BEYOND DIAGNOSIS

MODULE 3

Instructor Notes

BEYOND TYPE 1

SLIDE 1

WELCOME BACK! We are excited to have you return for more great information about diabetes. Since our last session on Creating Your best path forward, we hope you have had the chance to think more about the importance of monitoring your glucose and ways to accomplish this in your own life. Today, we will talk more about two new key strategies for managing glucose: eating well and moving your body. We will give background information on healthy eating and approaches to activity while managing diabetes.

You'll remember that I am **[INSTRUCTOR NAME]** and I work with **[INSERT ORGANIZATION NAME]** as a **[INSERT ROLE NAME]**. I am your instructor for today's session on Creating Your Best Path Forward. Please feel free to ask questions, share stories, and connect with others in the group.

Let's re-introduce ourselves. Names are important, but they can be tricky to remember! Please tell us your name, one update you would like to share since our last time together, and one question that you would like to have answered during today's session about Creating Your Best Path Forward.

Note: instructor should write down each participant's learning goal/question they would like to have answered today.

Thank you. Let's get started!

SLIDE 2

As we explore our best path forward while navigating diabetes, we will refer back to our Beyond Diagnosis Toolkits. Did you remember to bring your toolkit with you to our session today? Great! If not, I have a few extras here so that everyone has a toolkit.

[Give participants a minute or two to locate their toolkits and navigate to Section 2. If participants need a new toolkit, please distribute additional toolkits.]

As we go through our presentation today, you can follow along in your BT1/Bt2 toolkits in section 3: "Fuel Well to Feel Well and Move Your Body"

- BT1 Toolkit: p.32-41
- BT2 Toolkit: p.31-40

As we learn about best practices for managing blood sugars today, here are some of the topics we will discuss:

1. Physical activity with diabetes
2. Food & Healthy nutrition basics
3. Diabetes Plate Method & Carb Counting
4. Food Journaling

SLIDE 3

Introduce the group to the Beyond Diagnosis Ambassadors, Bridget and Alexandra, by playing the linked videos.

MEET BRIDGET (T1D + Healthcare provider)

MEET ALEXANDRA (PW T2D)

Thank you to Bridget and Alexandra for bravely sharing their stories and advice with us. let's get started with Fueling Well to Feel Well and Moving Your Body.

SLIDE 4–5

Physical activity is good for all adults. Staying active and moving your body helps keep your body's bones and muscles strong. It is also one of the best ways to improve blood sugar, boost heart health, improve mood, reduce stress, and improve sleep. Wow! Those are some awesome benefits.

We're all busy in our daily lives. So where does exercise, physical activity, or movement fit? How much should we be aiming for?

1. No matter what your activity abilities, adults should move more and sit less throughout the day
2. Each of us should aim for 150-300 minutes of moderate physical activity 5 days per week OR 75 minutes of vigorous physical activity per week. This breaks down to about 30-60 minutes per day. If this amount of movement seems like a lot more than you currently can do, take it slow and work towards these goals. You benefit from ANY amount of physical activity that you can do, even if it is less than the recommended amounts listed here.
3. For those of you looking for extra credit, it's important to understand that we get additional health benefits when we get EVEN MORE exercise than what's recommended (above 300 minutes per week comes with even more positive health benefits).
4. Adults should also get muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Do you know what "counts" for physical activity or movement? We are aiming to get your heart pumping – hard enough that it's hard to sing a song, but not too much that you are so out of breath that you couldn't have a conversation with someone else. There are many forms of exercise, and finding one that you enjoy and want to stick with is the most important part!

1. Aerobic activity gets the heart pumping! Examples are: walking, gardening, bicycling, water aerobics, swimming, dancing, sports (tennis, soccer, basketball, hockey). Pushing a grocery cart around a store or parking your vehicle in a spot farther away from a store entrance are also daily examples of aerobic activity.
2. Muscle-strengthening activities focus on using resistance to strengthen specific muscle groups. Common muscle-strengthening activities are pushups and sit-ups, lifting weights, climbing stairs, and digging in the garden. These activities all improve the strength, power, and endurance of muscles.
3. Bone-strengthening activities use movement to strengthen specific bones in your body. Some examples are running, walking, jumping rope, and lifting weights help make bones strong for a lifetime.
4. Balance activities involve the coordination of multiple limbs or muscle groups. Some examples of balance activities are walking backward, standing on one leg, walking heel-to-toe, practicing standing from a sitting position or using a wobble board to improve the body's ability to resist forces that can make you fall.
5. Flexibility activities like stretching, touching your toes, doing side stretches, and doing yoga exercises improve your flexibility and your ability to fully move your joints.

Let's take a moment to jot down some of these aerobic, muscle-building, bone-strengthening, balance improving, and flexibility activities that you enjoy or may consider trying.

SLIDE 6

Why is exercise important for managing diabetes? Moving can do wonders for your blood sugar. While you move, your body may use glucose as an energy source for its cells and makes your body more responsive to the actions of your insulin. In the short term, physical activity can lower your blood sugar for up to 24 hours. Adults who are active are healthier, feel better, have reduced depression and anxiety, and also enjoy better sleep. Though you may associate physical activity or exercise with weight loss, the health benefits of exercise are something everyone can take advantage of, regardless of their body weight.

Exercising with T2D can be challenging–especially if you haven't been active recently. Every little bit helps though, and starting small is more than okay. Exercising with T1D can be challenging–especially because of the considerations and preparations needed before, during and after activity to prevent low blood sugar from occurring. Regular physical activity reduces risk for cardiovascular disease, stroke, high blood pressure, risk for fractures as we age, and other chronic conditions. Exercising regularly improves stress and reduces anxiety and depression, too. Over time, if we stick with a more active lifestyle, those with diabetes may see a lower hemoglobin A1c, improved physical fitness, and even improvements in body weight.

The truth is, most adults do not get the recommended amount of physical activity, and this has a big impact on our health. Realistically, it's hard for most adults to get this much activity. It's okay if you don't get the recommended amount, but making small goals to get you closer to this amount of movement is important. Every little bit of activity helps, and even spending less time sitting each day counts, too. Whether it's taking a walk with a pet or family member, taking the stairs instead of an elevator, or walking to the mailbox, there are easy ways to become more active each day which add up. You can also incorporate any of the aerobic, muscle-strengthening, bone-strengthening, flexibility building, and balance-improving exercises.

A key strategy in becoming more active is to prioritize activities that you enjoy! In fact, we are more likely to stick with it if we enjoy it and participate with other people whose company we enjoy. Let's talk more about what makes it hard for us to be active every day.

SLIDE 7 (1/2)

Everyone please reflect on a few things that make it difficult for you to be active. This could be anything that's getting in the way of getting movement or activity each day.

As a group, we are going to help solve some of these challenges. The American Diabetes Association suggests that overcoming roadblocks matters. Help from our group can help us feel supported in getting there. If you're not active, it's likely that you have at least one roadblock or reason why. Perhaps you've never been very active. Maybe you're afraid that your blood glucose (also called blood sugar) will drop. Think about what is keeping you from being active and then check out some of our solutions to the most common roadblocks to physical activity. Is there a solution for you?

EXAMPLES:

I don't have time to exercise for 30 minutes a day.

Think about your day—do you have available time slots? Take advantage of any extra time that you may have and get moving. If you find yourself waiting for the kids to finish practice or watching their game from the sidelines, use that time to take a walk or pace while you watch.

Do as much as you can. Every step counts. If you're just starting out, start with 5-10 minutes a day and add more, little by little. Work up to three times a day. You can also try for 15-minute sessions twice a day.

Make physical activity part of your daily routine. For example, walk or bike to work or to the store, exercise while you watch TV, take the stairs instead of the elevator or do something active with your family to spend time together.

I've never been active.

Don't discount your everyday activities. You may be more active than you think. Housekeeping or mowing the lawn counts as activity. Being active is more than just planned exercise.

If you have never been active or have not been active for a while, it is important to start slowly. If you feel unsure about your health, check with your health care provider before making big changes in your exercise plan.

Starting slowly is important and so is choosing activities that you enjoy. Over time, the activities you do will get easier. You will even find that you can increase the duration and/or intensity.

I'm too tired after work.

Find a time when your energy is highest. You could plan to do something active before work or during the day. For example, you could try walking for 30 minutes during your lunch break a few days each week or hitting the gym early in the morning.

Remember that increasing the amount of physical activity you do will actually increase your energy.

I don't have the right clothes.

Wear anything that's comfortable as long as you have shoes that fit well and socks that don't irritate your skin.

I'm too shy to exercise in a group.

Choose an activity you can do on your own, such as following along with an exercise video or going for a walk.

Remember that the everyday activities you do on your own like gardening and household chores get you moving and help burn calories.

I don't want to have sore muscles.

Exercise shouldn't hurt if you go slowly at first. Choose something you can do without getting sore.

Make sure you warm up and cool down.

Walking hurts my knees.

Try chair exercises, swimming, biking, or an elliptical machine. These and other low-impact exercises may be less painful.

SLIDE 7 (2/2)

I'm afraid my blood glucose level will drop too low.

The people who need to be most careful about lows are people with type 1 and those who are on insulin or medications that can cause low blood glucose. If you're taking a medication that could cause low blood glucose, talk to your health care provider about ways to exercise safely.

Always be prepared. Make sure you've got some regular soda or sports drink (not diet), glucose tabs, or another fast-acting carbohydrate to treat a low if one should occur. Wearing a diabetes ID is another important safety precaution.

It's too hot outside.

If it's too hot, too cold, or too humid, walk inside at a school gym or a shopping center.

Think of some other activities that are always available regardless of the weather like using a stationary bike, indoor aerobics classes, yoga videos at home, indoor swimming, stair climbing, calisthenics, or dancing.

It's not safe to walk in my neighborhood.

Find an indoor activity, such as an exercise class at a community center.

Think of activities you can do in the safety of your home.

I'm afraid I'll make my condition worse.

Remember that getting enough physical activity is important for everyone's general health—whether you have diabetes or not.

Remember that exercise helps lower A1C and has many other health benefits.

If you have certain complications from diabetes and are unsure about your health, talk to your doctor before making any big changes to your fitness routine.

I can't afford to join a fitness center or buy equipment.

Do something that doesn't require fancy equipment, such as chair exercises, walking or using water bottles for weights. Jumping rope and resistance band exercises are activities that only require one piece of inexpensive equipment.

Look for inexpensive resources in your community like community education programs, park and recreation programs, walking trails, school running tracks, or worksite wellness programs. Your employer is another place to check for discounts on gym membership or reimbursement for fitness-related activities.

Exercise is boring.

Find something you enjoy doing.

Mix it up. Try different activities on different days, and make sure you pick an activity that you enjoy!

Exercise with someone else to keep you company.

If you can, try exercising while listening to music or watching television.

I don't really know how to exercise.

Find a personal trainer, exercise physiologist or physical therapist to help you get started.

Choose activities that require few skills, like climbing stairs, walking, or jogging.

Take a class and develop new skills.

I don't have the motivation to exercise.

Invite a family member or friend to exercise with you on a regular basis. You can also join an exercise group or class in your community.

Remember all of the benefits that come with being physically active.

Make a plan so you decide when you will do each type of activity. Be sure to set realistic goals and make a plan so you know what you are working toward.

For more information you can visit: https://diabetes.org/health-wellness/fitness/overcoming-roadblocks

SLIDE 8

The impact activity has on blood sugar isn't always straightforward, which can make activity a confusing variable for managing diabetes. Different types of activity cause different effects on your blood sugar. Knowing which activities cause lower or increase your blood sugar will help you prepare for activity. On the next slide, we will talk about how to take care of blood sugars during exercise, but first, let's learn which activities are likely to cause high and low blood sugar.

Activities that can increase blood sugar tend to activate our large muscle groups or our adrenaline response. Muscle-strengthening or resistance exercises such as weight lifting can increase blood sugar. Just like some sports or "game day' phenomenon which causes our body to release stress hormones which also increases blood sugar.

Activities that can cause low blood sugar are usually aerobic activity. This is due to the activity's main fuel source being fueled by the glucose in our blood stream. If the activity lasts long enough or is intense enough, these heart-pumping activities can result in low blood sugar:

- Aerobic activity
- Walking, running, jogging
- Sports - swimming, tennis, soccer, basketball, and more.

Activities that have little impact on blood sugar because they are lowest in intensity. These activities may also be a great starting point for beginners.

- Flexibility exercises
- Balance activities
- Stretching

SLIDE 9–10

Staying on top of your blood sugar while you are active is important. You can investigate your blood sugar during activity using a blood glucose meter, continuous glucose monitor, or both!

What happens if you experience low blood sugar during exercise? If you have low blood sugar during or after exercise, treat it immediately using the 15-15 rule:

1. Check your blood sugar
2. If your blood sugar is less than 100 mg/dL during activity, consume 15-20 grams of fast-acting carbohydrate.
3. Wait 15 minutes
4. Once 15 minutes has passed, re-check your blood sugar.
5. If the blood sugar is less than 100 mg/dL when you re-check, repeat the rule of 15 by consuming an additional 15 grams of fast-acting carbohydrate.
6. You can resume activity once your blood sugar raises to 100 mg/dL or higher. This will keep you safe.

During muscle-strengthening activities like weight lifting, high intensity exercise, it is more common to observe high blood sugar. These exercises stimulate large muscle groups which release energy into the bloodstream and may also trigger the adrenaline/stress response which can also increase your blood sugar. In this event, work with your health care team to adjust the timing and amount of insulin doses or experiment with exercising at different times of day when these fluctuations present advantages.

SLIDE 11

Be prepared for activity with your glucose monitoring supplies and fast-acting carbohydrate. Bring enough fast-acting carbohydrate to last for your entire activity (remember: activity burns energy and can decrease blood glucose, so you may need extra fast-acting carbohydrate to keep your blood sugar above 100 mg dL). It's better to be safe and bring extra snacks to prevent low blood sugar than to be caught without enough supplies. For those who have T1D or who take insulin as part of their diabetes treatment plan, it is also considered best practice to have your insulin supplies (pen, syringes, insulin) on hand, too.

Before you start activity, it's best to check your blood sugar so you know what your levels are. During exercise, monitoring changes to your glucose will be helpful (and may depend on the type of activity you are doing). Make sure to be prepared with all the items you can see here on the slide. Having your meter and supplies, fast-acting carbohydrate, snacks, insulin (and supplies for those who use this), and water on hand will help you solve any activity-related blood sugar drops or rises during your exercise.

When you finish your exercise, monitor your body for blood sugar changes. Check your blood sugar for several hours after exercise to catch any delayed changes. Sometimes, delayed low blood sugars can occur up to 12 hours after you finish your exercise so it's important to be alert and continue checking your blood sugar or blood sugar trends during this timeframe. Additionally, drink plenty of water and consider having a snack that includes protein and carbohydrates to help stabilize blood sugar levels. For those with T1D or who use insulin, be prepared to adjust your insulin dosage based on your blood sugar readings and how your body reacts to the exercise – this can be the most effective way to prevent lows during planned activity. Learning how to manage blood sugar during exercise can be complex. Ask your care team for help.

SLIDE 12

Just as we learned from our ambassador Bridget in the Fuel Well to Feel Well video earlier in this presentation, we know that all of this can take time to navigate. It takes time to identify blood sugar patterns as it relates to the activities you most enjoy. There are plenty of experts on your diabetes care team who are able to help- Just ask!

Key strategies that will help you enjoy activities and minimize interruptions from diabetes are:

- Being active is a lifelong goal for everyone, not just those with diabetes.
- Check blood sugar levels before, during, and after exercise.
- Use trial and error to understand your body's response to different exercises.
- Take notes to record which strategies keeps your blood sugar in range.
- Modify your plan based on the activity. Not all activities have the same impact on blood sugar.
- Evaluate which strategies work best for you.
- Ask your care team for help.

SLIDE 13–14

Let's apply what we have learned about the importance of activity for diabetes management.

1. How much exercise (such as walking) should you aim for?

a. 100 minutes per week or 20 minutes per day of high intensity activity like running

b. 150 minutes per week or 30 minutes per day of moderate-intensity activity like walking

c. 300 minutes per week or 60 minutes per day of high-intensity activity like running

ANSWER: B. 150 min of moderate activity such as walking is recommended per week. This breaks down into about 30 minutes per day. Strength building or muscle-strengthening activities are also recommended at least twice per week.

2. What should you do if your blood sugar is low (i.e., less than 100 mg/dL) during exercise?

a. Do nothing and keep exercising until my workout is done

b. Stop my exercise to eat a snack of 15 grams of fast-acting carbohydrate (sugar) AND Take a break and check my blood sugar again in 15 minutes.

c. Stop exercising in the future because activity makes my blood sugar go low

d. Stop taking my diabetes medications and not tell my doctor

ANSWER: B. If you have low blood sugar or a decreasing blood glucose trend during activity, you need to eat fast acting carbohydrate quickly. It is important to ACT and treat the low blood sugar before it gets too low, even if that means stopping the activity before you intend to finish. Consume 15 grams of glucose gel, glucose tabs, 4 oz juice or 8 o z sports drink made from sugar to raise your blood sugar quickly. Stop activity until glucose is over 100 mg/dL. Blood sugar can drop more quickly during physical activity because your body uses glucose as fuel for your body's increase in activity. Work WITH your healthcare team to develop an exercise plan for long-term health. Do not give up activity because of the fear of low blood sugar. Do not stop taking medications completely without talking with your doctor. It can take time to create the best activity plan for your preferences and blood sugar. Be patient and ask for help!

3. Once you take a break and treat your low blood sugar symptoms during activity, when you check your blood sugar again, what number indicates that you are safe to resume exercise?

a. Above 100 mg/dL

b. 200 mg/dL

c. 250 mg/dL

ANSWER: A. Once you have consumed 15 grams of carbohydrate, waiting 15 minutes for this to take effect in your system should result in an increased blood sugar. A blood sugar of 100 mg/dL indicates that your blood sugar has raised sufficiently for you to resume your exercise again. Eating the right amount of carbohydrate (not too much) will help you boost the blood sugar without causing a "rebound" high blood sugar from eating too much carbohydrate/sugar. It is not recommended to exercise if you have a blood glucose of above 250 mg/dL – this is dangerously high and should be avoided.

SLIDE 15

One of the most common questions we hear in our diabetes classes is around food and what kinds of foods are best for keeping blood sugars healthy. This can vary a lot from person to person. But, having diabetes doesn't require us to do anything drastic. Eating well is one of life's greatest pleasures. Making healthy, balanced choices is good for everyone—not just for people who have T1D or T2D. Understanding what—and how much—you're eating and how to match your insulin doses to what you eat are good basics to master. Eating healthy while living with T1D or T2D doesn't mean giving up your favorite foods. Meal planning with T1D or T2D takes some getting used to, but eventually, you will find a balance between: Eating what you love AND keeping your blood sugar numbers in a healthy range.

There can be a lot of stress around eating when you first learn about your diabetes. Just like our BT1/BT2 ambassadors told us in this module, it takes time to learn about all of this so give yourself patience and time as you're experimenting. A good place to start is becoming aware of where you're starting. You can do this by writing down your food, snack, and drink choices and any notes about your observations for their impact on your blood sugar. Recording this information will help you and your diabetes care team identify any changes needed to manage your blood sugar.

Start by looking at what you're eating now—and how often. Learn to read food labels and understand recommended portion sizes. This will help you estimate your actual food intake. Maybe this isn't familiar to you or you'd prefer additional guidance as you learn more about the foods you eat. Guess what, there's a diabetes care team expert for that! A registered dietitian plays a pivotal role in providing personalized nutrition guidance which includes an emphasis on building a plan for you that is tailored to your personal food preferences, carbohydrate needs, blood sugar patterns, adjustments to medications you are taking, and ongoing monitoring or education for ongoing nutrition knowledge, Most insurance companies (including Medicare) will cover visits with a registered dietitian nutritionist who can help you with meal planning, eating out, portion sizes, carbohydrate counting, and more. It's common that this costs $0 for many people with insurance coverage. Ask your doctor for a referral or contact your health insurance to learn more about your plan's benefits.

The Beyond Type 1 team has created a sample meal plan to get started with healthy nutrition basics for diabetes. Remember, there is no need for you to give up your favorite foods entirely—it may be as simple as being intentional about choosing a healthy portion size or consuming a favorite food item at a particular time of day to improve your blood sugar results. Feel free to explore the recipes on the Beyond Type 1 website for inspiration.

SLIDE 16

There really isn't one meal plan that fits everyone. However, as you develop a meal plan that works for you, there are some recommendations that can serve as a starting point. Again, if you need help creating a meal plan or have specific questions about your nutrition, make sure to speak with a Registered Dietitian Nutritionist who can personalize this plan specifically with you in mind.

When eating for health, here are some good places to start:

- *Choose* non-starchy vegetables like broccoli, peppers, spinach, and asparagus.
- Prioritize healthy whole grains at least 50% of the day. This limits added sugars and refined grains *(e.g. white bread, white rice, sugary cereals, and packaged crackers or snacks)* which don't have as much nutrition as whole grain choices.
- Choose whole foods (fruits, vegetables, grains, protein foods, nuts/seeds, oils, and dairy located in the perimeter of the grocery store instead of highly processed, packaged foods found in the center aisles.
- As often as possible, drink water. Eliminate beverages that are made with sugar (e.g., soda, juice, sweetened coffee and tea).

If you need assistance affording healthy foods, please apply to see if you qualify for snap or wic benefits: https://beyondtype1.org/snap-wic-groceries-diabetes/

SLIDE 17

If you're looking for an easy place to start, try following the Diabetes Plate Method from the American Diabetes Association. This simple guide offers a stress-free way to plan your portions without counting, calculating, or measuring. Just use your 9-inch plate to estimate portion sizes! Using this template also keeps carbohydrates consistent from meal to meal.

This eating strategy prioritizes balance and piles in nutritional goodness:

1. You can see that for health, we want our plate to be filled with 50% non-starchy vegetables which are filled with fiber, antioxidants, and countless vitamins and minerals. There are so many vegetables to choose from – select the ones you most prefer! They can be cooked, canned, raw, or frozen varieties, whatever is best for your budget (and your palate, too). Vegetables are a nutritional powerhouse, which is why we want them to be the anchor on our plate. Choosing brightly-colored non-starchy vegetables is ALWAYS a nutritious choice and ALWAYS a WIN! Feel good about choosing to eat more vegetables – at meals, at snacks, and at any time!
2. Next, the plate also contains lean protein which can come from animal sources or plant sources of protein. Many people commonly think of protein foods like chicken, beef, pork, turkey, eggs, cheese, and fish. You're right, they certainly belong here in the protein foods category because they are packed with muscle-building protein. But they aren't the only foods that contain protein! Surprisingly, there are many plant-sources of protein, too, which research shows are great for our health, the planet, and our wallet. Plant based proteins like tofu (soya), beans and legumes, peanut butter, soybeans (edamame), nuts and seeds, are often more affordable choices when compared to their animal protein counterparts at the grocery store. Either way, choosing leaner protein sources from animal and plant sources is best for our health. What's the right portion size for all of these different protein foods? A good place to start is by placing your protein food as 25% or no more than one quarter of your 9-inch plate. This is enough protein for your body to fuel your muscles, but not too much. This amount of protein is often less than most people consume, so it's important to evaluate if your usual protein serving size is best for your health goals.
3. Lastly, the final quarter of the plate is reserved for carbohydrates. You remember from earlier in this lesson that carbohydrate foods break down into sugar in our blood. Simply put, they increase our blood sugar. Getting the right amount of carbohydrate to provide nourishment to our bodies while not causing too much of a blood sugar rise is important. Plus, many people really enjoy carbohydrate foods! They belong on this healthy, balanced plate, so you don't need to eliminate them all together if you enjoy foods in this group. You can choose from many of your favorite options – pastas, rices, bread, corn, green peas, potatoes, whole grain crackers, tortillas, popcorn, and many whole grain options like quinoa, brown rice, bulgur, and buckwheat). Good advice is to choose whole grain carbohydrates (brown rice, whole wheat pasta, whole grain bread, sweet potato, quinoa, oats, bulgur, and buckwheat) more often than carbohydrates that are refined (white bread, white pasta, white tortillas, bagels, muffins, pancakes. Biscuits, pita, white rice, and breakfast cereal) – at least 50% of time. The whole grain options contain more fiber and nutrients, so consuming these choices more often is better for our bodies and our blood sugar, too.

Together, this balanced plate offers just the right amount of healthy food to nourish our bodies and provide the energy we need to get through our day. Let's practice together as a group by coming up with some meals that fit this plate-method approach to healthy eating. Everyone take a minute to design a plate of food that you would enjoy using the plate method. Remember, the plate should contain 50% vegetables, 25% protein (animal or plant-based), and 25% protein. Because water is our best choice, we will include that as our beverage. Ready, set, go! After one minute, we will go around so that everyone can share their idea of a delicious and balanced healthy plate.

SLIDE 18

Allow everyone in the group to share their example of a healthy meal using the plate method. Each plate should contain 50% vegetables, 25% protein (animal or plant-based), and 25% protein. Water is the beverage of choice.

Additional resources for meal planning:

- Non-starchy vegetables:
  https://diabetes.org/food-nutrition/reading-food-labels/non-starchy-vegetables
- Protein foods:
  https://diabetes.org/food-nutrition/reading-food-labels/protein
- Carbohydrates:
  https://www.cdc.gov/diabetes/healthy-eating/carbohydrate-lists-starchy-foods.html

SLIDE 19

When you have diabetes, understanding the role of carbohydrates in the foods we eat and how our body uses them for energy matters. In short, when we eat carb foods, our body breaks them down into glucose (sugar), which enters our blood stream. Our body uses insulin (either insulin that our pancreas produces like in T2D or from external insulin injections, pump, or inhaler like in T1D) to process the sugar and turn it into energy. When we consume carb foods, our blood sugar naturally rises. But, too much carbohydrate can cause too much of a glucose rise, which is why it's important to be smart about the types of carb foods we choose to eat as well as how much and when.

Carbs have a big impact on your blood sugar levels. If you use insulin, finding the right balance between the amount of insulin you take and the carbohydrate you eat will help you avoid blood sugar highs and lows. The plate method is still a great tool for balancing the food groups of a meal to give you enough essential nutrition from each food group without causing too much of a blood sugar rise. Eating carbohydrate foods alongside non-starchy vegetables and lean protein is a winning strategy for health and blood sugar, too.

Keeping track of your carbohydrate foods can seem like a lot of work, because carbohydrate foods are VERY common in our culture and in many others. The first step in learning about the impact of carbohydrate foods you consume is to learn more about what you are eating today by tracking it. You can't count what you don't know, so start with a scale and a measuring cup. When you look for carbohydrate values on nutrition labels, read the "total carbohydrate" line, which includes the three main types of carbs: sugars, starches, and fiber. Always check the serving size. Just like anyone trying to eat healthy, it's best to avoid foods that have >20% added sugars per serving listed on the label.

You won't always have to measure and weigh food, and there are many apps to help you with carb counting. Many people find it helpful to work with a Registered Dietitian Nutritionist as they are learning more about carbohydrate foods and the impact each of these foods has on their blood sugar. RDNs are the qualified experts to teach you how to read food labels like a pro, recommend healthy carbohydrate choices that align with your food preferences, and create an eating plan that includes foods you love while helping you reach your health and blood sugar goals.

For all the measuring and counting, not all foods affect all people in the same way. One great tool is to create a log or use an app to test how similar foods and portion sizes impact your blood sugar, and if you take insulin, with different insulin doses. Reviewing the results several times can help you to come up with your ideal dose. With practice, you'll become an expert at estimating portions for the foods you love. But remember, just like our ambassadors said earlier in the presentation, all of this takes time! Give yourself time to learn and explore, but reach out to helpers if you get stuck along the way.

- https://beyondtype1.org/carb-count-and-t2d/
- https://beyondtype1.org/calorie-counting-apps/
- https://beyondtype1.org/fast-food-nutrition-guide/

SLIDE 20

Here are some sweet treat ideas if the topic comes up. It's okay to enjoy indulgent foods every now and again. Finding some healthy foods that satisfy your sweet cravings is a great idea. You'll find that fruit is nature's dessert and can work really well as a dessert or sweet treat, and with very little prep time! For sweeter beverages, remember to choose options that are not made with sugar. Finding ways to combine naturally sweet ingredients like fruit with other sources of fiber and protein is a good idea.

- Fresh Fruit
- Frozen Fruit
- Greek Yogurt
- Frozen Greek Yogurt popsicle
- Oatmeal Cookies
- Crustless pumpkin pie
- Frozen Yogurt/fruit bark
- Apple Crisp
- "Nice" cream
- Dark chocolate
- Black bean brownies
- Chickpea cookie dough
- Air fryer cinnamon apple chips
- Applesauce cup
- Sugar free popsicle
- Water with frozen fresh fruit as ice cubes
- Lemonade (made without sugar)
- Iced Tea (made without sugar)
- Latte (made without sugar)

SLIDE 21

To apply what we have learned, let's all navigate to the reflection page in the toolkit (p.40 for T1D toolkit, p. 39 for T2D toolkit). Here, you can find a sample food journal. Using this template to record your food and blood sugar for a few days will give you insights on how your fuel impacts your performance. As you track your food and activity for a set period of time, you will begin to find patterns in what happens with blood sugar and how you feel overall. Write it down! Share it with your care team, and don't forget to ask for help if you need it.

SLIDE 22

We've learned a lot today about eating well and the importance of physical activity in living a healthy lifestyle. Both of these strategies are key health behaviors that improve diabetes management and lifelong health.

We've learned that:

- Your body is as unique as you are
- Being active is beneficial for health.
- 30-60 minutes of moderate activity is best most days. Including a combination of resistance exercise a few days per week is beneficial, too,
- Make sure to check your blood sugar levels before, during, and after your activity
- Always keep diabetes supplies on hand to prevent low blood sugar during activity.
- There is no single "best approach" to being active and eating healthy
- Eating healthy is about finding the balance between tasty foods and healthy portions.
- Carbs are especially important, and counting carbs can be very helpful until you get used to estimating portions and how they affect your body.

Be sure to apply what you've learned today by taking action and setting a personal goal to help with getting movement and/or eating well each day.

SLIDE 23

Thank you for your attention and group participation today.

We will meet again on [XXX] at [XXX]

Next session, we'll discuss how to build a support system that works for you.