



November 2017

Diabetes can cause serious health problems, including blindness, nerve damage, and kidney disease.

It is one of the leading causes of disability and death in the United States.

The disease accounts for \$176 billion of direct medical costs in the United States.

National Diabetes Month

It is estimated that by 2030, 336 million adults in the United States will have type 2 Diabetes

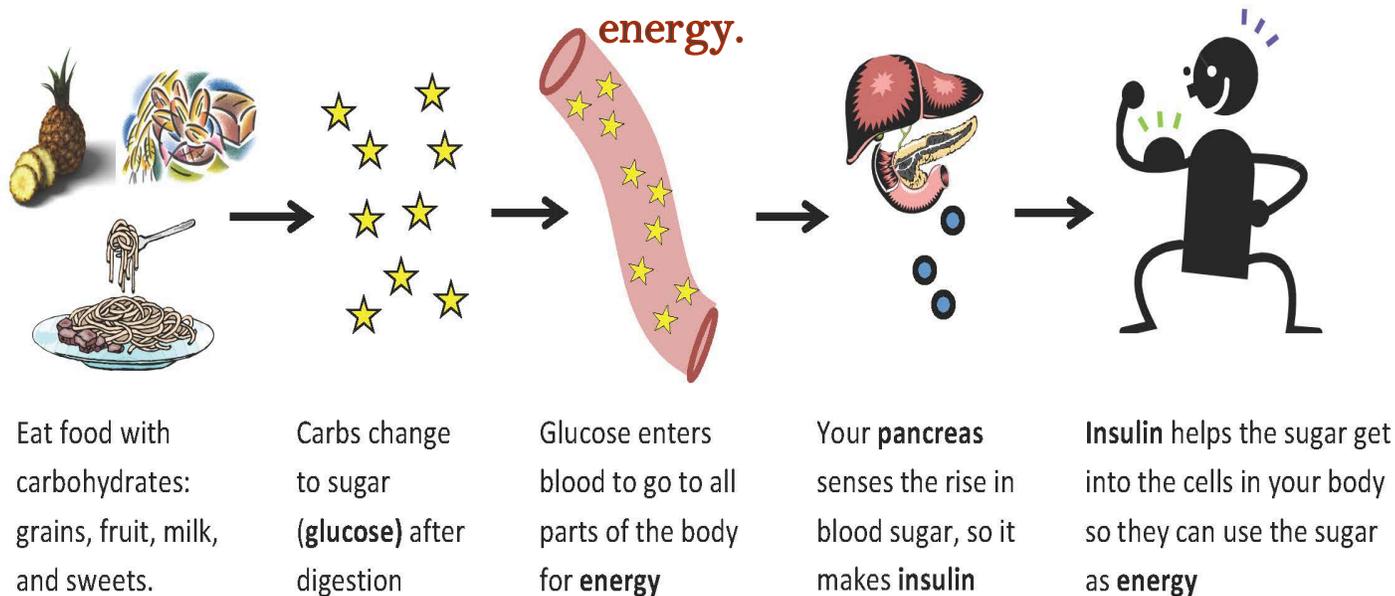
The increased consumption of calorie-dense foods, including fast foods, meats, highly refined grains, and sugar-sweetened beverages are thought to be contributing to the rising rates of type 2 diabetes around the world.

Many traditional Thanksgiving meals are high in carbohydrates, but there are ways to learn how to count and choose quality carbohydrates, and include important dietary components to make the most of the Holidays.



When someone *without diabetes* eats a meal, their body breaks down the carbohydrates from their food into glucose. Their body releases a

hormone called insulin to transport glucose into the body's cells for energy.



In type 2 diabetes, the body's cells do not respond to insulin properly. This is called insulin resistance. This causes the body's glucose levels to become dangerously high.

The American Diabetes Association recommends monitoring your consumption of carbohydrates in order to manage blood glucose levels.

Each meal should contain around 45-60 grams of carbs (for women) and 60-75grams of carbs (for men) and each snack should be 15-30 grams to maintain a balanced intake of carbs. Look at the Nutrition Facts and focus on the Serving Size and Carbohydrates. If 6 crackers have 15 grams of carbs, people with diabetes can enjoy 6-12 crackers as a snack to stay within the acceptable range of 15-30 grams of carbohydrates. If a serving of 4 cookies is 30 grams of carbs, then only 2-4 cookies (15-30grams of carbs) should be eaten as a snack.

Nutrition Facts
Serving Size: 6 crackers
Total Carbohydrate: 15g
One carbohydrate serving is 6 crackers.

Nutrition Facts
Serving Size: 4 cookies
Total Carbohydrate: 30g
One carbohydrate serving is 2 cookies.

Nutrient Dense Carbohydrates are a Key Characterization of Overall Diet Quality

Carbohydrate type, in addition to the total amount of carbohydrates, is important for preventing weight gain and reducing the risk of diabetes. Eating the *same amount* of carbohydrates from *different* foods can cause your blood glucose to respond differently.

Eating mostly high fiber or whole grain foods, help to prevent blood glucose from spiking rapidly. Whole grain bread, whole grain cereal, and brown rice have been linked to a reduced risk of developing diabetes.

Increasing evidence suggests that the metabolic and glycemic responses of white bread are similar to the responses caused from candy. This is because white bread lacks fiber and is a very processed food.



Vegetables also vary in carbohydrate and nutrient content. Avoid eating too many starchy vegetables, such as corn, potatoes, sweet potatoes, winter squash, and peas because they are higher in calories and carbs and raise blood glucose more quickly.

Healthy Diet Components for Diabetes

Non-Starchy Vegetables



Non-starchy vegetables are low in carbs and calories. Adding more of these vegetables to your plate will help you fill up and keep you from overeating other high calorie and high fat foods on the table. These vegetables include: Asparagus, Brussels sprouts, broccoli, cauliflower, mushrooms, and summer squash, etc.

Fiber

Dietary fiber is important for lowering blood glucose levels after a meal. Fiber is processed more slowly, which promotes early satiety and weight loss. Soluble dietary fiber (found in oats, apples, pears, beans, carrots, and barley) increases the thickness of intestinal contents, which delays gastric emptying, promotes early satiety and weight loss, and lowers blood glucose levels. Insoluble fiber (from wheat bran, non-starchy vegetables and whole grains) increases the rate at which nutrients pass through the GI tract, giving carbohydrates less time to be absorbed and improving insulin sensitivity.



Vegetarian Dining

Vegetarian diets are associated with reduced risks of type 2 diabetes. A well-balanced vegetarian diet is composed of unrefined grains and plant foods, which tend to improve glucose management and reduce the risk of complications. In addition, following a healthy, vegetarian diet may be easier than counting carbohydrates.



Instead of these...



Eat These!



Eat at least 2 cups of fruit and 2 ½ cups of vegetables per day



Eat more whole grain or brown bread

Replace butter with healthy oils, like Olive Oil or Canola Oil

The foods that most often lead to weight gain are potato chips, potatoes, meats, refined grains, and desserts.

NUTRIENT DENSE CARBOHYDRATES

Focus on eating whole foods, such as whole grain bread, vegetables, fruits, nuts, and healthy fats

Nutrient Dense carbs should contain at least 1 gram of fiber for every 10 grams of total carbohydrates

While it is important to be aware of added sugar, it would be better to choose a high fiber cereal with a little bit of added honey than a highly refined, starchy cereal with no added sugar.

Choose Carbohydrates high in fiber like High Fiber Breakfast Cereals

Other Sources of Fiber: Beans are very high fiber and can provide as much protein as an ounce of meat without the saturated fat.

If you are using canned beans, drain and rinse them to remove excess sodium.

STUFFED ACORN SQUASH

This recipe serves 8

1 serving= ¼ squash and 21 grams of carbs

Prep time= 20 minutes

INGREDIENTS

2 medium acorn squash (about 1 ¼ pounds each), halved widthwise and seeded

Cooking Spray

1 tablespoon Olive Oil

8 ounces Cremini mushrooms, sliced

2 3-ounce links apple chicken sausage, cooked and diced

8 ounces kale, stemmed and chopped

½ teaspoons salt (optional)

½ teaspoons ground black pepper

½ cup fat-free, reduced sodium chicken broth

1 cup dried cornbread stuffing

DIRECTIONS

Preheat oven to 375 degrees.

Coat a baking pan with non-stick cooking spray and place squash cut-side down in the pan. Add about an inch of water and bake for 30 minutes.

While the squash is baking, add olive oil to a sauté pan over medium-high heat. Sauté mushrooms and chicken sausage until golden brown. Add kale, salt (optional) and pepper and sauté until kale is wilted, about 5-7 minutes.

Add the chicken broth and cornbread stuffing to the mushroom mixture and simmer until all of the liquid is absorbed.

Remove squash from the oven. Turn the squash over in the pan so the cut side is up. Fill each squash with ¼ of the mushroom mixture then return to the oven. Bake for 15 minutes.

Cut each squash in half and serve.



THANKSGIVING VEGETARIAN ENTRÉE

The beneficial effects of a vegetarian diet may be explained by the stronger reliance on dietary fiber and plant protein, and the lower intake of saturated fat.

Animal proteins and fats are associated with worsening insulin resistance and increased risk of type 2 diabetes.

HOLIDAY DESSERTS



Fruit Parfait

Fruit is a great dessert for people with diabetes. Fruit is packed with vitamins, minerals, and fiber.

Adding fresh fruit to a plain or low sugar yogurt helps make a low-carbohydrate dessert.

Adding small amount of honey to plain yogurt, rather than buying a sweetened yogurt, allows people with diabetes to control the amount of added sugar and carbohydrates.

Berry Frozen Yogurt

Home-made frozen yogurt is an easy and healthy dessert option.

Just blend 3 cups of fresh or frozen fruit with $\frac{3}{4}$ cups low-fat plain yogurt for a colder and creamier, healthy dessert.

One cup of vanilla ice cream delivers around 30 grams of carbohydrates, and even most brands of frozen yogurt add more sugar to make up for the reduced amount of fat. Simply blend up some fruit to make your own dessert and avoid the added carbs and sugar.



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CREATED BY:

JORDAN BIERMAN, DIETETIC INTERN
PATIENT FOOD AND NUTRITION SERVICES

300 N. INGALLS STREET

NIB N18E20

ANN ARBOR, MI 48109-5407

734-937-5197