

New Food Label Pages

Diabetes Self-Management Program *Leader's Manual*

The FDA has released a new food label, so we have adjusted Session 4 and provided a handout of the new label. Participants use the handout instead of looking at the label in the book during this activity.

If your manual was obtained before December 2018, you should check the pages in your manual and replace these pages if needed.



Revised December 2018

13. **Say in your own words:** Another thing you can do is to take a few minutes each day to think about things for which you are grateful or things that make you happy. Many people call this a “gratitude journal”, and it can be a great !

Instructions to Leaders: If you are short of time, do not do #14, which follows. Only do #14 if you have 5 minutes left.

14. **Say in your own words:** We’d like you to think of one thing for which you are grateful, and then we’ll go around the room and have each person tell us one thing for which they are grateful or which has made them happy today. We’ll give you a moment to think about this before we share.

Instructions to Leaders: Start with yourself, ask for a volunteer, and then go around the room. If someone doesn’t want to share, don’t push them.

15. **Instructions to Leaders:** Remind the group that exercise or engaging in any physical activity are also good ways to help deal with these emotions.

Activity 3 20 minutes

FOOD CHOICES - PUTTING IT ALL TOGETHER

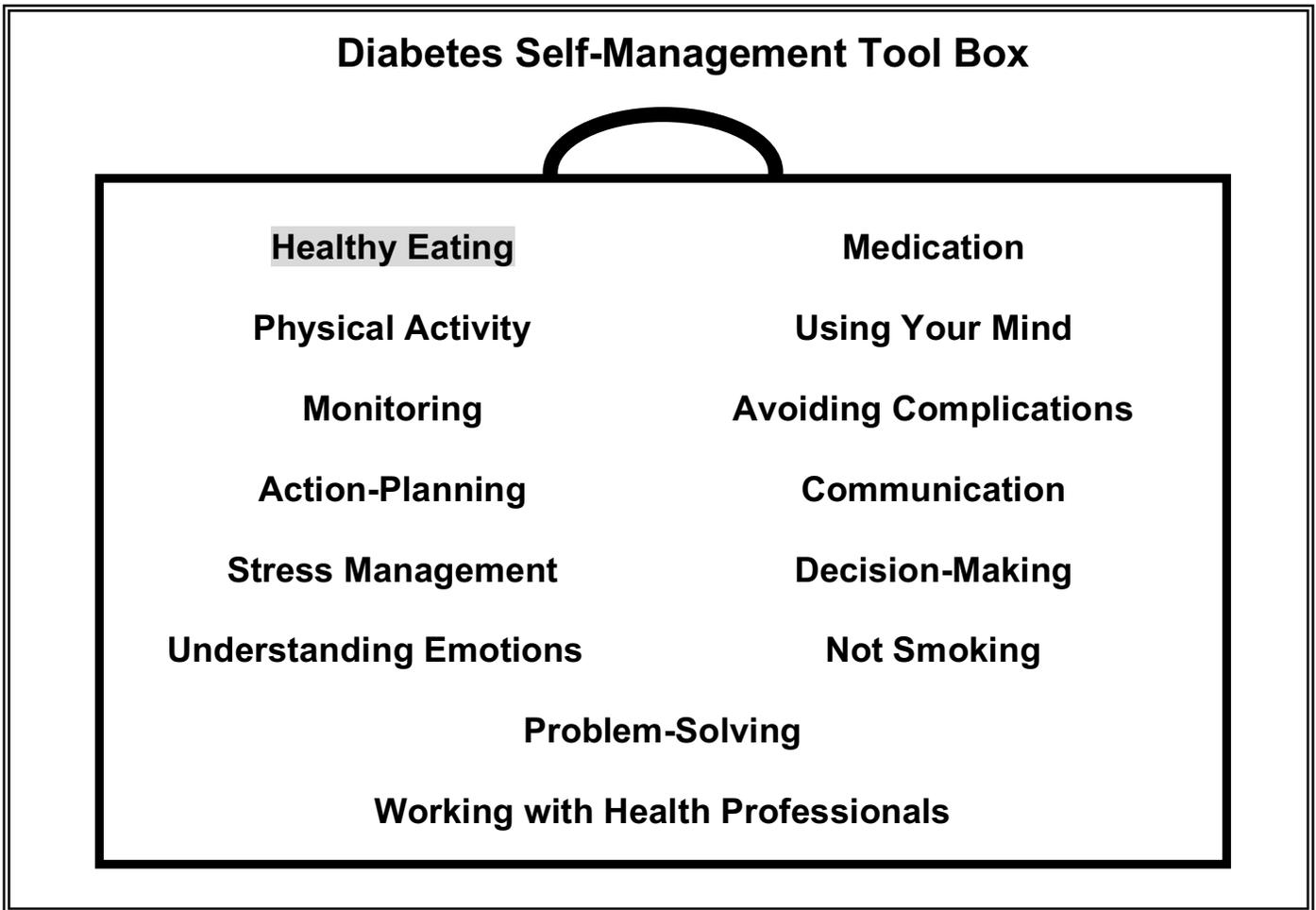
Materials:

- Chart 2, Diabetes Self-Management Tool Box
- Chart 9, Guidelines for a Healthy Meal
- Chart 11, The Plate Method
- Food label handouts

1. **Say in your own words, pointing to Healthy Eating on Chart 2:** Let’s take a few moments to review what we have learned about healthy eating. Remember, we started by saying there was no such thing as a diabetes diet. Each of you will eat differently. What we do have are some guidelines to help manage your blood sugar

(Chart 2 on the next page)

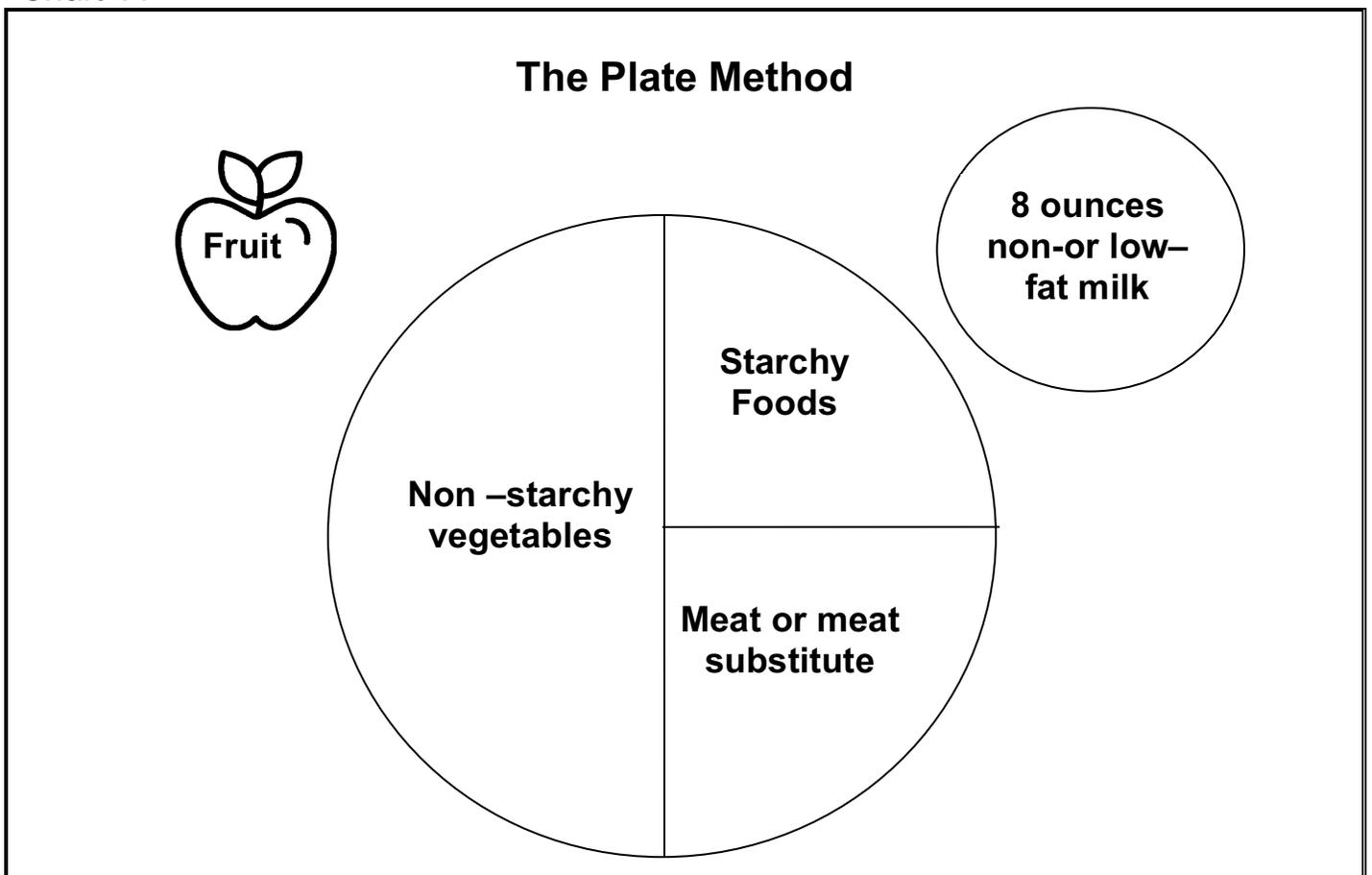
Chart 2



2. **Say in your own words:** We have discussed the need to manage carbohydrates and to choose healthier carbohydrates, such as fruits and vegetables, rather than foods that are high in carbs but low in nutrients, such as sweets and many processed foods, like chips, and sugary soft drinks.
3. **Say in your own words:** We have also talked about managing fats and choosing fats that are liquid at room temperature rather than those that are solid at room temperature.
4. **Say in your own words:** Maybe most important of all, we have talked about paying attention to the portion size of foods that are high in fat – especially saturated fat - or high in carbohydrates. Remember, a portion is what you put on your plate.
5. **Say in your own words:** One last thing that we need to think about is salt or sodium. This should be limited to no more than 2,300 milligrams a day.

- a. This is the same as for the general public, but people with diabetes, like the rest of the public, often eat more salt than they need.
 - b. Putting this all together - cake, rice, bread, and fried chicken can be part of a healthful diet. As adults, we can have what we want. At the same time, to manage our blood sugar and weight, we may decide to eat these less frequently or in smaller portions. For example, having a smaller piece of cake, or less rice than you would usually eat.
6. **Say in your own words:** We have used the food guides in your book to determine the nutrients in foods, and we will also learn how to read labels.
 7. **Say in your own words, pointing to Chart 11:** Finally, we have learned how to use the plate method. Let's quickly review the plate.

Chart 11



8. **Say in your own words:** Before we put it all together we want to discuss one more thing — label reading.

9. **Instructions to Leaders:** For the next section, Leaders should ask the group each question and see if participants can answer.

If they cannot answer, or if the answer is wrong, Leaders should clarify the answer.

Try to see that the same person does not give all the answers.

Hand out the food label handout

a. **Say in your own words:** Please the label on your handout. Looking at the sample label, let's look at the size of each **serving** and the total number of servings in the package.

- **What is the serving size?**

Answer: $\frac{2}{3}$ cup



- This is important because sometimes a package that looks like it could be only one serving will actually be several servings on the label.
- It is also possible that even one serving size is more than what is recommended for carbohydrates and other nutrients.

If this is the case, the amount you eat may need to be less than one serving.

b. Now, let's move to **calories**. The label gives us calories per serving. In many cases, this is not the whole package.

- **Ask:** How many calories are in one serving?

Answer: 230



c. Just like calories, **carbohydrates** are listed as the total amount of carbohydrates in one serving. Sugars and starch account for most of those grams of carbohydrates.

- **Ask:** How many total carbohydrates are in one serving?

Answer: 37 grams.



- **Ask:** How many grams of carbohydrates come from sugars in one serving?



Answer: 12 grams

- **Ask:** How many grams in one serving of sugars are added sugars?



Answer: 10 grams

- You can see that most of those grams of sugar are added sugars

- **Ask:** How many grams of carbohydrates come from dietary fiber?



Answer: 4 grams

- Fiber comes only from plant foods, including fruits, vegetables, whole grains, nuts and legumes.
- Fiber is good for digestive health, helps to keep our bowels regular, and may help us not have big spikes in blood sugar.
- Any fiber is great but foods with 5 or more grams per serving are especially good

10. **Ask:** Given what we have learned, what does a person with diabetes need to consider when deciding whether or not to eat this package of this food?



Answer:

- One package is 8 servings and has 37 carbs per serving. Therefore, the package has 8 servings and 37 times 8, which equals 296 carbs! That is a lot of carbs for someone with diabetes to eat at one meal.
- However, the person could eat just 1 serving out of the package, as most of the carbs for that meal.

11. **Ask:** What if a serving of food had 100 carbohydrates, could someone with diabetes eat this food?



Answer: Yes.

- People with diabetes can eat any food, as long as they balance what they eat and follow the guide to healthy eating.

12. **Say in your own words:** Now let's look at the label for total fat.

a. Just like with the other examples, fat is listed per serving, and includes different types of fat.

b. **Ask:** In our example, a serving has how many grams of fat?



Answer: 8 grams

c. Fat is listed per serving and includes:

- Saturated, or “bad” fat, which comes from animal products and is solid at room temperature. It helps your body make cholesterol.
Coconut oil, however, is a saturated fat that is solid at room temperature and does not come from animal products.
- Trans fats are saturated fats that come from hydrogenated or partially hydrogenated oils. Trans fats help your body make more cholesterol and are not good.
- Unsaturated or “good” fat comes from vegetable products and is liquid at room temperature.

d. **Ask:** How many of these grams come from bad fat?



Answer: 1 gram

13. **Say in your own words:** If you are watching your fat intake, look for products with less saturated fats and no trans fats.

a. A general goal is no more than 35 to 55 grams of fat per day.

b. Try to limit foods with more than 5 grams of fat per serving.

14. **Ask:** Using our example, how many milligrams of cholesterol are in 1 serving?



Answer: none

- Everyone with diabetes should watch their cholesterol in order to reduce the risk of heart disease and stroke.
- The goal is no more than 300 milligrams of cholesterol per day.

15. **Say in your own words:** If you are watching your cholesterol, fat, and sodium, look at the “% Daily Value” column on the food label. An amount above 20% per serving in that column should be considered a high value for any food. This food has 20% per serving.

16. **Say in your own words:** Sodium is listed as total amount per serving.

Ask: How many milligrams of sodium are in this food?



Answer: 160 milligrams

- If someone eats this food, they have eaten not quite a tenth of all the recommended sodium for a day.
- Remember the total amount of sodium in a day should not be more than 2300 milligrams.

17. **Ask:** If someone chose to eat a serving of this food at a meal, what things should they consider?



Instructions to Leaders: Mention the following that are not already mentioned by group.

- The grams of carbohydrates is high. Other carbs would need to be balanced
- It is high in calories, so if one was trying to lose weight, this might not be the best food
- It has no cholesterol but some saturated fat. Remember saturated fats help our bodies make unwanted cholesterol.
- It is pretty low in sodium. But if we ate this we would still need to look at any other food with sodium or salt that day.

18. **Say in your own words:** Remember, though, if this is your favorite food or something you really like, you may decide to eat it.

The following handouts should be photocopied for your workshop participants. These are the ONLY handouts for the participants.

Workshop Overview and Homework

- Should be passed out at the beginning of Session 1
- The 2 pages should be copied back-to-back

Menu Planning Instructions #1 and #2

- #1 to be used in Session 2, Activity 2: Formula for a Healthy Eating Plan
- #2 to be used in Session 4, Activity 4: Menu Planning

New Food Label

- The FDA has released a new food label, so we have adjusted Session 4 and provided a handout of the new label
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Diabetes Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and diabetes	•					
Nutrition/Healthy Eating	•	•	•	•		
Making an action plan	•	•	•	•	•	
Monitoring diabetes and blood sugar	•	•	•	•	•	•
Problem-solving		•	•	•	•	•
Feedback		•	•	•	•	•
Dealing with stress		•				
Preventing low blood sugar			•			
Preventing complications			•			
Making decisions			•			
Physical activity / exercise			•		•	
Difficult emotions				•		
Depression					•	
Positive thinking					•	
Relaxation techniques					•	
Communication					•	
Sick days						•
Foot care						•
Medication						•
Working with your health care professional and health care system						•
Future plans						•

Homework by Session

Session 1:

- On 2 days, 1 work day & one non-work day, monitor blood sugar once in AM before eating, once 2 hours after a meal & once after exercising. Write down all you eat on same 2 days, take note of what learned.
- Reading: Chap 1, 2, 11, 18. Especially food guide pgs. 186-192.
- Keep track of your action plan.

Session 2:

- Keep track of what & when you eat 2 days, 1 week day & 1 weekend day.
- We will be covering decision-making next time; think of something for which you need to make a decision & have it ready next week.
- Reading: Chap 11 & pgs. 192-193, 293-295.
- Keep track of your action plan.

Session 3:

- Pay attention to labels of favorite foods; see if eating hidden fat & if saturated or non-saturated.
- Look at serving sizes on labels of foods; bring 1-2 labels next week & be prepared to tell what you have discovered.
- Reading: Chap 5 & 6, pgs. 18-19, 177-179, 192-194, 302-305
- Keep track of your action plan.

Session 4:

- Reading: Chap 11 & 12, pgs. 50-62
- Reading food labels; try having smaller servings of foods high in carbohydrates and/or fats.
- Keep track your exercise each day.
- Keep track of your action plan.

Session 5:

- Pay attention to the types of thoughts have about yourself; try to replace negative ones with positive ones.
- Keep track of exercise 1 weekday & 1 weekend day; be prepared to share what learned.
- Monitor your blood sugar before & after eating & before and after exercise twice and be prepared to talk about it if you have seen any changes since you did this five weeks ago.
- Reading: Chap 8 & 9, pgs. 50-55, 75-77, 70-82
- Call, email or write letter to your provider about what you have accomplished. If not pleased, write letter to the workshop's developers explaining. Address: Self-Management Resource Center • 711 Colorado Avenue • Palo Alto CA 943043 USA • smrc@selfmanagementresource.com. You don't have to mail or show these letters, but bring them with you next week for your own use in the sharing activity.
- Keep track of your action plan.

Session 6:

- Create and/or update a medication list and keep it current
- Reading: Pages 152-159, 297-302, 303-304.
- Continue using your action plans as a support.

Menu Planning Instructions #1

1. Use the food guide in the book to look up serving sizes on pages 186-191
2. Use the “Guidelines for a Healthy Meal” chart as a guide
3. Write down the food, portion size (amount on the plate - what your guest will actually eat), number of servings for each portion, and then fill in the following:

Meal:		
Menu item	Portion size	Number of servings

Total Servings	
Protein	
High carb food	
Low carb/low calorie vegetables	
Fat	

4. Choose one person in your group to report back and share your menu with all of us.

Menu Planning Instructions #2

1. Use the food guide in the book to look up serving sizes
2. Use the “Guidelines for a Healthy Meal” chart as a guide
3. Use the example on the “Example of Menu” chart as reference
4. Write down the food, portion size (amount on the plate - what your guest will actually eat), number of servings for each portion, and then fill in the following:

Meal:		
Menu item	Portion size	Number of servings

Nutrient	Portion size	Number of servings
Protein		
High carb food		
Low carb/low calorie vegetables		
Total fat		
High in fat		
“Good” fat		
“Bad” fat		

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.