



## Growing Impact of Diabetes



**29.1 million**

people in U.S. have diabetes  
*9.3% of U.S. population*



**1.7 million**

New cases diagnosed in 2012



**13%**

of all US health care dollars attributed to diabetes



Total cost of undiagnosed diabetes is

**\$245 billion**

National Diabetes Statistics Report, 2014  
American Diabetes Association. Fast Facts; data and statistics about diabetes, 2015

**PRE-DIABETES ~86 million**

## Nutrition Therapy for Individuals

**1**

### Diet/Food Plan

is a key component of diabetes management



**2**



Goals of

### Nutrition Therapy

Promote and support healthful eating patterns

Address individual nutrition needs

Maintain the pleasure of eating

Provide practical tools for day-to-day meal planning

**3**



### Carbohydrate

counting is the primary food plan

Distribute carbohydrates throughout the day

Keep consistent from day to day

All foods fit, keeping within carbohydrate intake goals

## Key Kitchen Tips in Following the Diet Plan



### Portion Control

- Portion accurately during preparation
- Serve correct portion size



### Carbohydrate Counting Counts!

- Carbohydrate amount is the most important information to look for on a Nutrition Facts Panel



1 Carbohydrate "Choice" = 15 grams



1 small fruit/  
1/2 cup juice

or



1/3 – 1/2 cup  
starchy food

or



1 slice bread  
1 – 6" tortilla/  
chapati

or



1 cup milk

or



1/2 cup ice cream  
1 oz. candy bar  
(fun size)  
1 Tbsp sugar/honey

### Always Include Protein



- Choose the lean cuts of meat and low fat or non-fat dairy to maximize protein without adding a lot of fat
- Prepare by baking, broiling or Grilling. Avoid or limit frying



### Choose Fats Wisely

- Foods: Nuts, avocado, salmon
- Cooking: Olive, peanut oils
- Baking: Canola, walnut, sunflower, sesame, grapeseed oils



### Plan in Treats

- Avoiding sweet treats can backfire
- Limit to 1 Carb Choice
- Limit portion size  
e.g. Mini muffin/cupcake and Dessert 'shots'



Cheerios

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