

EPIC
DIABETES
CONFERENCE

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HEALTHY LIVING WITH
DIABETES

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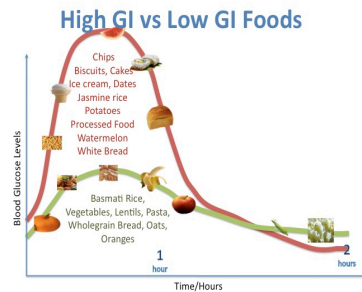
CARBOHYDRATES

- Biggest impact on blood glucose
- Simple vs complex
- Fiber (gut health, boost satiety, cardiovascular benefits)
- Added vs natural sugar
- Non-nutritive sweeteners and sugar alcohols



GLYCEMIC INDEX (LOAD)

- How quickly glucose absorbed, alters blood sugar and then returns to normal
- Not provided on food labels/not always intuitive
- Glycemic Index vs Load



LOW CARB DIETS

- Enhanced weight loss/maintenance benefits
- Decreased insulin needs
- Improvement in glycemic control
- Potential cardiovascular benefits
- Include some fruits, vegetables, whole grains, legumes for essential nutrients
- Account for protein and fat



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IMPACT OF PROTEIN AND FAT

- Affect blood glucose to a lesser extent
- Take longer to digest
- Enhance satiety
- Type of fat matters (unsaturated > saturated)
- Emphasize lean protein sources



SPECIAL CONSIDERATIONS

Food Composition

- High carb/high fat meals may require different strategies

Eating out

- Hidden fat and sugar, larger portions

Alcohol

- Hypoglycemia risk, hidden carbs and calories



TOOLS AND APPS FOR CARB COUNTING

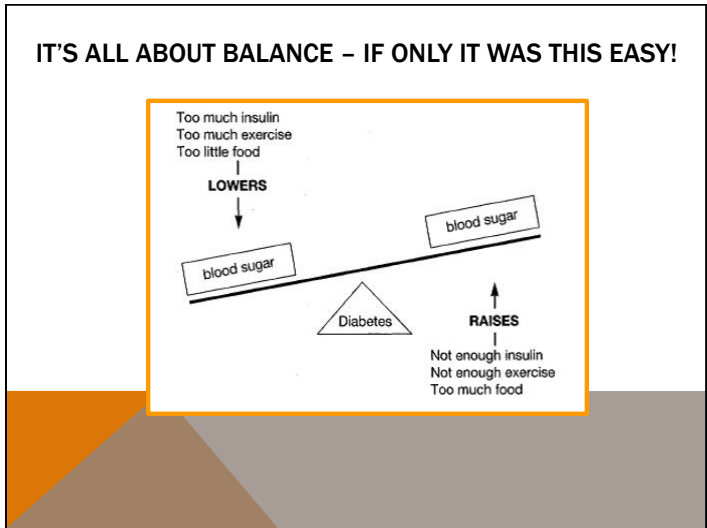
- MyFitnessPal (free: Apple, Android)
- CalorieKing (free: Apple)
- GoMeals (free: Apple, Android)
- Carb Counting with Lenny (free: Apple, Android)
- MyNetDiary (free and paid versions, Apple, Android)

Nutrition Facts		
Serving Size 1 cup (27g)		
Servings Per Container about 10		
Amount Per Serving	Crunch	with 1/2 cup skim milk
Calories	110	150
Calories from Fat	20	25
	% Daily Values**	
Total Fat 2.5g	4%	4%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Polyunsaturated Fat 1.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 105mg	4%	7%
Potassium 65mg	2%	8%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	12%	12%
Sugars 5g		
Other Carbohydrate 11g		
Protein 2g		



“EXERCISE IS MEDICINE” - BOB

- Better glucose control
- Improve blood pressure
- Decrease cardiovascular risk
- Enhance insulin sensitivity
- More energy
- Assist with weight maintenance or weight loss



**INSULIN ADJUSTMENT
BASED ON TIMING AND DURATION**

	Activity Within 2 Hours After Meal	Activity Before or Between Meals
Short Duration (<90 Minutes)	↓ Mealtime Bolus	Snack Prior to Activity
Long Duration (>90 Minutes)	↓ Mealtime Bolus ↓ Basal Rate Snack at regular intervals Watch for delayed-onset hypoglycemia	Snack Prior to Activity ↓ Basal Rate (if using pump) Snack at regular intervals Watch for delayed-onset hypoglycemia

OTHER EXERCISE FACTORS

- Duration
- Intensity
- Hydration
- Starting blood glucose
- Active Insulin
- Glycogen stores

SOURCES

Sherman, Thomas. "Manipulating Glycemic Index." *Georgetown Food Studies*. N.p., 12 Jan. 2016. Web.

"Low-Carbohydrate Diets." *The Nutrition Source*. Harvard School of Public Health, 2017. Web.

Diabetes Care, vol. 24, no. 4, 4/2001, 625-630.