

Nutrition and the Importance of Daily Choices

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Faculty

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Nutrition & Diabetes

- There is no one diet for all people with diabetes
- It is recommended that an individual with diabetes would try to eat healthy
- To successfully manage diabetes a person needs to understand how foods and nutrition affect their body

A Healthy Eating Plan

- Eat meals and snacks regularly at planned times
- Eat about the same amount of food at each meal or snack
- Choose healthful foods to support a healthy weight and heart

What is Important

- Food portions and food choices
- Carbohydrates, fat, and protein need to be balanced
 - Why?
 - To ensure blood sugar levels stay as stable as possible

Your Food Plan

- Should include a variety of nutrient-rich food choices
 - Low in fat
 - Low in sodium
 - Rich in fiber

Your Food Plan

- **Should take into account your**
 - Food preferences
 - Level of physical activity
 - Lifestyle

Daily Meal Plan

- **The meal should include**
 - Starchy foods
 - Vegetables
 - Fruits
 - Meat, fish, poultry, cheese and tofu
 - Milk and yogurt
 - Healthy fats

What Affects How Much Food a Person Should Eat

- **Number of calories you need**
- **Calories depends on**
 - Age
 - Sex
 - Size
 - Activity level

Meal Plan Options

- **Two effective meal plan options are**
 - Choose your foods
 - Exchange list
 - Carbohydrate counting

Meal Plan Options

- **Carbohydrates affect your blood sugar more than protein or fat**
 - Portioning carbohydrates will help you control your blood sugar levels!!!

What Other Factors Affect What a Person Eats

- **Appetite**
- **Availability of foods**
- **Method of preparation**
- **Content of nutrients**
- **Culture**
- **Religion**

Food Guide Pyramid

- www.mypyramid.gov