

# Dining With Diabetes

BY CRISTINA TOSCANO

**Cornell Cooperative Extension** | **Suffolk County**  
*Family Health and Wellness*

# Who am I?

CRISTINA TOSCANO RDN



# Objectives

- You will learn about which foods affect your blood sugar.
- You will be able to create balanced meals that keep your blood sugar levels stable.
- You will learn delicious new recipes that still help you meet your goals.
- You will learn how to enjoy dining out & take out food by ordering more balanced meals.

# My Plate Planner

## A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetables. 9-inch plate



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Please answer the anonymous poll question on your screen.

### **My Plate Planner** **A Healthy Meal Tastes Great**

**1/4 starch**

**1/4 protein**

**1/2 vegetables**

**9-inch plate**

**1/4 protein. 1/4 starch. 1/2 vegetables.**

**NYC Health**

**TAKE CARE NEW YORK**

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The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.

# Carbohydrates: Starches, Sugar & Fiber



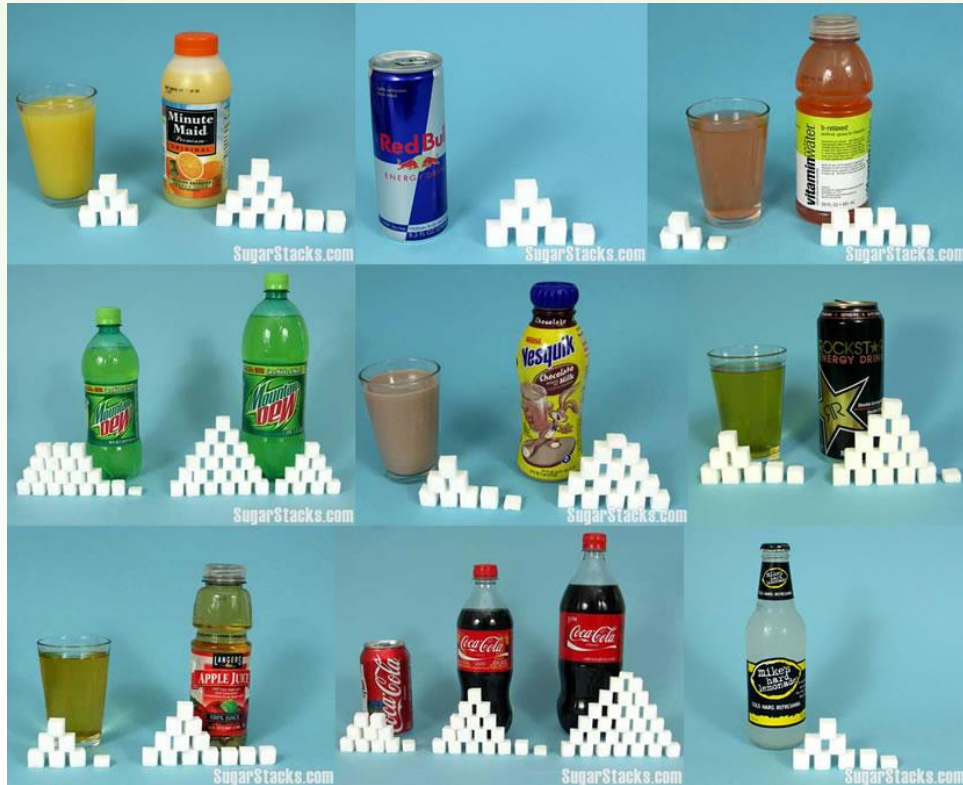
- **Raise Blood Sugar**
- Keep portion to  $\frac{1}{4}$  of your plate
- Larger portions can cause spikes in blood sugar
- Choose whole grains over refined grains!
- Complex carbs vs simple carbs

# Carbohydrates

- Corn, peas, frozen mixed vegetables
- Brown rice, whole wheat couscous, quinoa
- Beans, chickpeas, lentils
- Barley, farro,, pasta, noodles
- Roasted or baked potatoes (white, yellow, red, sweet potato)
- Whole-grain pasta
- Acorn or butternut squash
- Whole-wheat bread
- Polenta
- Plain oatmeal
- Fruit
- Yogurt
- Milk



# Beverages



VS





# Beverages to enjoy:

- Water
- Seltzer
- Infused water
  - Herbs
  - If using fruit, be aware of portions
- Unsweetened tea
- Coffee



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1/4 protein. 1/4 starch. 1/2 vegetables. 9-inch plate



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# Protein



- Helps prevent spikes or drops in blood sugar
- Should take up  $\frac{1}{4}$  of your plate
- **One serving** = 3-5 ounces (fits in the palm of your hand)
- Lean is best!
- Avoid frying- boil, broil, bake or grill

# Lean Protein Options

- Fish – flounder, tilapia, cod, shrimp, haddock, tuna  
Skinless poultry – chicken or turkey
- Lean pork – pork loin, tenderloin, center loin, ham
- Lean beef – eye round, sirloin tip, top round
- Ground turkey, chicken, or beef – less than 3 grams of fat
- 1 whole egg, 2 –3 egg whites or egg substitute
- Low fat cheese, cottage cheese
- Nuts/seeds
- Peanut butter



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1/4 protein. 1/4 starch. 1/2 vegetables. 9-inch plate



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# Vegetables



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- FIBER helps prevent spikes or drops in blood sugar
- Full of vitamins, minerals and nutrients
- Should take up  $\frac{1}{2}$  of your plate
- Experiment with new cooking methods!
  - Bake, broil, grill, roast, saute or enjoy raw!

# How to make your vegetables taste delicious

1. Preheat oven to 350 degrees
2. Rinse, dry and slice your vegetables.
3. Toss vegetables with small amount of olive oil, garlic, lemon and sprinkle with your favorite herbs.
4. Place vegetables on a baking sheet spread apart.
5. Cook until desired texture is achieved

*\*Adjust temperature and time depending on your desired taste and texture*



# Fats

## FOCUS ON:

- Olive, avocado, canola oils
  - Nuts (almonds, walnuts, cashews)
  - Natural or reduced fat peanut butter
  - Hummus
  - Avocado
  - Ground flaxseeds, chia seeds
  - Fish
- Help prevent spikes or drops in blood sugar
  - Limit saturated/trans fats





# Let's Plan Your Meal

## Breakfast

**Starch**

Whole grain has more fiber and more nutrients.

**Protein**

Low-fat proteins are better for your heart and waistline.

Add a small piece of fruit or leave empty.

**Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch**

Food items shown: Oatmeal, 1% Milk, Low-fat Yogurt, Bread, Cold Cereal, Egg, Low-fat or Natural Peanut Butter, Cottage Cheese, Banana, Apple, Orange.

## Lunch/Dinner

**Starch**

Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.

**Protein**

Bake, broil, boil or steam your protein instead of frying.

**Vegetables**

Fill half your plate with more than one vegetable, so you won't get tired of your favorites.

Food items shown: Corn, Peas, Yams, Potatoes, Brown Rice, Broccoli, Lettuce, Okra, Carrots, Green Beans, Beef, Chicken, Fish.

# Let's Plan Your Meal

## Breakfast

**Starch**

whole wheat bread  
Bread  
Cold Cereal  
Oatmeal

**Protein**

Egg  
Low-fat or Natural Peanut Butter  
Cottage Cheese

1% Milk  
Low-fat Yogurt

Apple  
Banana  
Orange

**Whole grain has more fiber and more nutrients.**

**Low-fat proteins are better for your heart and waistline.**

**Add a small piece of fruit or leave empty. have half a fruit or crackers with a protein:**

- nuts
- seeds
- low fat cheese
- peanut butter
- boiled egg

**Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch**

Pair a small portion of starch (1/4th plate) with 1 protein (1/4th plate)

## Lunch/Dinner

**Starch**

yuca  
plantain  
rice  
beans  
bulgar  
quinoa  
corn bread  
bread  
flour based foods  
Corn  
Peas  
Yams  
Potatoes  
Brown Rice

**Protein**

Text  
Beef  
Chicken  
Fish

**Vegetables**

Broccoli  
Lettuce  
Okra  
Carrots  
Green Beans

**Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.**

**Bake, broil, boil or steam your protein instead of frying.**

**Fill half your plate with more than one vegetable, so you won't get tired of your favorites.**

# Summary

- Balance your plate
- Choose whole grains
- Consistent meal times
- No meal skipping
- Always pair a carbohydrate with a protein for meals and snacks.
- Use fiber, healthy fats and protein to help prevent spikes and drops in blood sugar.



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# Glucometer use



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- Every body is different!
- Use it as a tool to figure out what food combinations work for you!
  
- General goal:
  - 180 mg/dL or less 2 hr pp



40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55
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If you see that your blood sugar is elevated after this meal what is the change that can you make?

**Please answer in the chat box on your right!**

# Easy Low Carbohydrate Swaps

## Substitute...

- Spaghetti or Noodles
- Rice
- Lasagna
- Mashed Potatoes
- Tortilla
- French Fries
- Chips

## With...

- Spaghetti Squash
- Cauliflower Rice
- Eggplant
- Mashed Cauliflower
- Lettuce Wraps
- Carrot Fries
- Sweet Potato Chips

# Spaghetti Squash





# Cauliflower Rice



# Dining Out & Take Out



- Still follow MyPlate Guidelines
  - If your meal does not come with vegetables, order them as a side
- Be aware of portion sizes
- Watch out for words like:
  - Fried, Crispy, Sweet, Creamy
- Wrap up half
- Bread basket/chips count towards your carbs

<https://secureservercdn.net/198.71.233.204/af8.384.myftpupload.com/wp-content/uploads/2018/07/Sayville-Dinner-July18.pdf>

# Questions?



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