Diabetes Sisters: Life Class

Get Ahead of the Holidays: Tips for Making it Easier

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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 28+ 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

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

• 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?
Maintain! Don’t Gain!

**Maintain:**
- This IS NOT the time of the year to try to lose
- Make a commitment to maintain the weight you are at today and not put on any extra pounds over the holidays (November 1st – January 1st)

**Two Goals:**
- 1) Make healthy cooking swaps to your favorite high calorie holiday dishes
- 2) Continue your workout routine.

**Benefit:**
- **Food swap** - By swapping out ingredients that are higher in fat, BG is more likely to respond to insulin appropriately and less need to add extra insulin for corrections.
- **Move your body** - Helps work off extra treats consumed and helps keep BG’s in target range.
USE TOOLS

• Measuring Tools
  • Measuring cups
  • Kitchen scales (www.eatsmartproducts.com, Eat Smart Nutrition Pro Kitchen Scale)
  • Portion estimation tools (helps with holiday fare when you don’t have access to cups/scales)
    • 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)
Dosing for Holidays

• **Injections:**
  - Give small doses of insulin with each course of a meal
  - Follow CGM trend data (if in use)
  - Use a dosing tool such as RapidCalc Diabetes Manager
  - Helps to prevent a low BG from happening in response to a large dose of insulin for food that has yet to be consumed.

• **Pumps:**
  - A few options:
    - Dose as per each course of a meal – a bolus with appetizers, a bolus with the entrée(s) and one with dessert (more precise)
    - Use pump’s prolonged bolus feature (commonly called extended bolus, dual/square wave bolus or Combo bolus depending on the pump you use)
      - Allows some insulin to be delivered right away and some insulin to be delivered for an extended duration of time (1, 2, 3 hours and beyond).
LOOK at your Data

• Download your devices
• Evaluate the data
• Keep notes for a week and compare to your data – look for trends
  • For evaluation of past holidays, look at dates around holidays from 2014/2015
• 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
    • Prior to holiday – bring favorite/typical food choices to discuss (aids with improved carb count/guess, or with recipe eval)
Use Resources

- 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.

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

Thank You For Participating in Diabetes Sisters Life Class!

For education please contact Integrated Diabetes Services
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