

Staying Healthy with Diabetes



Welcome to the MANNA program! While our meals are short term, we hope to give you healthy tips that you can use after your services end. Learning how to take care of your diabetes is not an easy task, but the MANNA dietitians are here to help! We look forward to working together to help you manage your health in a way that works for you.

In this book, you will learn about:

1. What diabetes is
2. What your labs mean
3. Which foods will raise your blood sugar
4. How to balance your meals during the day, using MANNA meals as a guide



MANNA offers **free nutrition counseling** with our Registered Dietitians over the phone or in-person. Please call us if you would like to set up an appointment.

Katie: 215-496-2662 ext. 124

Danielle: 215-496-2662 ext. 110

Emily: 215-495-2662 ext. 114

Tonya: 215-496-2662 ext. 156

You have nutrition counseling (**over the phone / in-person**) with one of our dietitians, _____, on _____ at _____.

What is Diabetes?

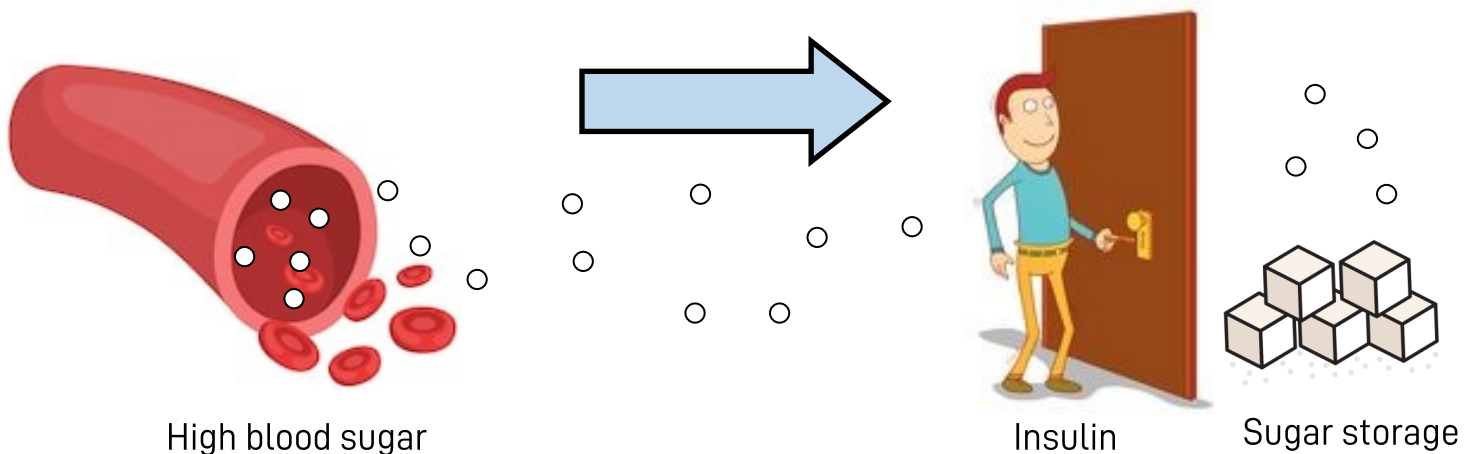
There are two types of diabetes:

- **Type 1 diabetes** is when your body does not make any insulin. A person with Type 1 cannot survive without insulin shots.
- **Type 2 diabetes** is when your body does not make enough insulin, or it does not know how to use the insulin. If diabetes is found and treated early, sometimes you do not need to use insulin shots.



What is Insulin?

Insulin is a hormone that takes sugar out of the blood when blood sugar is too high. Insulin works like the “key” that opens the “storage door”. It moves the sugar out of the blood and into “storage.”



When should I check my blood sugar?

Checking your blood sugar will help you to know how to control your diabetes. It is important to check your blood sugar:

- Before your first meal
- 2 hours after the start of a meal

Blood sugar goals

These are the numbers that you want to see on your meter.

- Before a meal: 80-130
- 2 hours after a meal: less than 180



How can I change my blood sugar?

There are 3 ways to control your blood sugar levels:



1. Diet



2. Exercise

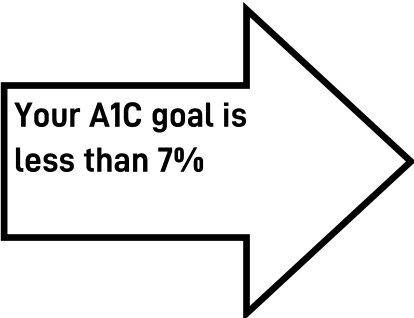


3. Medicines

Your healthcare team will work with you to balance these 3 parts!

A1C: What does it mean?

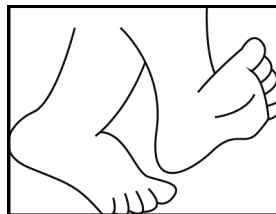
A1C is a blood test that measures your average blood sugar over the last 2-3 months. A higher number is worse because it means your sugars have been high.

 Your A1C goal is less than 7%	A1C	What it means
	10-14%	Very uncontrolled diabetes
	7-9%	Poorly controlled diabetes
	6.5-7%	Well controlled diabetes
	5.8-6.4%	Pre-diabetes
	<5.7%	No diabetes

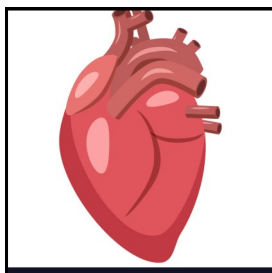
What happens to my body when my blood sugar stays high?



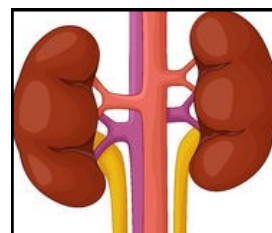
Eye disease
(retinopathy)



Nerve disease
(neuropathy)



Heart disease



Kidney failure
(nephropathy)

What is a carbohydrate (carb)?

Carbohydrates are a group of foods that your body turns into sugar. Your body needs carbs for fuel.

Knowing which foods have carbohydrates will help you learn about how your diet affects your blood sugar. In general, carbs can be **starchy** or **sweet**.

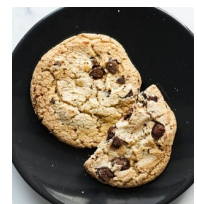
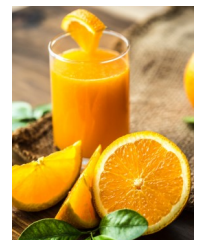
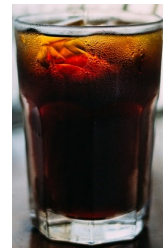
Starchy Carbs:

- Grains—rice, pasta, oats, beans, cereal
- Flour—bread, crackers, tortillas
- Starchy vegetables—potatoes, corn, peas, squash



Sweet Carbs:

- Fruit, fruit juices, fruit smoothies
- Sweetened drinks—sweetened coffee and tea, soda, energy/sports drinks
- Sweets and desserts —cake, cookies, ice cream, jelly



Other Carbs:

- Milk, yogurt, soy milk



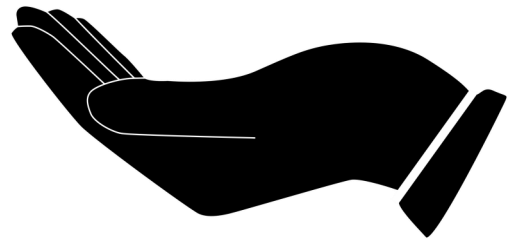
Carbohydrate Portions

Many carbohydrates are very healthy for you, like fruit, whole grains, and low fat dairy.

Do not avoid all carbs. Instead, eat them in small portions. Eating big portions of carbs can raise your blood sugar outside of the safe range.

1 serving of grains =

- 1/3 cup rice or pasta
- 1/2 cup of beans or potatoes
- 1/2 cup cooked cereal
- One 6-inch tortilla



A cupped hand = 1/2 cup

1 serving of fruit =

- 1 cup fresh fruit
- 1/2 cup canned or frozen fruit
- 2 tablespoons dried fruit



1 fist = 1 cup

1 serving of milk = 8 fluid oz, or 1 cup



The goal is to have 3-5 servings of carbs per meal, and 1-2 servings of carbs per snack.

How will my MANNA meals help me to manage my blood sugars?

You are getting our diabetic-friendly meals. They were designed to fit your nutritional needs, with these 3 ideas in mind:

1. Number of Meals - Try to eat all 3 meals and 1-2 snacks daily. Your body needs carbs, protein, and fat for fuel during the day.



2. Timing of Meals - Eat about every 3-4 hours to make sure your blood sugar does not drop. Skipping a meal can cause you to overeat at your next meal, which may raise your blood sugar.



7:00 AM



10:00 AM



1:30 PM



5:00 PM



8:00 PM

3. Carbohydrate Portions - Each of our meals has about 3-5 servings of carbs. Use MANNA meals as a guide to practice counting carb portion sizes.



The "Plate Method"

Here is a guide for eating balanced meals.

The **starches** are the carbohydrate foods, which will raise your blood sugar if you eat them in large portions.

Proteins usually do not raise your blood sugar so high. Some plant-based proteins, like beans and lentils, have a combination of both protein and starch. When you have diabetes, it is best to count these in the "starch" group.

Non-starchy vegetables have a small amount of carbs, along with a lot of vitamins, minerals, and fiber. They do not raise your blood sugar very high. **Starchy vegetables** include potatoes, corn, peas, beans, and winter squash.

