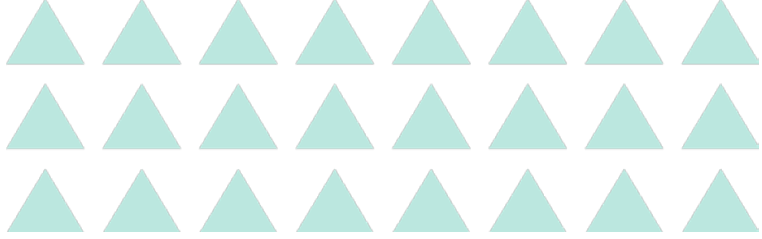


# CRUSH

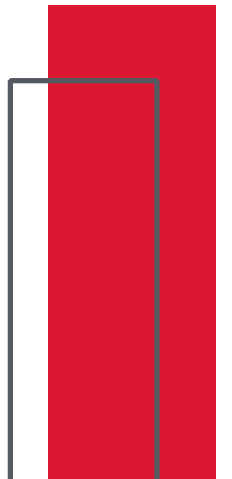
*Diabetes*

**Nutrition Basics**



# Fact or Fiction?

Healthy eating habits for people with diabetes are the same healthy eating habits for people who do not have diabetes.





Jimmy – Nutrition College Student

<https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources>

# What is a Healthy Breakfast?

- Yogurt with fruit or nuts
- Whole grain toast with eggs
- Low-sugar cereal and milk
- Banana Dog – peanut butter, banana and raisins in a whole grain bun
- Breakfast Taco – scrambled eggs, shredded cheese, tortilla and salsa
- Rice bowl topped with an egg
- Sandwich – Grilled cheese, peanut butter and jelly, or another favorite



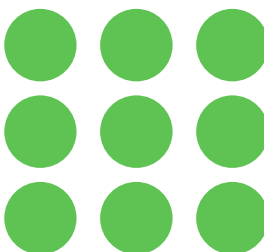
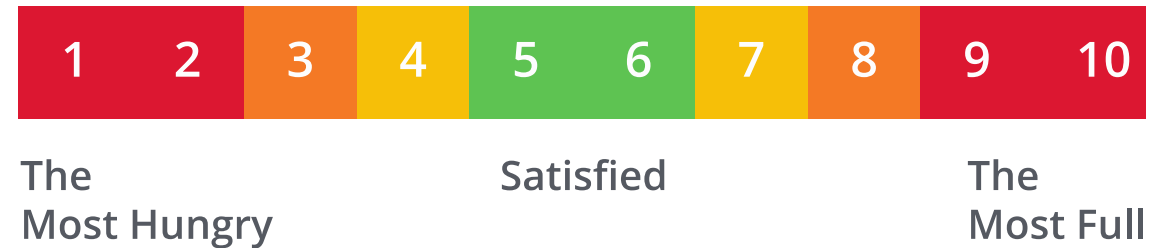
# Have You Heard of Mindful Eating?



Listening to signs of hunger and being full

- Think about WHY you are eating
  - Do you feel physically hungry?
  - Are you stressed?
  - Are you upset or sad?
  - Are your friends eating?
- Be mindful when eating by
  - Avoiding TV and looking at your phone
  - Eating at the dinner table instead of on the run
  - Putting down your silverware in between bites

## Hunger and Fullness Scale





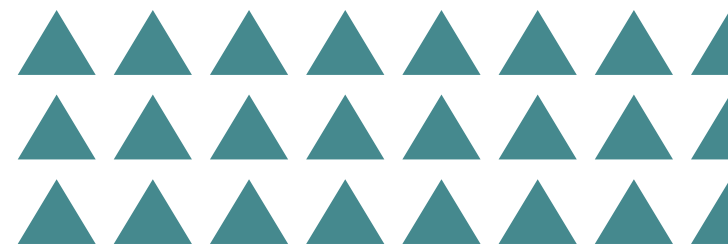
# The Scoop on Sugar

What can I buy for \$1.70?

- 8 – 9 bananas
- 15 large carrots
- 1 lb of strawberries
- Serving of spaghetti and meatballs
- Two homemade breakfast burritos
- 4 reduced-price school lunches
- 5 reduced-priced school breakfasts
- 2 to 3 PB & J sandwiches
  
- 1 20-oz soda a day for a month = \$53
- 1 20-oz soda a day for a year = \$632



# Mindful Eating Activity

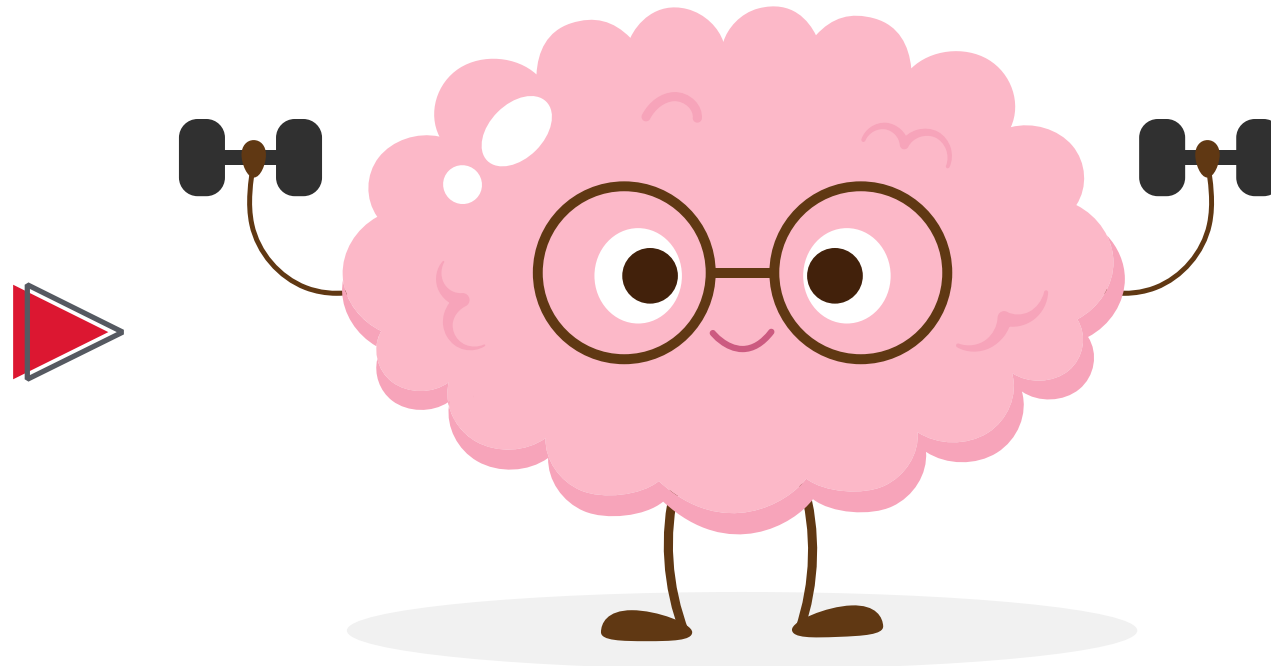


Sight – What color is the food? Does it look appetizing?

Smell – What does it smell like? Does it smell appealing?

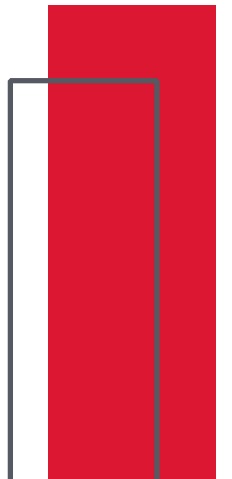
Taste – How does it taste? Was it what you expected? Does it taste good or bad?

Texture – Is the texture of the food what you expected? Do you find it adds to the appeal of the food?



# Fact or Fiction?

Fat is what your body uses for its main source of energy.



# 6 Basic Nutrients



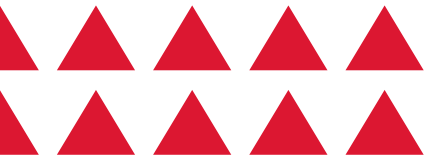
- **Macronutrients**
  - Carbohydrates – Body's main source of energy
  - Fats (lipids) – Used in the making of hormones. Can also be converted into energy
  - Proteins – Builds and repairs tissues, muscles, cartilage and bones
- **Water**
  - Helps facilitate many essential biological processes within the body
  - Over half of your body weight is water
  - Is a macronutrient
- **Micronutrients**
  - Vitamins – Body needs them for growth and development
  - Minerals – Important for a healthy body

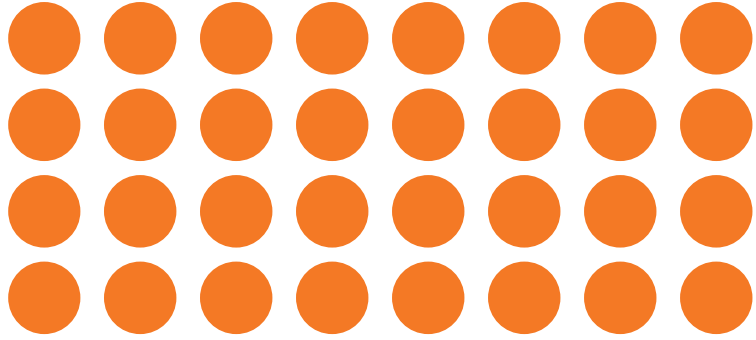




# Protein

- Food Sources:
  - Lean meats like chicken and poultry
  - Fish – 2-3 times a week
  - Lentils
  - Dairy
  - Beans
  - Red Meat – Limit to twice a week
  - Quinoa





# What is Nutrient Density?

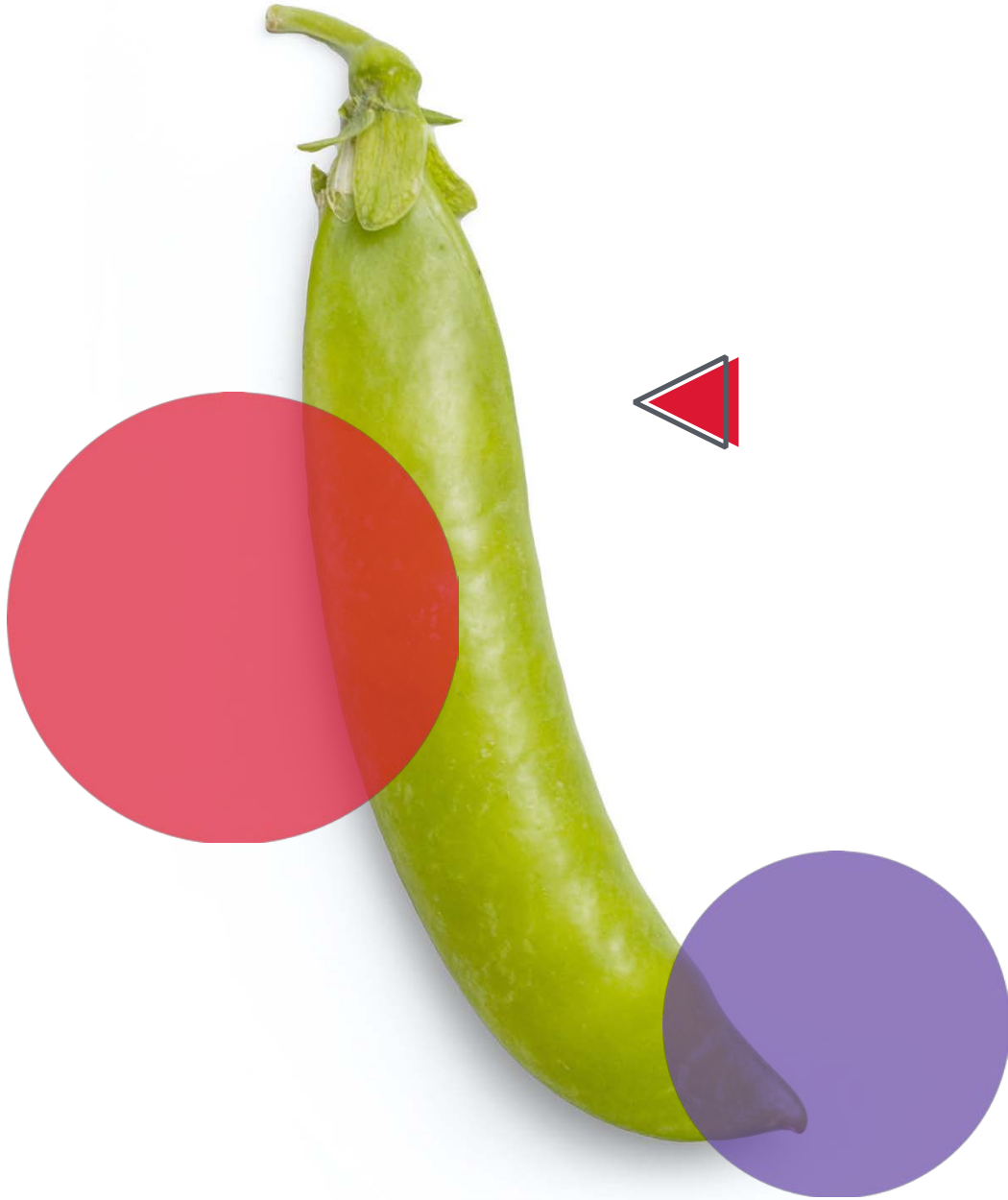


Alex – Nutrition College Student

<https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources>



# Fruits and Vegetables



- Eat a rainbow of colors
- Try to incorporate at least 1 with every snack and meal
- Frozen is just as nutritious
- It is much better to eat a non-organic food than have nothing at all
- Try a new fruit or vegetable each month
  - Dragon Fruit
  - Jicama
  - Long Beans
  - Jackfruit

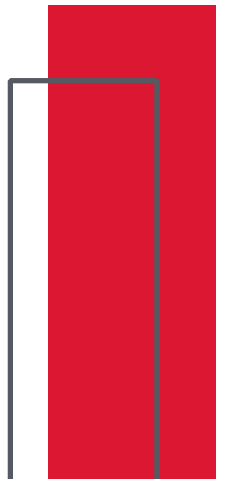




# Why Whole Grains?



- Contain more nutrients such as fiber, vitamins and minerals
- Reduces risk of chronic disease
- Helps to maintain a healthy weight
- Try getting at least 1 serving daily
- Examples of whole grain products
  - Brown rice
  - Plain popcorn
  - Oatmeal
  - Whole grain pastas and breads



# Fad Diets



- Paleo
- Gluten Free
- Keto
- Whole30



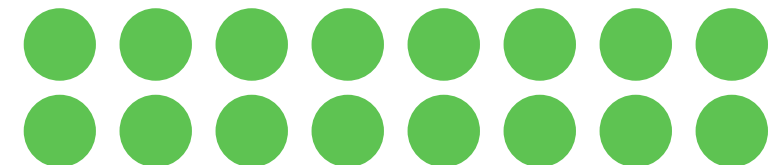
Miley – Nutrition College Student

<https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources>



# Vegetarian and Vegan Diets

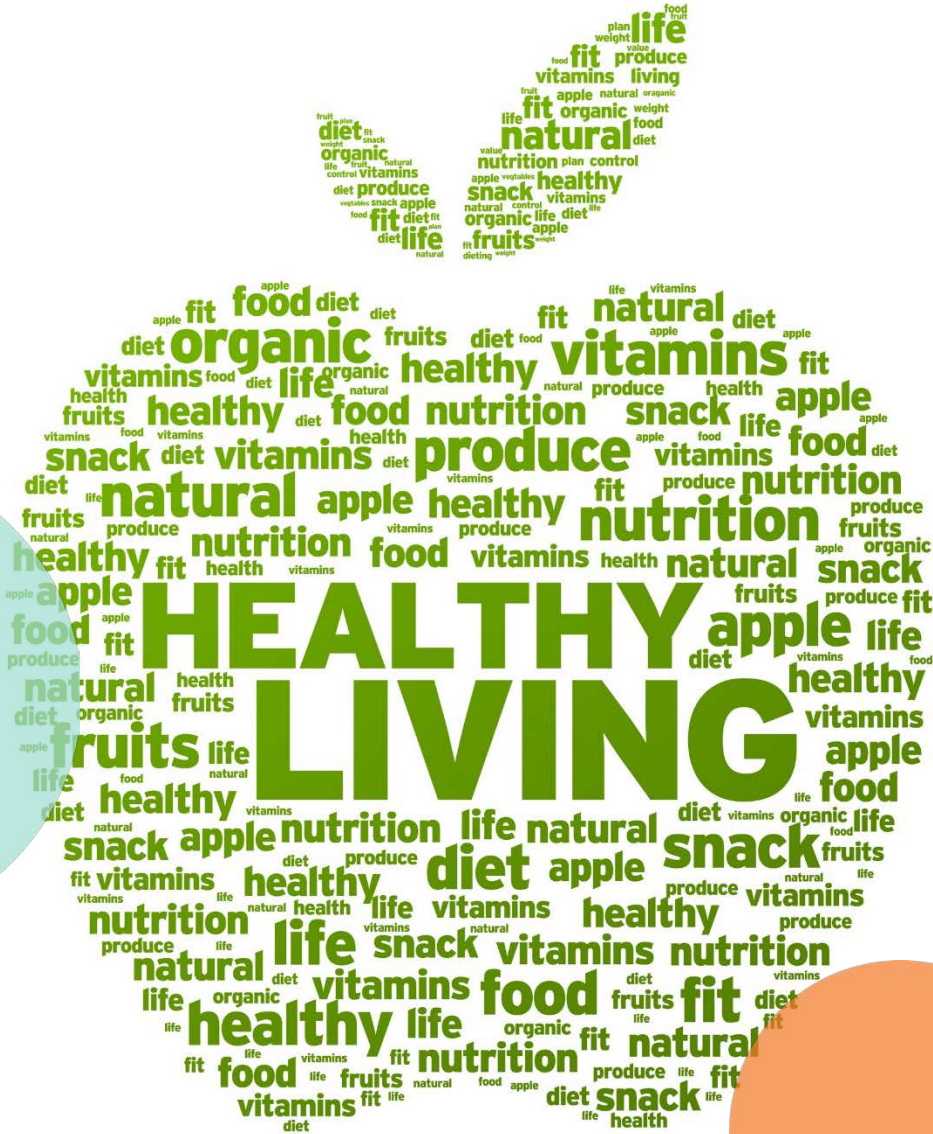
- Vegetarian
  - Absence of meat and meat related products (including fish)
- Vegan
  - Absence of meat
  - Absence of dairy, eggs and animal products
- Important to get protein in the diet from other food sources!
  - Quinoa
  - Lentils
  - Beans
  - Tofu
  - Dairy products (for vegetarians)



# Added Sugars ◀

- Limit intake of added sugars
- Try to save your favorite treats for **SPECIAL OCCASIONS**
  - Cookies
  - Cake
  - Candy
  - Ice Cream
- Drink mostly **WATER!**
- Limit your intake of:
  - Soda
  - Sweet teas
  - Sports and energy drinks
  - Fruit juice
- Eat a fruit for dessert when you are craving a sweet treat

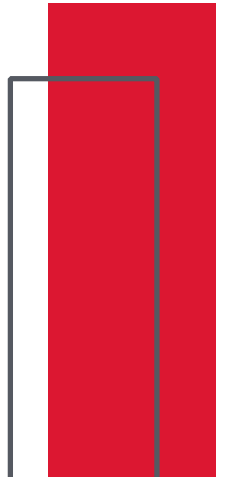




# Fact or Fiction?



On a nutrition facts label, ingredients are listed in descending order by weight and quantity (the amount of the ingredient that is in the particular food).





# Reading a Label

Foods on the ingredients label are listed with the **LARGEST** amount first.



Most in Food (First Ingredient)      Least in Food (Last Ingredient)



Other Names for "Sugar" on a Label

- Corn Syrup
- High Fructose Corn Syrup
- Fruit Juice Concentrate
- Maltose
- Dextrose
- Honey
- Maple Syrup

## Ingredients List



- What is the first ingredient?
- This product contains the most of this ingredient
- The next ingredient listed is sugar
- That means the second highest ingredient is sugar
- Try choosing foods where sugar is not in the top three ingredients

Serving Information



# Nutrition Facts

6 servings per container  
**Serving size** 1 cup (230g)

Calories



**Amount per serving**  
**Calories** 245

**% Daily Value\***

**Total Fat** 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 8mg 3%

**Sodium** 210mg 9%

**Total Carbohydrate** 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

**Protein** 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

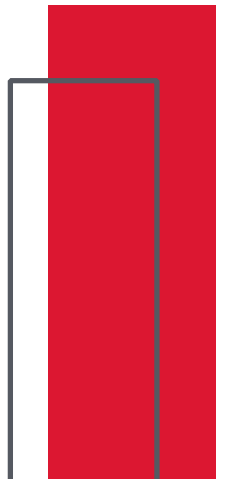
Potassium 380mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

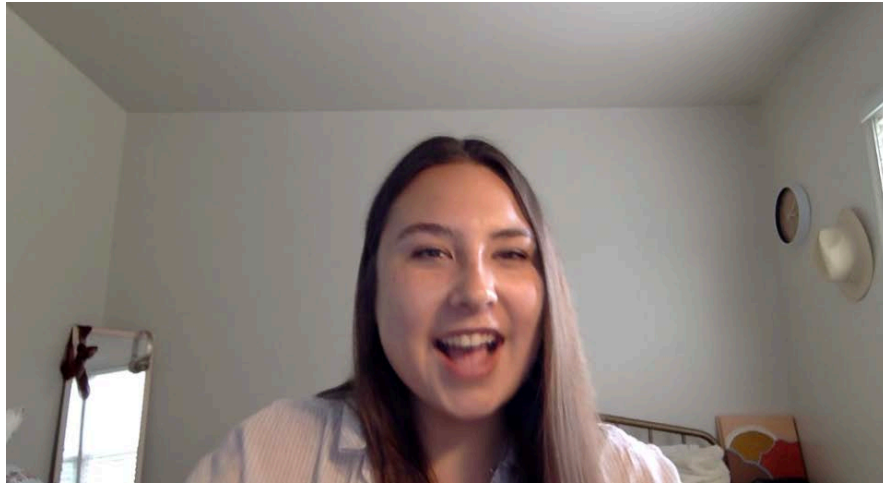
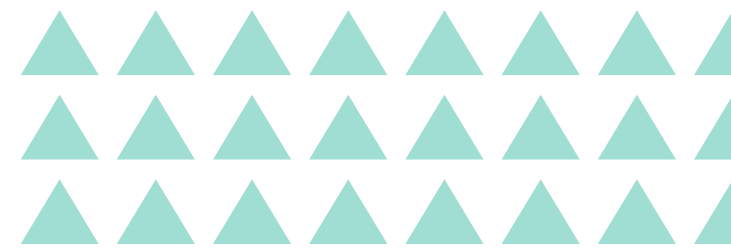


Quick Guide to percent Daily Value (%DV)  
5% or less is low  
20% or more is high

Nutrients



# How about Fast Food?



Danielle – Nutrition College Student

<https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources>





# Creating Smart Goals

**S**

Specific

**M**

Measurable

**A**

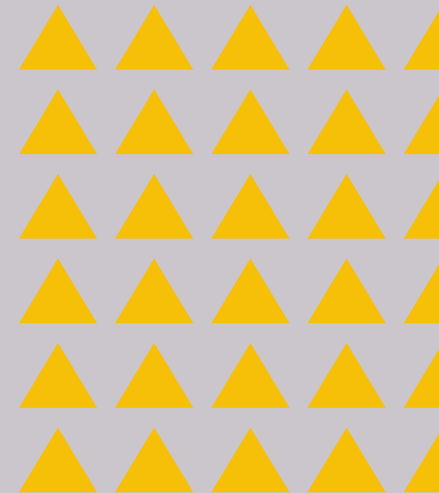
Achievable

**R**

Relevant

**T**

Time-Bound

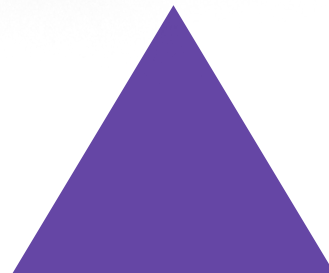


Example – I will eat 1 serving of vegetables with lunch 5 days a week for 1 month.

# Activity - Grassroots Initiative

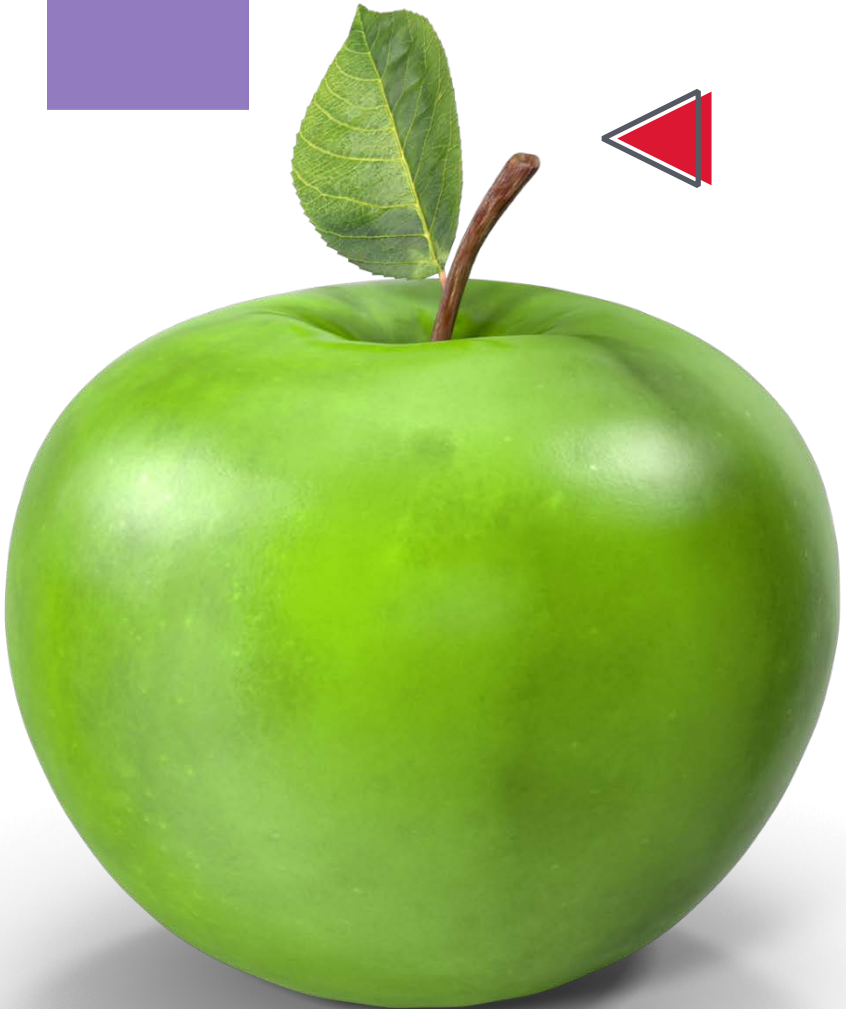

Discuss specific ideas of initiatives or campaigns you could start to improve dietary choices and increase physical activity within your school or community.

- Adding vending machines with fruits and healthy snacks
- Changing your school lunch menus to include more fresh fruits and vegetables
- Removing processed and sugary foods from school lunch menus
- Show Sugar Babies to your family
- Asking local gyms to provide reduced/free rates for children
- Take a hike or go to the park with friends or family



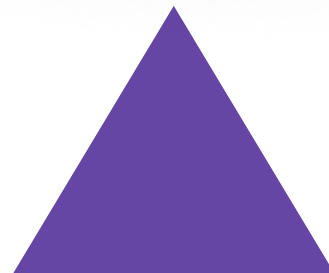


# Take Home Message

- 
- 
- Kids who eat a healthy breakfast tend to be more focused at school, have more energy, and have a better chance of maintaining a healthy weight
  - You can purchase 3-4 apples for the cost of 1 soda
  - Try choosing a rainbow of colors when eating fruits and vegetables
  - Whole grains contain more nutrients such as fiber, vitamins and minerals
  - Try saving your favorite sweets for special occasions
  - A balanced diet that is sustainable is better than a “fad” diet

# Discussion Questions

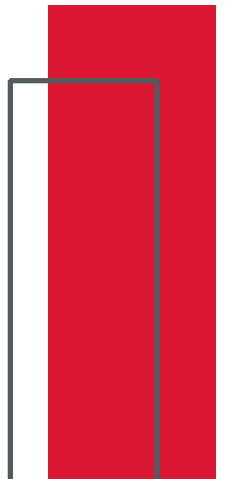
- What food or drink do you have the most often? Do you think it is a healthy food or drink? What are the ingredients? Does it contain added sugar?
- When you are reading a nutrition label, what are the ingredients that you should be paying extra attention to that may not be as nutritious?
- Why are whole grains an important addition to your diet?
- Why do you think it is important to make a SMART goal achievable?



# Choose 1 Activity



- Create 1-2 Nutrition Based SMART Goals
- The Mind Game of Marketing
- Create a Place Mat – With 10 of your favorite healthy foods
- Mindful Eating Activity





# References

All sources from the current Crush Diabetes curriculum.

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DRIVING OUT  
DIABETES

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