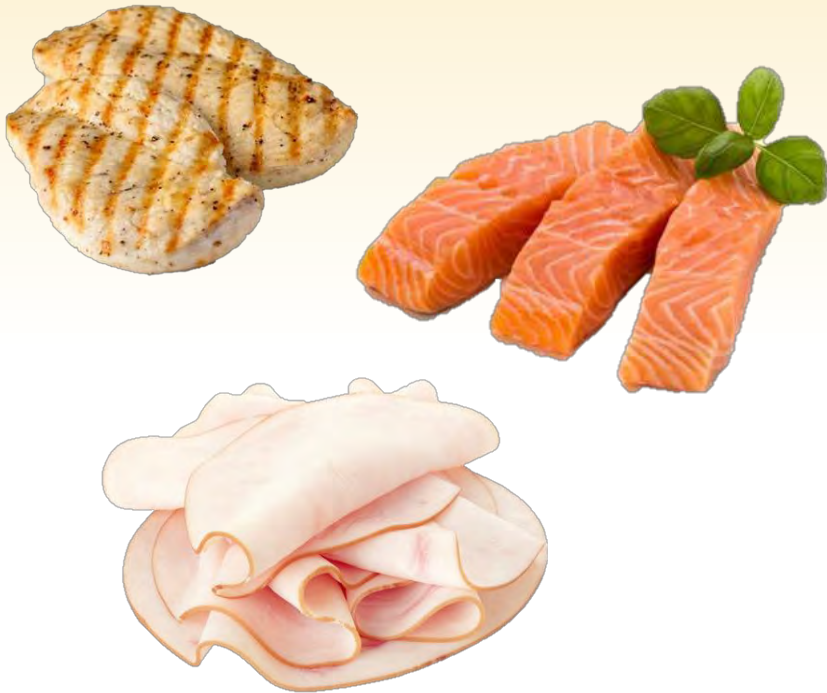


# Healthy Proteins

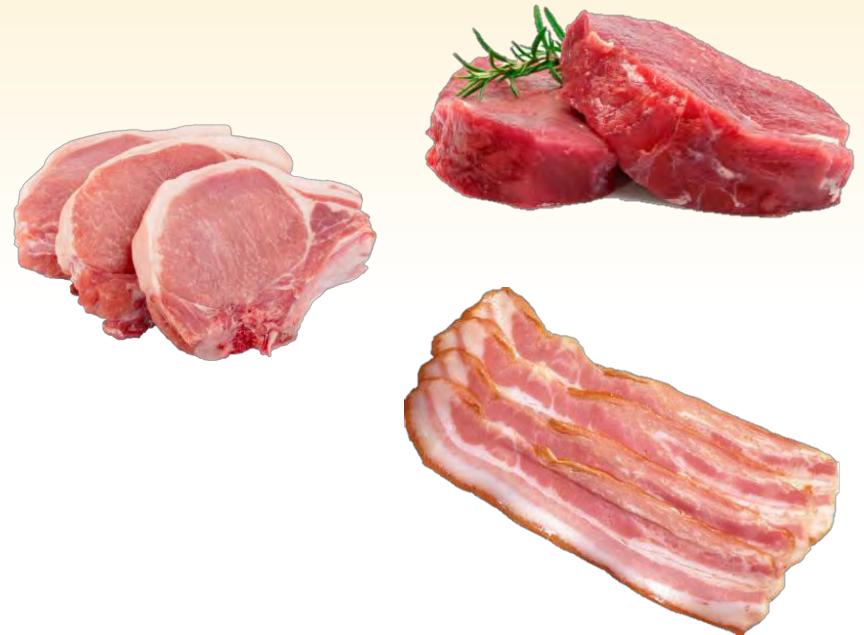
# VS.

# Less Healthy Proteins

- Healthy proteins are chicken, turkey, and fish.



- Avoid red meat and pork due to fat and salt.





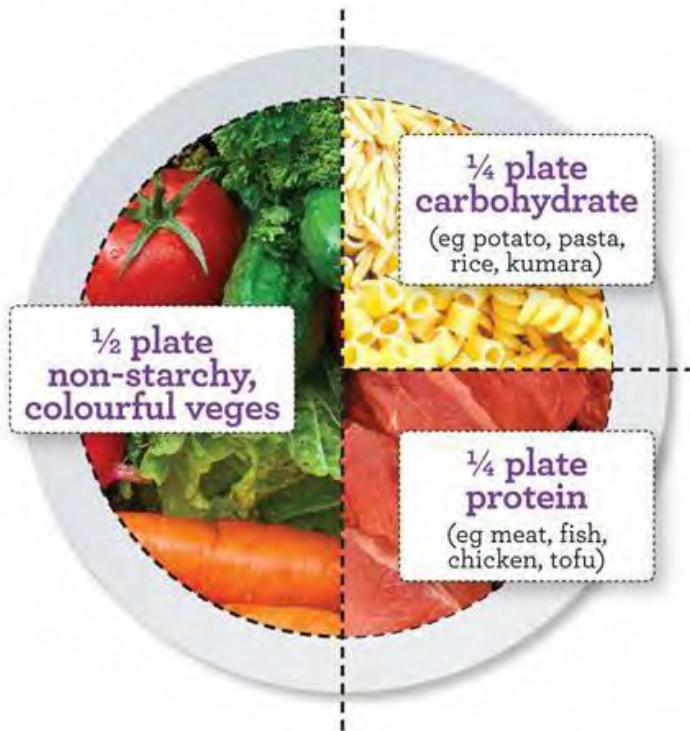
# Eat Consistently

- The goal is 3 meals (6 small meals) per day.
- Try to stay within the same time frames per meal every day.
- Meal prepping and planning is your best friend when it comes to staying on track.



# Meal Portions

Most of your carbs for meals should come from healthy vegetables, a small amount can come from starches and grains to help get to your carb count.



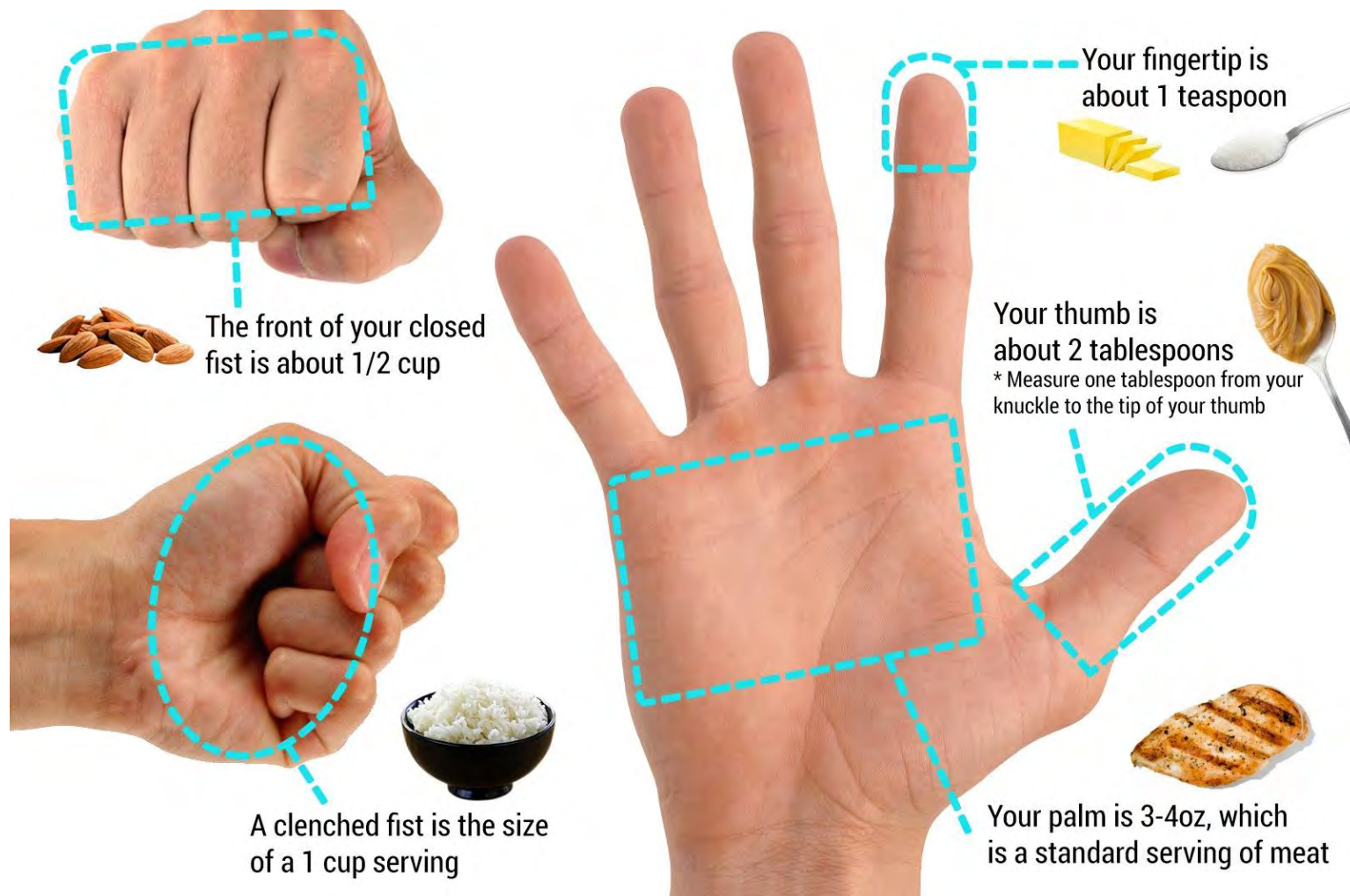
# Fruit Portions

Fruit no more than twice per day, preferably once, and should be counted as a snack. Only get small fruits, the difference between a small and large apple is about 15 grams of carbs.





# If there is no way to measure, use your hand!



# Snacks

- No more than **two snacks per day**.
- Only eat snacks when you're hungry and to prevent low blood sugars.
- Keep track of your blood sugar, if checking it, and try to time snacks when your blood sugar tends to get low.





# Healthy Snacks



➤ Eat healthy protein with every meal and snack.

➤ Snacks should be **15 grams of carbs** and at least **5 grams of protein**.

➤ Ideas: Small apple sliced with peanut butter, Rice cakes with peanut butter, one slice of whole-wheat bread and cheese, check protein bars for a healthy option.



# Vegetables

- Half of your plate should be vegetables per meal.
- 1 cup cooked is 10 grams of carbs.
- 1 cup raw is 5 grams of carbs.



- Asparagus
- Broccoli
- Spinach
- Brussel Sprouts
- Green Beans

- Celery
- Tomatoes
- Cabbage
- Turnips
- Cauliflower

- Mushrooms
- Cucumber
- Onions
- Eggplant





# Starches & Grains High in Carbohydrates

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Bagels

$\frac{1}{4}$  = 15 grams



Bread

1 slice = 15 grams



Hotdog/Hamburger Bun

$\frac{1}{2}$  = 15 grams



Oatmeal

$\frac{1}{2}$  cup = 15 grams



Unsweetened Cereal

$\frac{3}{4}$  cup = 15 grams



Granola

$\frac{1}{4}$  cup = 15 grams



Pasta

$\frac{1}{3}$  cup = 15 grams



Peas

$\frac{1}{2}$  cup = 15 grams



Corn

$\frac{1}{2}$  cup or one large cob = 15 grams

# Fruits & Milk High in Carbohydrates



Apple  
Small = 15 grams



Banana  
 $\frac{1}{2}$  = 15 grams



Whole, Skim, 2% Milk  
1 cup = 15 grams



Blueberries  
 $\frac{3}{4}$  cup = 15 grams



Orange  
Small = 15 grams



# Fats and Oils

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- Use sparingly
- These do slow down rising blood sugar, but are high in fat



# Fats & Oils

*\* Suggested Serving Sizes (each 5 grams of fat)*



Cream Half & Half  
2 tbsp



Coconut Oil  
1 tsp



Vegetable Oil  
1 tbsp



Mayonnaise Regular  
1 tsp



Mayonnaise Reduced Fat  
1 tbsp



Butter Stick  
1 tsp



Butter Whipped  
2 tsp



Margarine Low Fat  
1 tsp



Sour Cream Regular  
2 tbsp



Sour Cream Reduced Fat  
3 tbsp



Almonds  
6 nuts



Cashews  
6 nuts



Peanuts  
10 nuts



Pistachios  
16 nuts



# Blood Sugar Tracking

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# Blood Sugar Tracking

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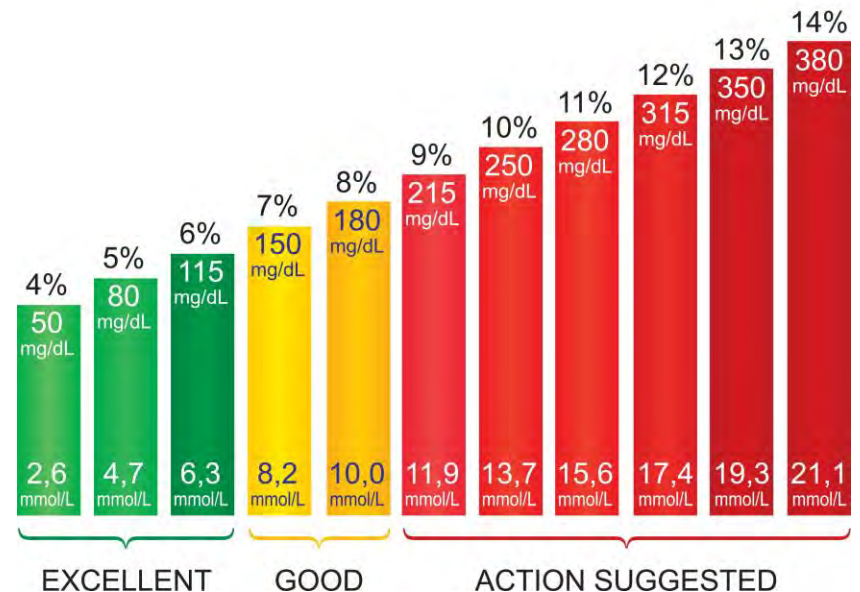
- It is important that you follow your doctor's suggestions. Always keep a logbook of your sugars and bring it to every appointment.
- Checking your A1C completes the picture with your logbook to see how your sugars have been running for the last 3-months. This is important to see how they were running when you didn't check, it gives an average.
- Check your blood sugar when you feel symptoms. If you find yourself checking for symptoms more often, let your doctor know immediately and keep those results in your logbook to report them during the call or office visit.

# Blood Sugar Tracking

- Always let your doctor know when you have a hypoglycemic or hyperglycemic episode. You need to treat or seek medical attention for these episodes immediately.
- Blood sugar should be 80-130 before meals, up to 180 2 hours after your meal, then start coming back down.



**\*\*\*See if you qualify for a continuous glucometer**



# Hypoglycemia Symptoms



**Sweating**



**Hunger**



**Blurry Vision**



**Headache**



**Irritability**



**Shakiness**



**Dizziness**



**Fast Heartbeat**



**Weakness Fatigue**



**Anxiety**

## What to do?

- Have something that is about 15 grams of carbs immediately only after checking your blood sugar level. Orange juice and Soda (4oz), glucose tablets, and hard candies are examples. Avoid things with protein when treating symptoms.
- Wait 15 minutes and check your blood sugar again to make sure it's coming up. If it isn't improving, have another 15 carbs.
- Call 911 or go to the emergency room immediately if have a severe episode of hypoglycemia, for any mild symptoms easily improved, call your doctor immediately.





## SYMPTOMS OF HYPERGLYCEMIA



**DRY MOUTH**



**INCREASED**

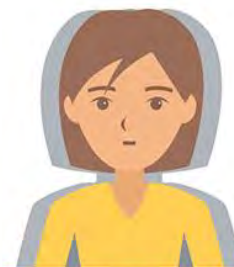
**THIRST**



**WEAKNESS**



**HEADACHE**



**BLURRED**

**VISION**



**FREQUENT**

**URINATION**

## What to do?

- Follow the plan you and your doctor have discussed for high blood sugar, this may include a sliding scale.
- If your blood sugar is higher than normal for 3 days with no reason and no symptoms, call your doctor to discuss this.
- Call 911 or go to the emergency room immediately for any severe episode of hyperglycemia.
- For mild episodes easily controlled with insulin while following you and your doctor's plan, call your doctor immediately.



# Questions?

Thank you for attending today's education. Please be sure to use this information as a guide along with the plan you and your doctor have discussed. There is no one-size fits all solution, regular follow ups with your doctor are key to track your progress.

