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

<table>
<thead>
<tr>
<th></th>
<th>Cals</th>
<th>Fat</th>
<th>Sat Fat</th>
<th>Sodium</th>
<th>Carbs/Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Dairy Queen Vanilla Soft-serve</em></td>
<td>140</td>
<td>4.5g</td>
<td>3g</td>
<td>70mg</td>
<td>22g</td>
</tr>
<tr>
<td><em>TCBY Fat-free frozen yogurt</em></td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>60mg</td>
<td>23g</td>
</tr>
<tr>
<td><em>Breyers Vanilla Ice cream</em></td>
<td>130</td>
<td>7g</td>
<td>4g</td>
<td>35mg</td>
<td>14g</td>
</tr>
<tr>
<td>Gelato- Talenti simply strawberry</td>
<td>170</td>
<td>7g</td>
<td>4.5g</td>
<td>40mg</td>
<td>25g</td>
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</table>
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