Fact or Fiction?

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

Jimmy – Nutrition College Student

https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources
Have You Heard of Mindful Eating?

Listening to signs of hunger and being full

• Think about WHY you are eating
  o Do you feel physically hungry?
  o Are you stressed?
  o Are you upset or sad?
  o Are your friends eating?

• Be mindful when eating by
  o Avoiding TV and looking at your phone
  o Eating at the dinner table instead of on the run
  o Putting down your silverware in between bites

Hunger and Fullness Scale

1 2 3 4 5 6 7 8 9 10

The Most Hungry | Satisfied | The Most Full

Listening to signs of hunger and being full
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
  o Cookies
  o Cake
  o Candy
  o Ice Cream
• Drink mostly WATER!
• Limit your intake of:
  o Soda
  o Sweet teas
  o Sports and energy drinks
  o 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).
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

**INGREDIENTS:**
WILD BLUEBERRIES, SUGAR, SUNFLOWER OIL

Most in Food (First Ingredient)  Least in Food (Last Ingredient)
Wild Blueberries  Sugar  Sunflower Oil

Other Names for "Sugar" on a Label
- Corn Syrup
- High Fructose Corn Syrup
- Fruit Juice Concentrate
- Maltose
- Dextrose
- Honey
- Maple Syrup
### Nutrition Facts

6 servings per container

**Serving size** 1 cup (230g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>245</th>
</tr>
</thead>
</table>

#### % Daily Value*

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>14%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>8mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>210mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>34g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g</td>
<td>25%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>5g</td>
<td></td>
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<tr>
<td>Includes 4g Added Sugars</td>
<td>4g</td>
<td>8%</td>
</tr>
<tr>
<td>Protein</td>
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<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>4mcg</td>
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</tr>
<tr>
<td>Calcium</td>
<td>210mg</td>
<td>16%</td>
</tr>
<tr>
<td>Iron</td>
<td>3mg</td>
<td>15%</td>
</tr>
<tr>
<td>Potassium</td>
<td>380mg</td>
<td>8%</td>
</tr>
</tbody>
</table>

*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
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

- **Specific**
- **Measurable**
- **Achievable**
- **Relevant**
- **Time-Bound**

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


All sources from the current Crush Diabetes curriculum

