

Diabetes On the Go

Helping people make the best choice wherever they are!



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diabetes GREY BRUCE
Education | Support | Treatment

Outline

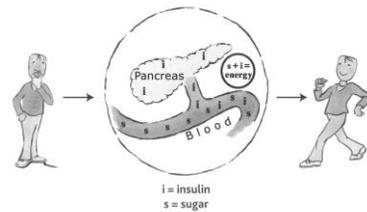
- Diabetes review
- Why healthy eating matters
- Tips for when life happens
- Discussion
- Questions

Session goal

At the end of this session you will be able to support your clients with

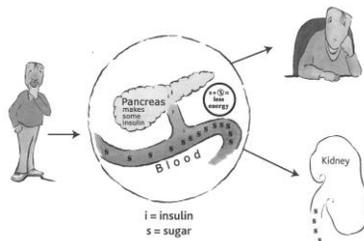
- Quick and healthy meal ideas
- Grocery store shortcuts
- Better take out options

Your body needs sugar for energy



Insulin + Sugar = Energy! ☺

Type 2 diabetes



Not enough Insulin + Sugar = Fatigue ☹

The Healthy Plate



Making it happen

- How to eat vs. what to eat
 - 3 meals and 2-3 snacks per day
- Consistency vs. perfection

Making it happen

- Healthier eating doesn't have to be fancy, complicated or expensive
- Aim for:
 - 3 food groups at meals
 - 2-3 food groups at snacks

Balanced meals in a flash

- Scrambled eggs
- Whole grain toast
- Side salad



Balanced meals in a flash

- Countertop grilled chicken breast
- Microwave 'baked' potato
- Microwave steamed vegetables



Balanced meals in a flash

- Whole grain pita pizza – tomato sauce, veggies and low fat cheese
- Veggies and low fat dip (make extra for tomorrow's lunch!)



Balanced meals in a flash

- Cheese quesadilla (add some leftover grilled chicken!)
- Finish off that salad



Compliment your meals with...

- o Fruit and milk/yogurt



Grab and go snacks

- o Fruit + cheese
- o Veggies + hummus
- o Yogurt + berries
- o Whole grain crackers + nut butter
- o Homemade muffin + hardboiled egg

Grocery store shortcuts

- o Prepared/quick foods:
 - Salads
 - Fruit/veg trays
 - Single serve hummus, cottage cheese, brick cheese, hardboiled eggs
 - Ready made sandwich
 - Pizza crust

Grocery store shortcuts

- o Frozen foods:
 - Vegetables and fruits
 - Lean burgers and meatballs
 - Fish
 - Falafel
 - Pre-portioned microwave dinners

Read the label!

Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

- LOOK at the amount of food**
Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.
- READ the % DV**
The % DV helps you see if a specific amount of food has 100% or more in a LOT, 10% DV or less in a LITTLE. This applies to all nutrients.
- CHOOSE**
Make a better choice for you. Here are some nutrients you may want...
 Less of:
 - Fat
 - Saturated and Trans fats
 - Sodium
 More of:
 - Fibre
 - Vitamin A
 - Calcium
 - Iron

100% DV or more in a LOT
10% DV or less in a LITTLE

Canada

How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

- LOOK at the amounts of food**
Compare the amounts of food (also known as the serving size) on the Nutrition Facts table.
 Cracker A has 10 crackers and weighs 20 grams.
 Cracker B has 12 crackers and weighs 20 grams.
 Because the weights are similar, you can compare these Nutrition Facts tables.
- READ the % DVs**
Since you are comparing crackers, you may want to look at the % DVs for sodium and trans fats, sodium and fibre.
 Cracker A has 12% DV for sodium and 10% DV for fibre.
 Cracker B has 2% DV for sodium and 12% DV for fibre.
 Recommendation: 10% DV or less is a LITTLE and 10% DV or more is a LOT. This applies to all nutrients.
- CHOOSE**
Cracker B is the better choice if you are trying to eat less sodium and more fibre as part of a healthy diet.

Did you know?
You may be able to compare products that don't have similar amounts of food. For example, you could compare the % DV of a larger 50g bag to the % DV of 2 slices of bread (10g) because you would need 20g of bread to equal 50g of food at one time.

Use the Nutrition Facts table and Eating Well with Canada's Food Guide to make healthier food choices.

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Some good websites

- Where to find credible info online
 - Eatright Ontario
 - Diabetes Canada
 - Diabetes GPS
 - Dietitians of Canada
 - Heart and Stroke Foundation
 - Pulse Canada

