Diabetes Sisters: Life Class

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)
  • 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

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?
USE TOOLS

• Measuring Tools
  • Measuring cups
  • Kitchen scales (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

- 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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