



Kelsey-Seybold Prediabetes Workshop Class 1:

What is Prediabetes?
Steps to Prevent Type 2 Diabetes

RONDA ELSENBROOK, RD, LD, CDE
REGISTERED DIETITIAN

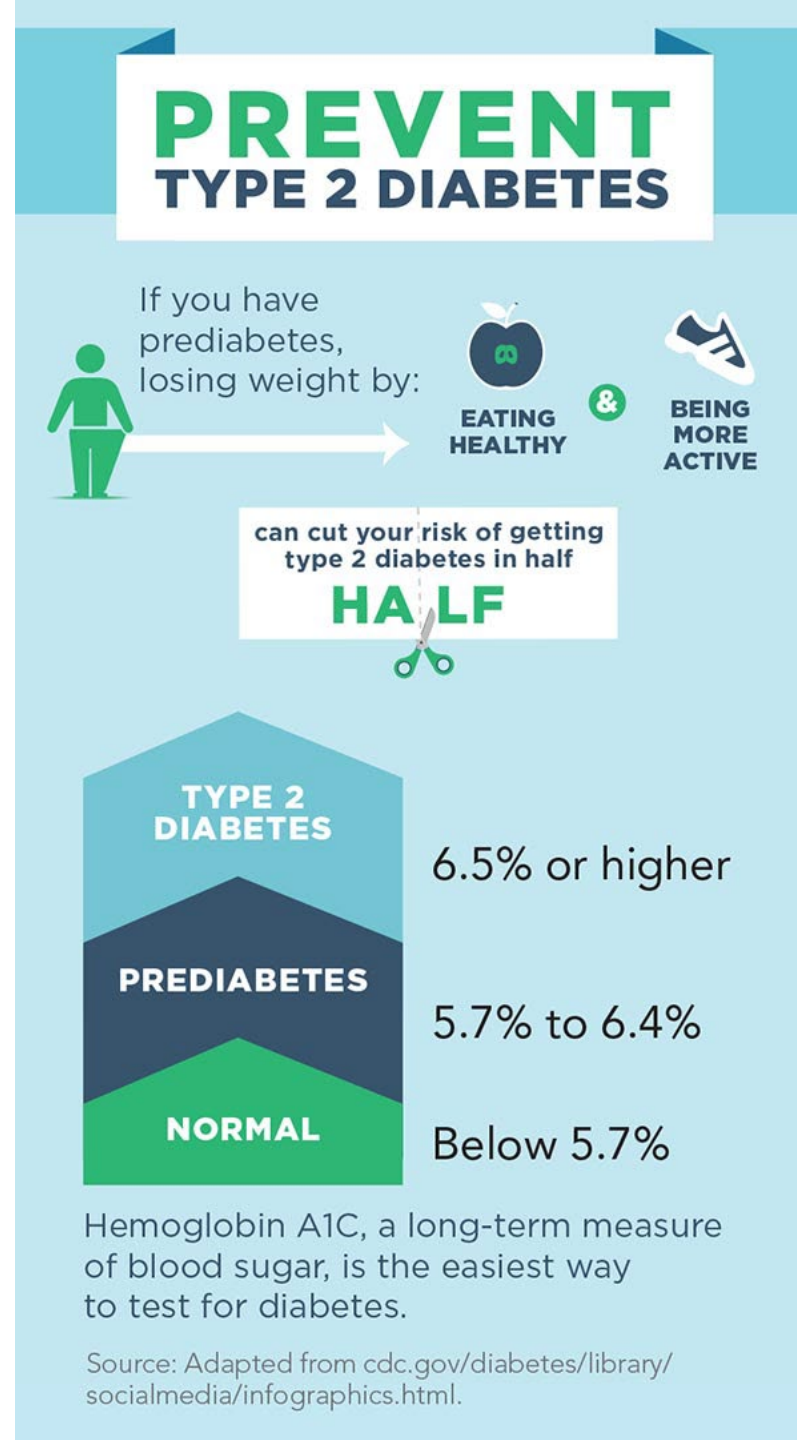
Objectives

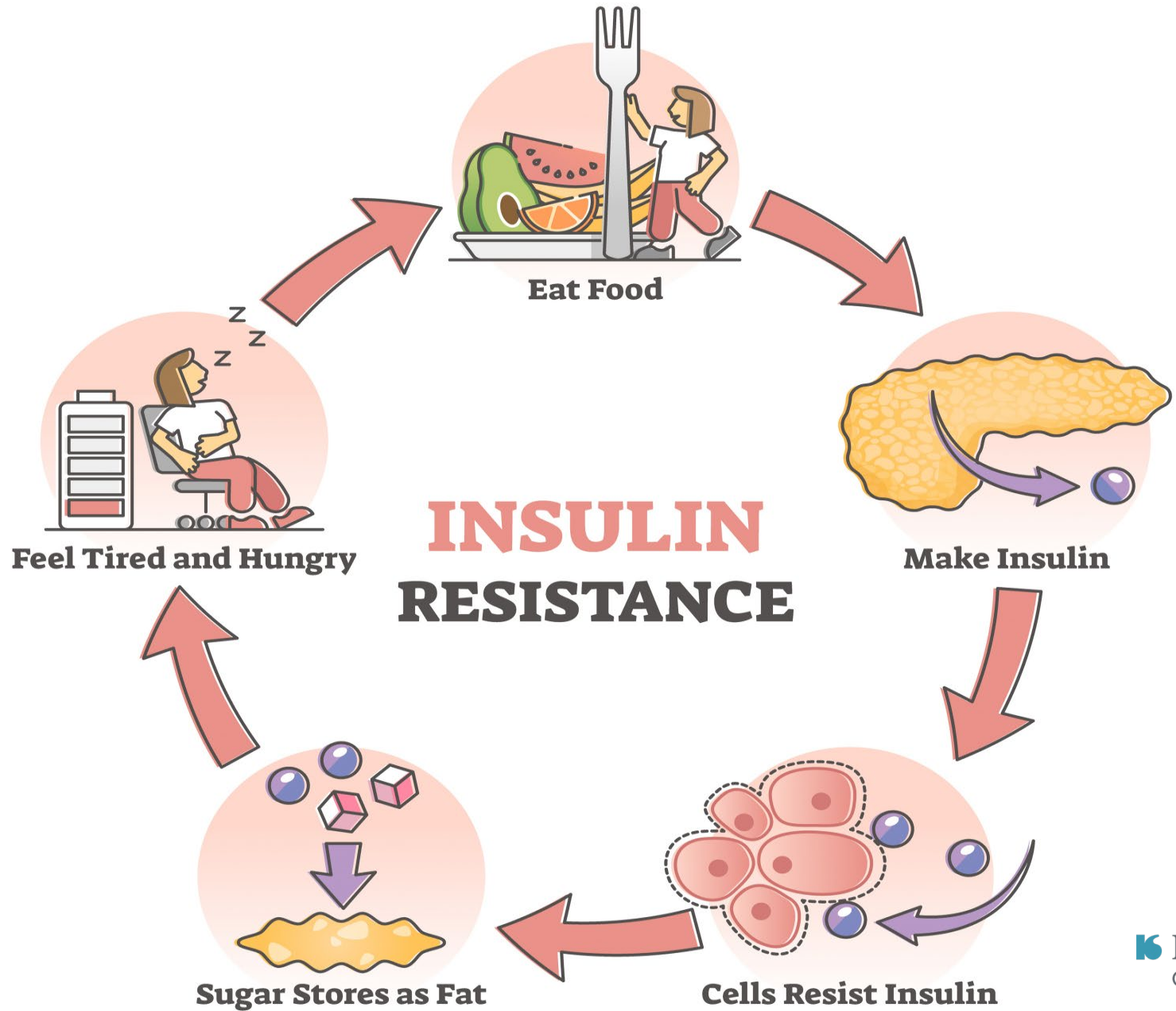
- Definition of Prediabetes
- Explore groups of food and the effect on my blood sugar
- Meal planning and understanding portion sizes
- Rethink your drink- discuss how beverages effect blood sugar
- Explore ways to incorporate physical activity/exercise into routine
- Goal setting to stay motivated and make positive changes



What is Prediabetes?

- When your blood sugar is higher than normal but not high enough to be considered Type 2 Diabetes.
- The good news is that if you have prediabetes, you can make lifestyle changes to prevent or delay Type 2 Diabetes and other serious health problems.
- This is the time to make lifestyle changes to prevent the onset of type 2 DM







Diabetes Risk Factors

Type 2 Diabetes

You're at risk for developing Type 2 Diabetes if you:

- Have prediabetes
- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week

You can prevent or delay type 2 diabetes with simple, proven [lifestyle changes](#) such as losing weight if you're overweight, [eating healthier](#), and getting regular [physical activity](#).

Source: The CDC-led [National Diabetes Prevention Program](#)





Diabetes Risk Factors

- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk)
- If you have non-alcoholic fatty liver disease you may also be at risk for Type 2 Diabetes.

You can prevent or delay type 2 diabetes with simple, proven **lifestyle changes** such as losing weight if you're overweight, **eating healthier**, and getting regular **physical activity**.

Source: The CDC-led [National Diabetes Prevention Program](#)





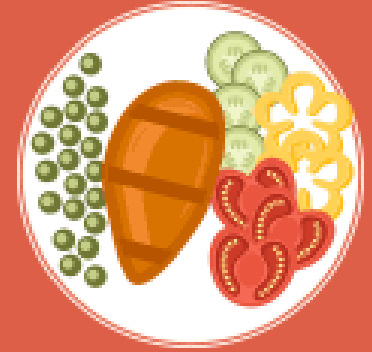
DIABETES PREVENTION



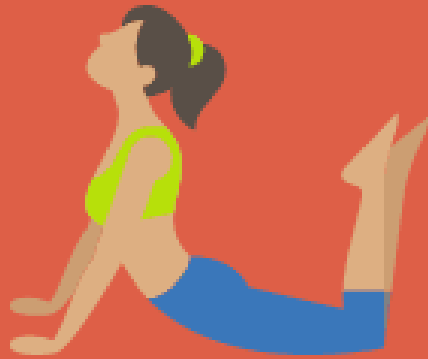
Keep normal weight



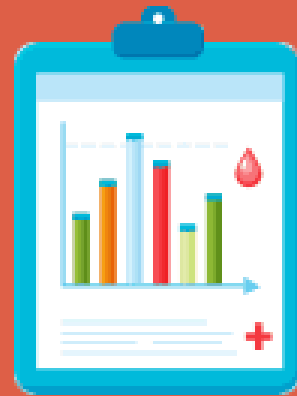
Eat healthy foods



Eat appropriate portion sizes



Add regular activity everyday



Get regular, preventive care

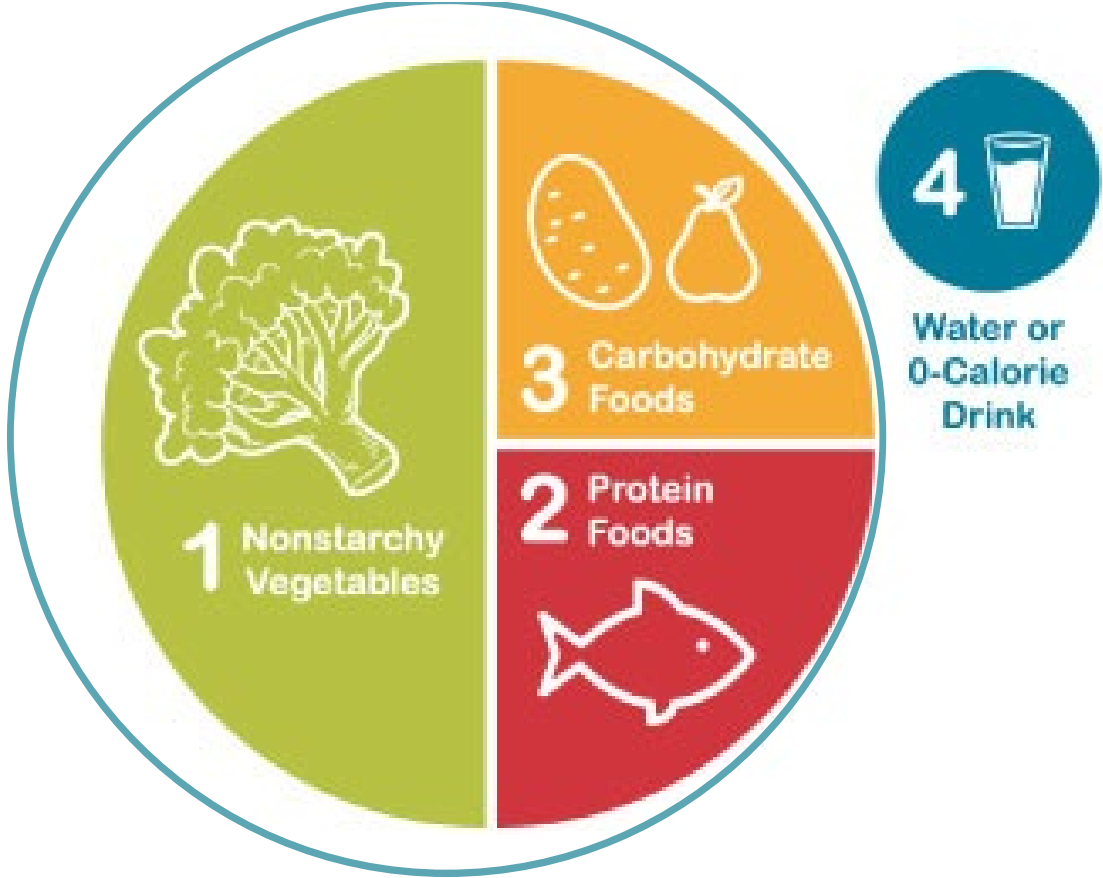


Don't smoke



Meal Planning with The Plate Method

- Fill half of your plate with non-starchy vegetables
- Fill ¼ plate with 1 cup of starch/grain/fru
- Fill ¼ plate with 3-4 ounces of protein
- Drink water or another beverage without sugar





Carbohydrates Are Foods That Elevate Glucose

This includes:

- **Grains**
- **Starchy vegetables**
- **Fruits**
- **Milk**
- **Sweets**

[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)



One Serving Of Grains Or Starchy Vegetables

- 1 Slice of bread
- 1 Tortilla
- $\frac{3}{4}$ Cup cold cereal
- $\frac{1}{2}$ Cup oatmeal or grits
- $\frac{1}{3}$ Cup pasta or rice or quinoa
- $\frac{1}{2}$ Cup potatoes or corn or beans



One Serving Of Fruit And Dairy

- 1 small piece of fruit
- 1 cup berries or melons
- 2 tablespoons of raisins
- 1 cup of cow milk
- 1 cup of soy milk
- 2 cups almond or coconut milk
- 1 cup yogurt (plain or no added sugar)





Non-starchy Vegetables

- Contain a small amount of carbohydrate but also have protein and fiber. They are low in calories and do not increase glucose level. Strive for 3-5 servings per day.
- One serving=1 cup raw or ½ cup cooked.



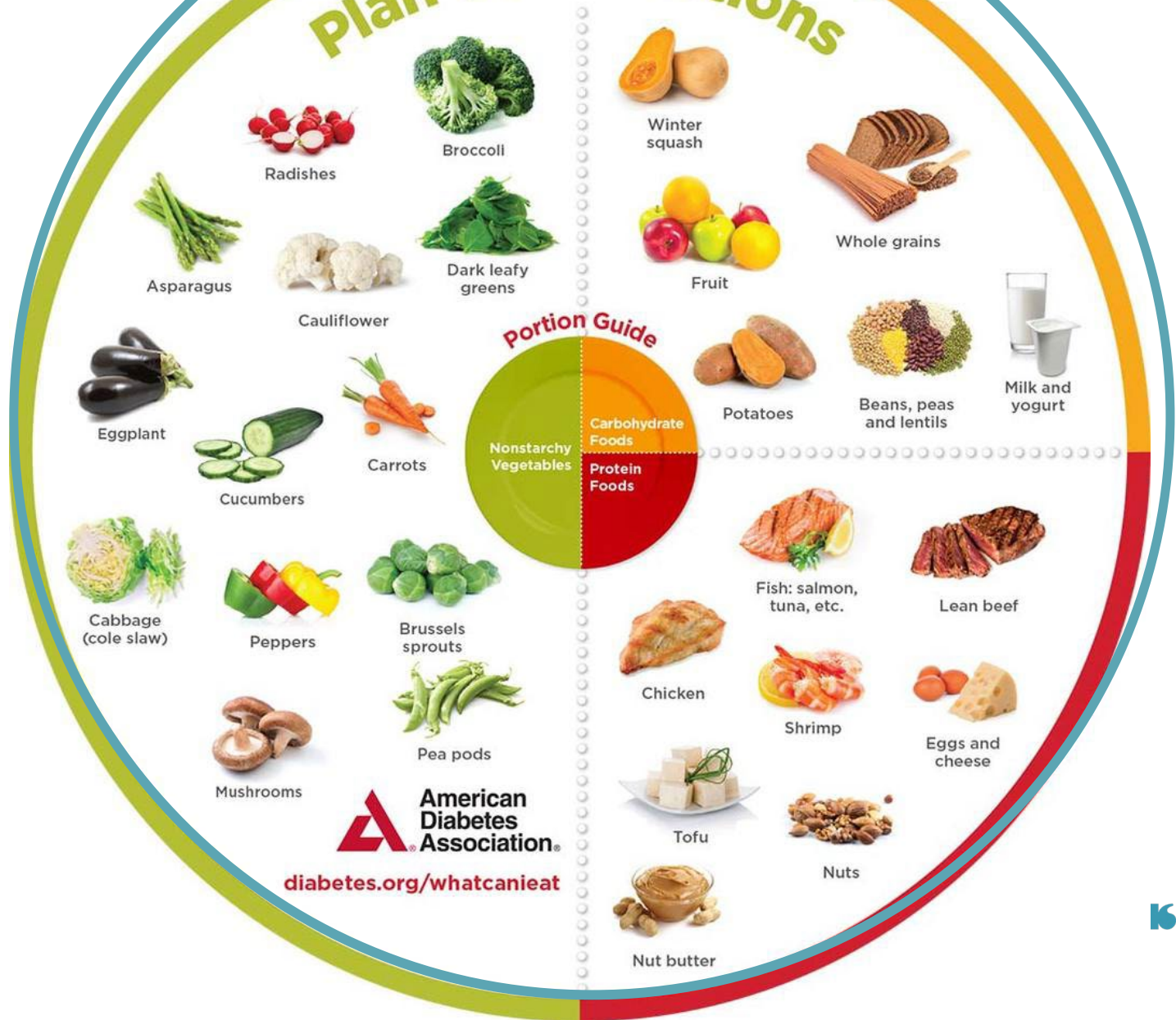
This Photo by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-sa/4.0/)

Proteins Help Slow Down The Absorption Of Sugar When Consumed With Carbohydrate Foods

- Good sources include lean beef, poultry, seafood, lamb and wild game
- Eggs
- Cheese
- Nuts
- Nut butters
- Tofu



Plan Your Portions

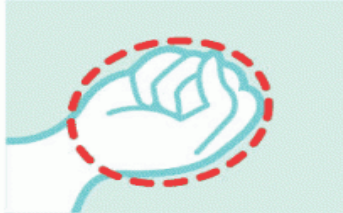







diabetes.org/whatcanieat



Estimating Your Portion Sizes

- Use food tracking apps like My Fitness Pal, Lose It or Carb Manager
- Read labels for recommended serving size
- Use a 9-inch plate to keep portions in check
- Use measuring cups instead of serving spoons when plating food

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15



Rethink Your Drink

Most of us eat and drink too many added sugars, which can lead to significant health problems. Sugary drinks are the leading source of added sugars in the American diet.

What are sugary drinks?

Sugary drinks (also known as sugar-sweetened beverages) are any liquids that are sweetened with added sugars. Beverages such as regular soda (not sugar-free), fruit drinks, sports drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugars are sugary drinks.

Content source: [Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion](#)





Rethink Your Drink

Most of us eat and drink too many added sugars, which can lead to significant health problems. Sugary drinks are the leading source of added sugars in the American diet.

Why should I be concerned about sugary drinks?

People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay and cavities, and gout, a type of arthritis. 1-4

Content source: [Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion](#)





Water



0g



Sports drink



21g



Sweetened iced tea



40g



Orange juice



42g



Energy drink



50g



Soda



52g



Mocha



53g



Tricks To Rethink Your Drink:

Choose water (tap, bottled, or sparkling) over sugary drinks.

- **Need more flavor?** Add berries or slices of lime, lemon, or cucumber to water.
- **Missing fizzy drinks?** Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- **Need help breaking the habit?** Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- **Water just won't do?** Reach for drinks that contain important nutrients such as low fat or fat free milk, fortified milk alternatives, or 100% fruit or vegetable juice first.





Tricks To Rethink Your Drink:

Choose water (tap, bottled, or sparkling) over sugary drinks.

- **At the coffee shop?** Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, a milk alternative such as soy or almond, or get back to basics with black coffee.
- **At the store?** Read the Nutrition Facts Label to choose drinks that are low in calories, added sugars, and saturated fat.
- **On the go?** Carry a reusable water bottle with you and refill it throughout the day.
- **Still thirsty?** Learn how to drink more water.
- Remember that you can be a role model for your friends and family by choosing water and other healthy, low-calorie beverages.





Increase Daily Activity

- Find ways to move more throughout the day
- Start with 10 minutes of activity and do it several times each day
- Walk the dog
- Park further from where you are going
- Track your steps





Why Prioritize Your Health

Improved Self-worth

We feel good about ourselves when we focus on our self-care.

Longevity

This is a no brainer.

Quality of Life/ Independence

Maintain your current level of independence for as long as possible.

Disease Prevention

Instead of assuming you're going to develop a certain disease, let it motivate you to make changes toward prevention.

Why Prioritize Your Health

Positive Impact of Others

If you start eating healthier, exercising, working on cutting back on stress, it will rub off on others around you.

Increase Energy

**Yes!
Please!**

Better Sleep

Exercise will help you fall asleep easier when you are fatigued from exertion.

Also managing your stress and anxiety will greatly improve your sleep.

Improved Digestion

Poor diet messes with digestion. Stress messes with digestion.

Regular exercise and healthy, well-balance diet can help improve digestion.



Identify Your Why

Are you ready for change?

- Transtheoretical model (TTM). The idea is that people move from one stage to the next. Each stage is a preparation for the following one, so hurrying through or skipping stages is likely to result in setbacks.
- Change is a process... it is not linear
- It takes action to stay motivated.





Know Where You Are Starting

What stage of change are you in?

Preparation:

- Track all food and beverages you eat along with the portions in a diary or phone app
- Identify how often you're eating away from home, eating takeout, or eating on the go
- Track your daily steps and sleep patterns using your phone app or good ole pen and paper journal





Set SMART Goals

S

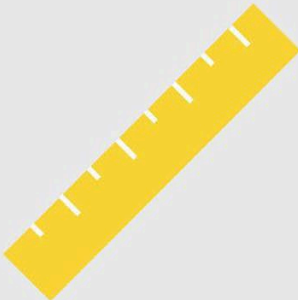
Specific



A specific goal is one that is clearly defined.
For example, you will lose weight for your wedding.

M

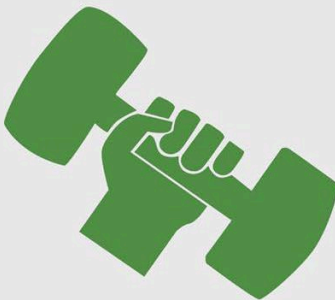
Measurable



Quantify your goal.
You will lose 10 pounds before the wedding.

A

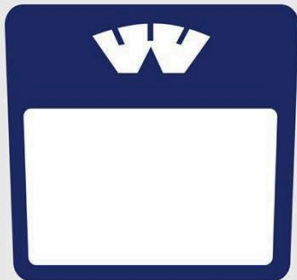
Action Oriented



Take action.
Stick to personalised diet and exercise programs.

R

Realistic



Be realistic.
10 pounds is easily within your reach!

T

Timed



Consider your time frame.
You have 4 months to go. Stay dedicated, and you WILL make it!



Preparing For Class 2

- Pick one new change to your meals or beverages using the plate planner to incorporate this week
- Pick one physical activity goal for yourself to do daily or most days of the week
- Class 2 will focus on the role of exercise in promoting healthy blood sugar levels to reduce your risk of Type 2 diabetes
- Explore various ways anyone can incorporate more exercise into the lifestyle





THANK YOU

RONDA ELSENBROOK, RD, LD, CDE
REGISTERED DIETITIAN