



# Kelsey-Seybold Clinic

Prediabetes Workshop Class 1





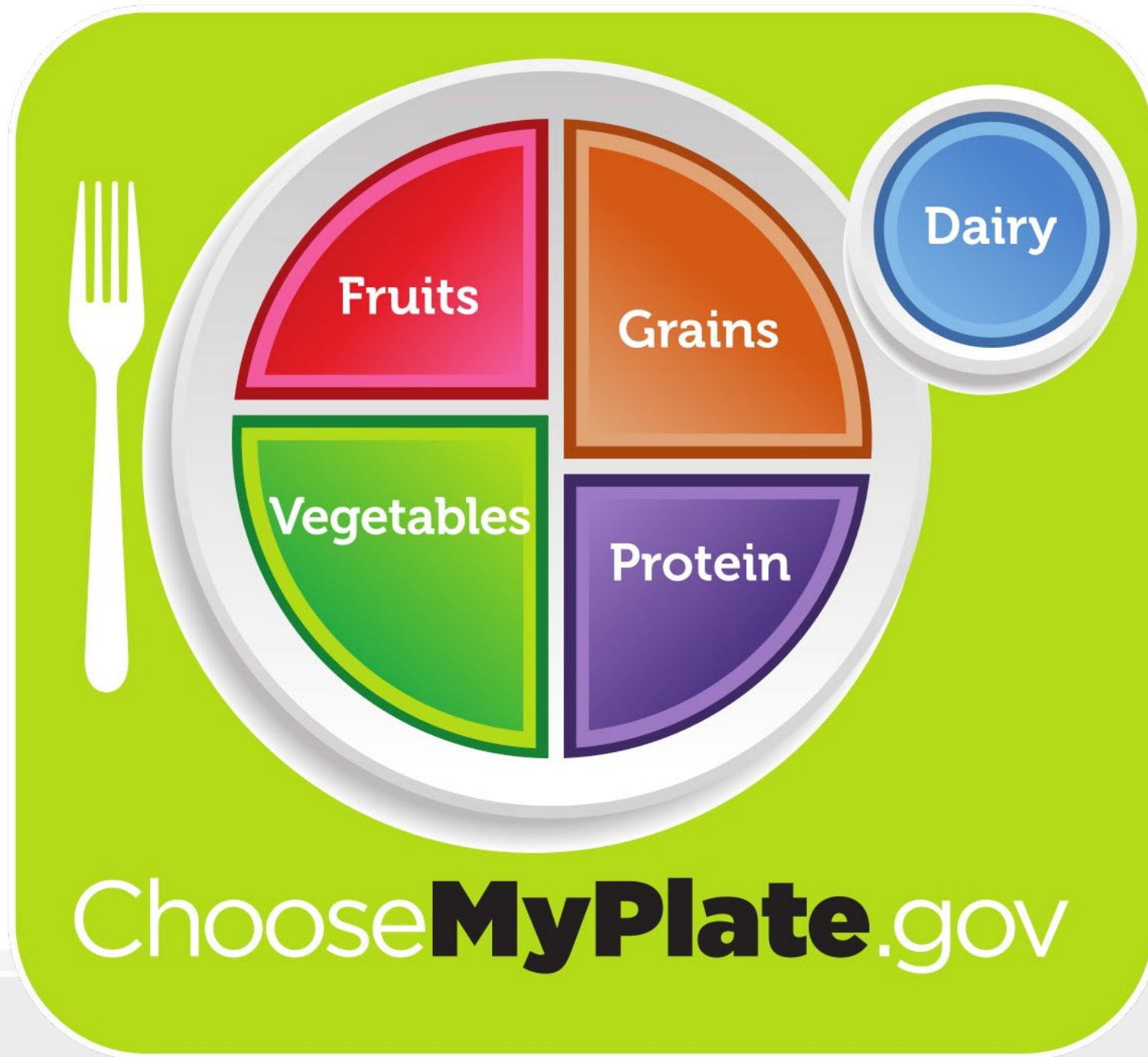
# Objectives

- Definition of Prediabetes
- Explore groups of food and the effect on my blood sugar
- Meal planning and understanding portion sizes
- Explore ways to incorporate physical activity/exercise into routine
- Rethink your drink- discuss how beverages effect blood sugar



# What is Prediabetes?

- When your blood sugar is higher than normal but not high enough to be considered Type 2 Diabetes.
- This is the time to make lifestyle changes to prevent the onset of type 2 DM





## This includes:

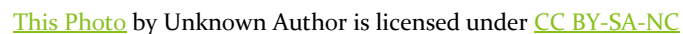
# Grains

## Starchy vegetables

# Fruits

# Milk

## Sweets





## One serving of grains or starchy vegetables

1 slice of bread

1 tortilla

$\frac{3}{4}$  cup cold cereal

$\frac{1}{2}$  cup oatmeal or grits

$\frac{1}{3}$  cup pasta or rice or quinoa

$\frac{1}{2}$  cup potatoes or corn or beans



## One serving of fruit and dairy

1 small piece of fruit

1 cup berries or melons

2 tablespoons of raisins

1 cup of cow milk

1 cup of soy milk

2 cups almond or coconut milk

1 cup yogurt (plain or no added sugar)



# Non-starchy Vegetables




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Contain a small amount of carbohydrate but also have protein and fiber. They are low in calories and do not increase glucose level. Strive for 3-5 servings per day.

One serving=1 cup raw or ½ cup cooked.

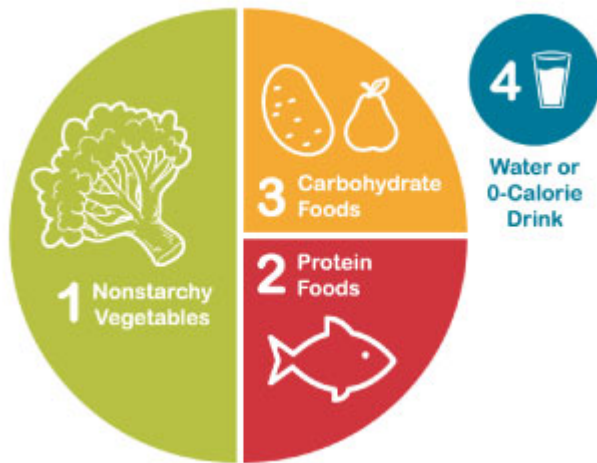




# Proteins help slow down the absorption of sugar when consumed with carbohydrate foods







- Good sources include lean beef, poultry, seafood, lamb and wild game
- Eggs
- Cheese
- Nuts
- Nut butters
- Tofu

# Meal Planning with The Plate Method



- Fill half of your plate with non-starchy vegetables
- Fill  $\frac{1}{4}$  plate with 1 cup of starch/grain/fruit
- Fill  $\frac{1}{4}$  plate with 3-4 ounces of protein
- Drink water or another beverage without sugar

# Estimating your portion sizes

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

- Use food tracking apps like My Fitness Pal, Lose It or Carb Manager
- Read labels for recommended serving size
- Use a 9 inch plate to keep portions in check
- Use measuring cups instead of serving spoons when plating food

## Increase Daily Activity

- Find ways to move more throughout the day
- Start with 10 minutes of activity and do it several times each day
- Walk the dog
- Park further from where you are going
- Track your steps





## Goals and Preparing for Class 2

- Set one activity goal for yourself you can do daily
- Class 2 will focus on the role of exercise in glucose control and ways to incorporate more in addition to daily activity
- Questions?