

NUTRITION DIABETES And HYPERTENSION



RIO GRANDE VALLEY CHRONIC CARE MANAGEMENT

<https://www.uclahealth.org/marc/mindful-meditations>



Salud y Vida

Diabetes Self-Management Education Classes

Cameron County

Brownsville Schedule

Su Clínica

105 E. Alton Gloor Blvd.

Español: Martes de 5:30-7:30 pm

Tony Gonzalez Recreational Park

Start : September 12, 2019

34 Tony Gonzalez Drive

Español: Jueves de 10:00 – 12:00pm

Brownsville Community Health Center

191 East Price Road

Español: Sábados de 9-11 am

Harlingen Schedule

Su Clínica

1706 Treasure Hills Blvd.

English: Thursday from 6-8 pm

Rio Grande State Center

1401 South Rangerville Road

Español: Martes de 9:30 - 11:30 am

San Benito Schedule

San Benito C.I.S.D. Landrum Educational Complex

450 South Dowling St

San Benito, TX 78586

Español: Miercoles de 6–8 pm

Español: Jueves de 10 am–12 pm

Salud y Vida

Diabetes Self-Management Education Classes

Hidalgo County

Alton Schedule

Alton Recreational Center

349 Dawes Ave, Alton, TX 78573

Español: Miércoles de 10 am – 12 pm

McAllen Schedule

Hope Family Health Clinic

2332 Jordan Rd.

Español: Martes de 10 am – 12 pm

OBJECTIVES

- Identify the basic food groups in the Healthy Plate.
- Identify foods with carbohydrates and proteins.
- Describe the recommended number and size for different serving for different food groups.
- Use a food log as a tool for self-monitoring of blood glucose levels and weight control.
- Adapt their planning according to their self-monitoring results.
- Explore healthy food choices and basic meal planning.

IMPORTANCE OF NUTRITION

- A healthy and balanced diet, is the best preventive medicine for anyone.
- The foods we eat have an enormous impact on the way we look and the way we feel, physically and mentally.
- It is the key to keeping a healthy body..



Hippocrates decía: ***“Let food be thy medicine and medicine be thy food”***

FAQs

- **What happens when I skip meals?**
- **At what time should I be eating?**
- **Now that I have diabetes, I can't eat anything.**
- **I don't want to eat because my sugar levels go up.**
- **I don't want to eat because I will gain weight.**
- **I have tried eating healthier but my sugar levels are still high.**
- **I have tried adding less salt to my food and my blood pressure is still high**
- **Even though I eat right, I still gain weight.**

IS THERE A DIET FOR DIABETES?

- **What comes to mind when you hear the word “diet”?**
- There is no special “diet” or regimen for a person with diabetes. A balanced and healthy diet is an ideal diet for someone with or without diabetes.

People with diabetes should already be closely monitoring their food choices in order to maintain blood sugar control.

People with diabetes and high blood pressure should also limit the amount of salt in cooking and avoid adding salt to food to help maintain healthy blood pressure control.



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



HEALTHY DIET

A healthy diet is one that is sufficient, balanced and varied.

- **Sufficient**: quantity of foods is adequate to satisfy the individual's daily energy needs
- **Balanced**: adequate proportions of nutrients
- **Varied**: different types of foods



MACRONUTRIENTS

- The three macronutrients of carbohydrates, proteins, and fats all perform essential roles in the human body.

- Carbohydrates

- Sugars
- Starch
- Fiber



carbs

- Proteins

- Fats

- Monosaturated
- Polyunsaturated
- Saturated
- Hydrogenated (“trans”)



proteins



fats

CARBOHYDRATES

- Carbs are the main source of energy for the body
- Carbohydrates provide the body with glucose, which is converted to energy
- Carbohydrates are nutrients that are found on a variety of foods, specially plant based foods (except for lactose, found in milk)
- We can find carbohydrates in fruits, vegetables, grains, legumes and cereals, among others



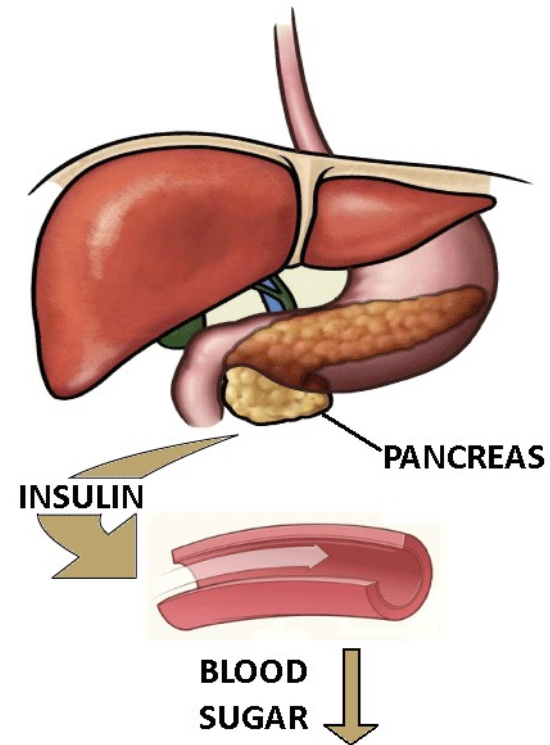
CARBOHYDRATES AND ENERGY

- The energy that our body uses comes from the energy that the sun releases
- The plants take that energy, transform it and store it as carbohydrates (photosynthesis)
- During digestion, our bodies release that energy that was stored in plants (food) so that our body can use it



INSULIN AND GLUCOSE

- The pancreas (a body organ) produces insulin (a hormone).
- Insulin moves the glucose in the blood to the cells.
- Once in the cells, glucose (sugar) provides the energy that our body needs.



TYPES OF CARBS

Simple carbohydrates are made up of one or two sugar molecules and are easier to digest.

- Examples: fruits, honey, milk, sugar, table sugar and brown sugar

Complex carbohydrates are made up by more than 2 sugar molecules forming a long glucose chains and therefore harder to digest.

- Examples: whole grains, green vegetables, starchy vegetables and peas



✓ **COMPLEX CARBS**



✗ **SIMPLE CARBS**



HOW MANY CARBOHYDRATES SHOULD I EAT PER DAY?

- Two carbohydrate portions for women and three portions for men
- **The most accurate recommendation should come from your dietitian.**



FIBER

- Fiber is a plant-based nutrient that cannot be broken down
 - Benefits of a high fiber diet:
 - Normalizes bowel movements
 - Lower cholesterol levels
 - Helps control blood sugar
 - Helps control blood pressure
 - Helps achieve healthy weight
- * Plant-based diets are mostly effective, because they not only reduce blood pressure, but also improve body weight, and glucose control.



WHERE CAN WE FIND FIBER?



TIPS TO EAT MORE FIBER

- Eat whole fruits instead of fruit juices.
- Substitute white rice, white bread and white pasta for the whole wheat
- Select whole grain cereals for breakfast.
- For snacks eat raw veggies instead of chips, cookies or other unhealthy snacks.
- Try different dishes that incorporate whole grains and legumes.



HOW MUCH FIBER SHOULD I EAT?

- Between 20-35 grams a day.
- You can find fiber in fruits, vegetables and whole grains.
- Remember to drink plenty of water throughout the day.
- 8 glasses of water (8 oz.) is the recommended. This will help the fiber do its job.



PROTEIN

- Protein builds, maintains, and replaces the tissue in our bodies.
- Protein helps the body produce new cells, repair old cells and create hormones and enzymes
- Protein helps maintain a healthy immune system.



EXAMPLES OF PROTEIN



Animal Sources	Plant Sources
Meat	Beans
Fish	Lentils
Poultry	Nuts
Eggs	Quinoa
Dairy	Tofu



TIPS FOR PROTEIN

- The best choices of protein foods are those that are lower in saturated fat like chicken breast or beans or higher in omega 3 fats — like tuna and salmon.
- When eating dairy products choose low fat products such as low fat cheese and low fat milk (1%).
- If you decide to eat red meat, choose lean meat and preferably eat it once a week (avoid eating sausages, bacon or any kind of processed meats).
- Try to eat different types of protein each week.
- It is recommended to eat fish 2-3 days a week.
- $\frac{1}{4}$ of your plate should come from high protein foods.
- It is recommended to consume between 5-6 $\frac{1}{2}$ ounces of protein every day.

FATS

- Fat can be a problem for people with diabetes since the excess of fat in the diet makes it hard for the insulin to carry glucose into the cells. Reducing fat intake and reducing body fat can help insulin work better.
- This is particularly true for the saturated fats (found in meat, dairy products and other animal products) compared to unsaturated fats (found in nuts, canola and olive oil, etc.).
- **Low-fat, vegetarian diets are ideal for people with diabetes and Hypertension**

FATS

- When it comes to dietary fat, what matters most is the type of fat you eat.
- There are some types of fats that are necessary for our bodies. Good fats help us:
 - Absorb vitamins
 - Help us keep our body warm.
 - Help us maintain healthy skin and hair.
 - Form parts of the membranes of cells
 - Necessary for the production of certain hormones
- **It's more important to focus on eating beneficial "good" fats and avoiding harmful "bad" fats.**

TYPES OF FAT

- Unsaturated fat – “good fats”
 - Monounsaturated
 - Ex: Avocados, olive oil, almonds, pumpkin seeds
 - Polyunsaturated/Omega 3
 - Ex: Fish, canola oil, walnuts, flax seed
- Saturated
 - Also known as “solid fat”
 - Primarily in animal foods
 - Ex: sausage, bacon, beef, dairy desserts
- Trans – “bad fats”
 - Increases food shelf life
 - Commonly found in processed foods



GOOD FAT EXAMPLES



MONOSATURATED	POLYUNSATURATED
Avocados	Corn oil
Olive oil	Salmon
Almonds	Tuna
Peanuts	Soymilk
Cashews	Tofu



Avoid these types of fat

Saturated fats

Foods rich in saturated fats include:

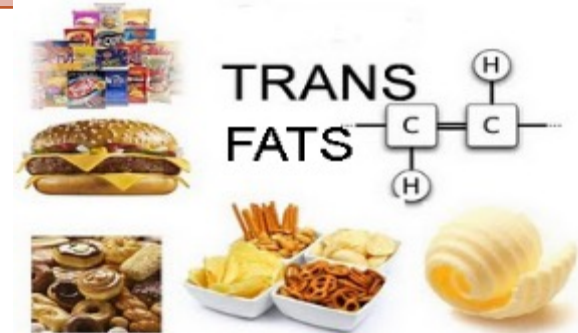
- Whole milk
- Cream
- Ice cream
- Cheeses made from whole milk
- Butter
- Lard
- Red meat
- Palm oil
- Coconut oil
- Cocoa butter



Trans fats

Foods that have trans fats include:

- Margarine
- Cookies
- Saltine crackers (some)
- Cakes
- French fries
- Onion rings (fried)
- Doughnuts



SODIUM

- It is recommended to limit sodium intake to less than 2,300 mg per day (approximately one teaspoon of salt).
- For people who are 51 years or older or people who have **hypertension, diabetes or other chronic disease**, sodium intake should be limited to 1,500 mg per day.
- **High salt intake causes 2.3 million deaths per year**



SODIUM

LOW SODIUM FOODS	HIGH SODIUM FOODS
Whole grain rice	Frozen meals
Lean cut meats	Canned soups
Unsalted seeds	Salted seeds
Lemon	Ketchup



TIPS TO LOWER SODIUM

- Look at the label!
- Make smart food choices!
- Avoid eating high processed foods
- Cook at home so you know what exactly is going in your meals
- Try herbs and spices instead of salt to flavor foods
- Train your taste buds

Nutrition Facts			
Per 1 burger (130 g)			
Amount		% Daily Value	
Calories	200		
Fat	9 g		14 %
Saturated Fat	2 g		15 %
+ Trans Fat	1 g		
Cholesterol	70 mg		
Sodium	800 mg		33 %
Carbohydrate	4 g		1 %
Fibre	0 g		0 %
Sugars	0 g		
Protein	25 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	2 %