



SUMMER EATING
**IF LIFE IS A BEACH, HOW DOES DIABETES
FIT IN THE COOLER?**

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www.ServingUpDiabetes.com

www.MyMenuMatch.com

OVERVIEW

- Hidden Carbs
- High Protein, and Hidden Sugars
- Alcohol and Lattes
- Grazing
- Frozen Yogurt vs. Ice Cream
- Heat and it's effect on insulin/meter, etc.

HIDDEN CARBS

- ✘ Condiments
- ✘ Buns
- ✘ Side dishes
- ✘ Not all salads are created equal
- ✘ Veggies and Fruit



HIGH PROTEIN FOODS



- ✘ How many grams of protein actually get converted into carbohydrates?
- ✘ Other considerations with summer grilling favorites; i.e. fat, seasoning, marinades
- ✘ Increasing hydration
- ✘ Fad dieting

DIABETES AND DRINKS



Alcohol

- + Mixed beverages
- + Good alternatives with less sugar
- + Effect on blood glucose and precautions

Lattes and Smoothies

- + The barista isn't paying attention
- + Caffeine
- + Artificial syrups instead of real fruit

GRAZING

- ✘ Planning ahead
- ✘ Do some googling
- ✘ Balance your plate
- ✘ Leave room for dessert!
- ✘ Activities before or after the buffet



FROZEN YOGURT VS. ICE CREAM

1/2 cup serving	Cals	Fat	Sat Fat	Sodium	Carbs/Sugar
*Dairy Queen Vanilla Soft-serve	140	4.5g	3g	70mg	22g
*TCBY Fat-free frozen yogurt	110	0	0	60mg	23g
*Breyers Vanilla Ice cream	130	7g	4g	35mg	14g
Gelato- Talenti simply strawberry	170	7g	4.5g	40mg	25g

OTHER CONSIDERATIONS

- ✘ Using advance pump features or MDI
- ✘ Use of CGM patterns
- ✘ Trial and error
- ✘ Check with your doctor!
- ✘ Heat and insulin and pump sites
- ✘ Meter readings and sunscreen