

# Diabetes Sisters: Life Class

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**Tips for making it Easier to Manage Diabetes**

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# A little bit about me...



- Certified Diabetes Educator for 10+ years
- Previous Coach and athlete with Team WILD ([www.teamwild.org](http://www.teamwild.org))
  - Successfully completed two 70.3 Half Ironman events, multiple ½ marathons, a full marathon and several century cycling events
- Write for Insulin Nation, Diabetes Self Care Newsletter, Suite D blog and Nutrition Tips for Diabetes Sisters
- Lecture internationally on various topics including nutrition/carb-counting, sports nutrition and insulin pump use
- Type-1 Diabetes for 27 years, insulin pump and CGM user
- I am vegetarian and love cooking and baking with consideration for gluten free and plant based meals.



# Clean Eating

“Eat Food, **Not too much**, Mostly Plants” – Michael Pollan

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## Simplify eating

- Evaluate your hunger – If you are hungry – **EAT**
- “Don’t eat anything your great-grandmother wouldn’t recognize as food.”
- “Eating what stands on one leg [mushrooms and plant foods] is better than eating what stands on two legs [fowl], which is better than eating what stands on four legs [cows, pigs, and other mammals].”
- “Don’t eat anything incapable of rotting”
- “If it came from a plant, eat it; if it was made in a plant, don't.”
- **Use an 80/20 plan – consciously remember why food is necessary.**

## Get rid of excess

- Evaluate your symptoms - If BG is low – **TREAT**
- “Use the apple test....If you're not hungry enough to eat an apple, you're not hungry.”
- Evaluate boredom – Before eating Drink
- Keep “temptation food” out of the house/office/desk
  - Eat these as a treat when out of the house
- Consider Balance and portion
  - Understand your nutritional needs – Calories are the big picture

# Evaluate your Intake

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- 25 most common foods
  - Keep a log of common meals
  - Keep a log of foods eaten 75% of the time
  - Record BG trends around meals
  - Evaluate if insulin and medication is effective
    - Dose effective, timing of medication, action time
    - Does something need to change – Food? Medication? Dose?



# USE TOOLS

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- **Measuring Tools**

- Measuring cups
- Kitchen scales ([www.eatsmartproducts.com](http://www.eatsmartproducts.com), Eat Smart Nutrition Pro Kitchen Scale)
- Portion estimation tools
  - Fist
  - Hand with fingers
  - Palm of hand
  - Tennis ball

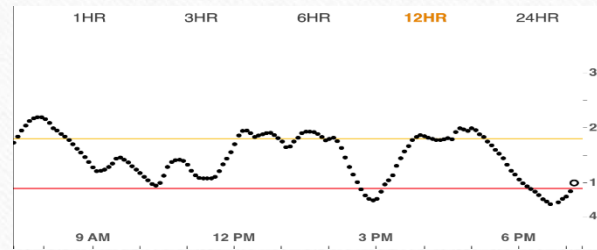
- **Technology**

- Find Apps that best meet your needs
  - Logging – (MySugr Companion Pro)
  - Activity- (FitBit)
  - Food tracking – (MyFitnessPal)
  - Insulin dosing – (RapidCalc Diabetes Manager)
  - Carb Counting – (Carbs&Cals, FigWee, Calorie King)

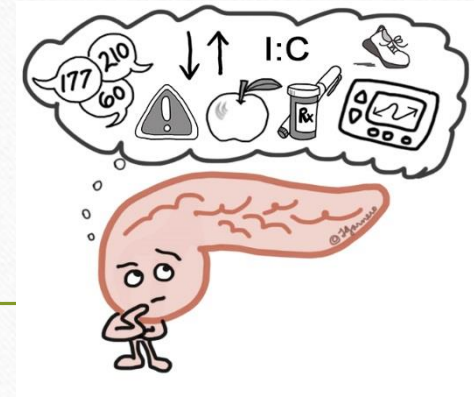


# LOOK at your Data

- Download your devices
- Evaluate the data
- Keep notes for a week and compare to your data – look for trends
- Learn to trust yourself
  - Learn to self-adjust – don't wait for an Endo visit every 3-4 months
  - Changes you make today will help right now



# Seek Education



- Find a good CDE
  - This educator should meet you where your needs begin, not focus on their agenda.
  - They should be able to teach you to:
    - Decipher your downloaded data
    - Teach you self-analysis
    - Teach you to self-adjust
    - Listen to your questions without judgment (remember your experience with your diabetes is unique)
    - Understand all the factors that effect glucose control

# Use Resources

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- Think Like a Pancreas – Gary Scheiner, MS, CDE
- Your Diabetes Science Experiment – Ginger Vieira
- Sugar Surfing – Stephen Ponder, MD, FAAP CDE
- Pumping Insulin – John Walsh, PA and Ruth Roberts, MA
- The Diabetic Athlete – Sheri Colberg, PhD
- A Woman's Guide to Diabetes – Brandy Barnes and Natalie Strand, MD



# Take time for your diabetes management.

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“Learn the tools you need to get the results you want. Learn to trust your instincts – “Wax your Board”! – S. Ponder

# QUESTIONS??????

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Thank You For Participating in Diabetes Sisters Life Class!

For education please contact Integrated Diabetes Services

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