



*Know Your*TM Nutrition



Note to the healthcare provider: The information is intended to familiarize you with the content of the Bayer *Know Your*TM Patient Education Materials. The *Know Your*TM material is intended for educational purposes only and it is not a substitute for individual advice and diabetes management recommendations. Only healthcare providers directly involved in patient care should use these materials for diabetes education.



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Managing Diabetes Is a Balancing Act

“It has been said that the way to have a long and healthy life is to get a chronic disease and learn how to control it” – Elliot Joslin

- Healthy eating
- Exercise
- Medication

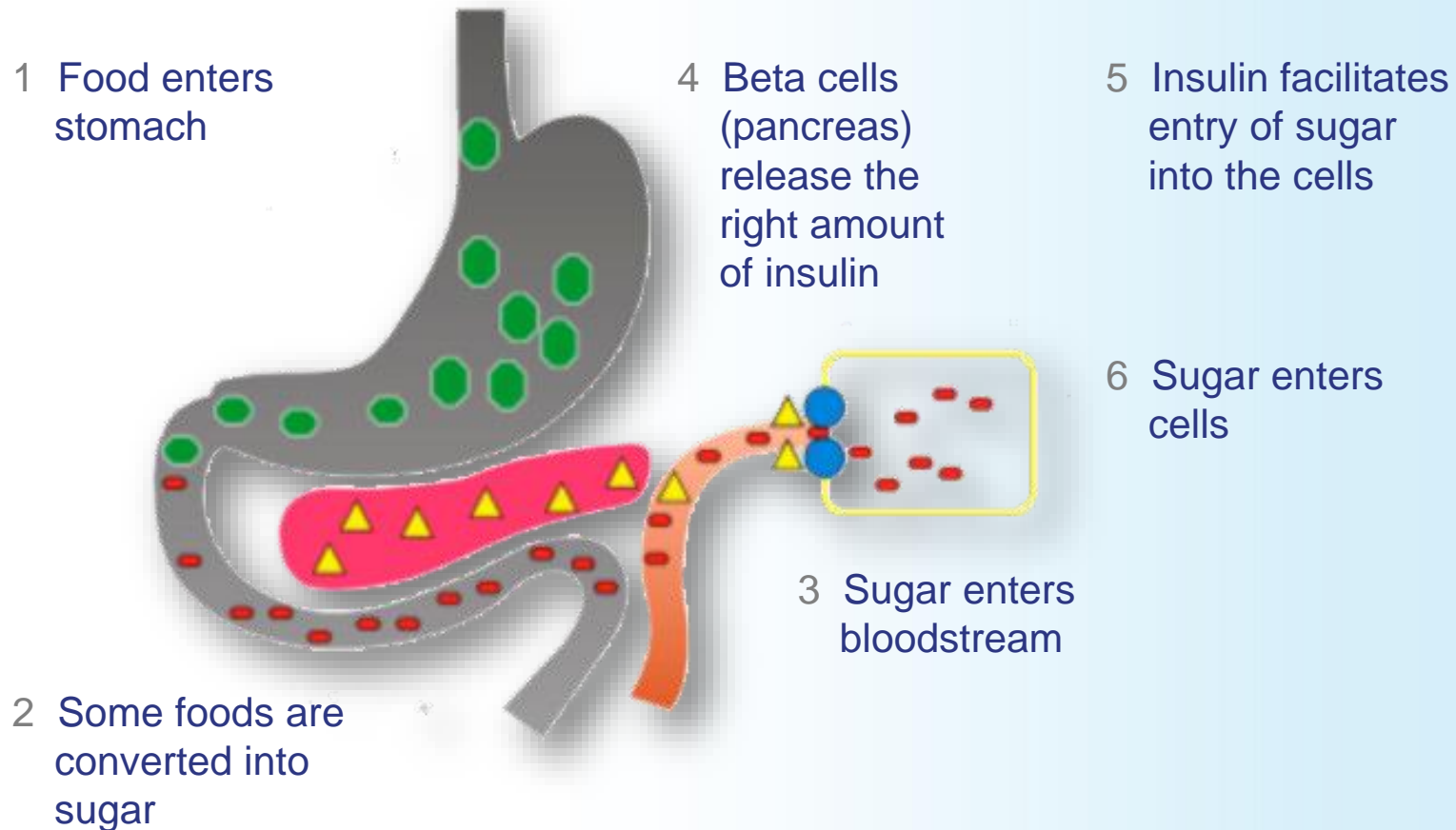


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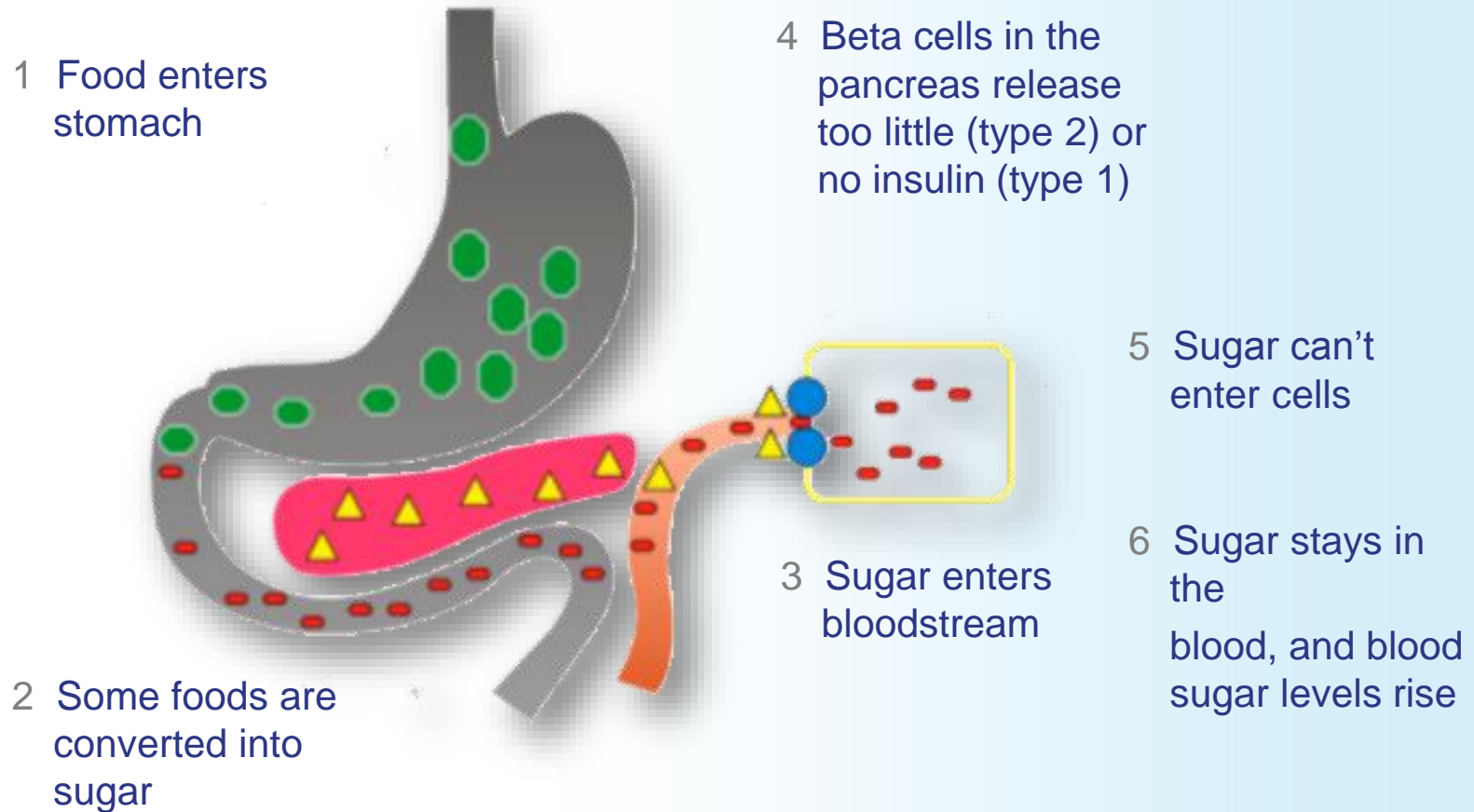


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How Does the Body Convert Food into Energy (a person without diabetes)

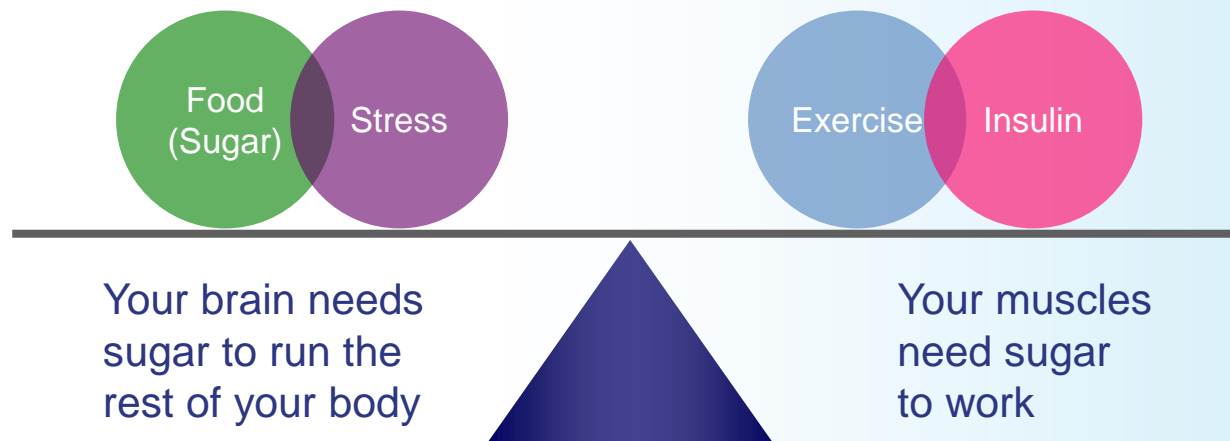


How Does the Body Convert Food into Energy (a person with diabetes)



When Blood Sugar Is Balanced

Food, insulin, exercise, and stress are balanced



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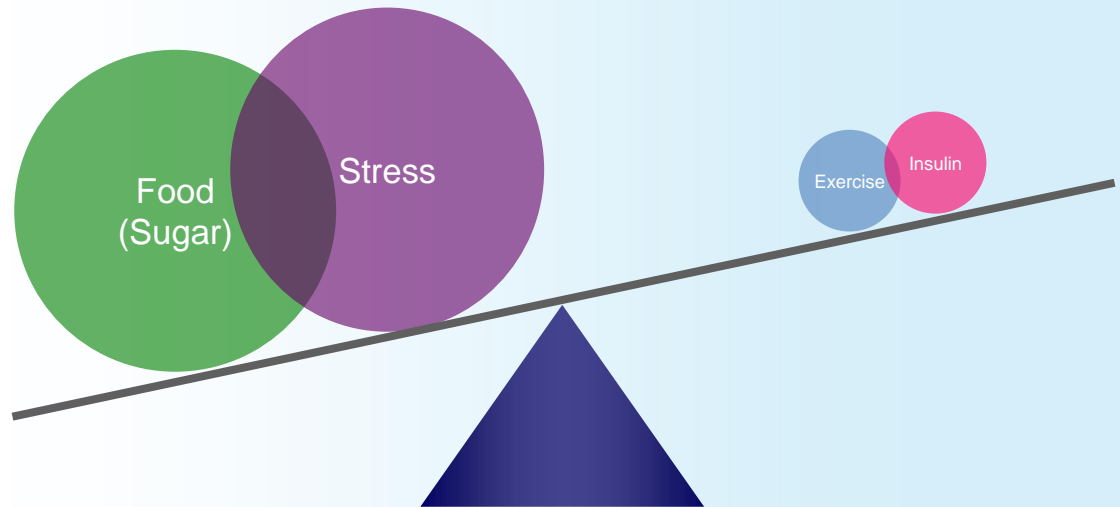
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High Blood Sugar Levels (Hyperglycemia)

Hyper (High) + Glyc (Sugar) + Emia (Blood) = High Blood Sugar

Common causes may include:

- Too (+) much food
- Too (+) much stress
- Too (-) little insulin
- Too (-) little exercise

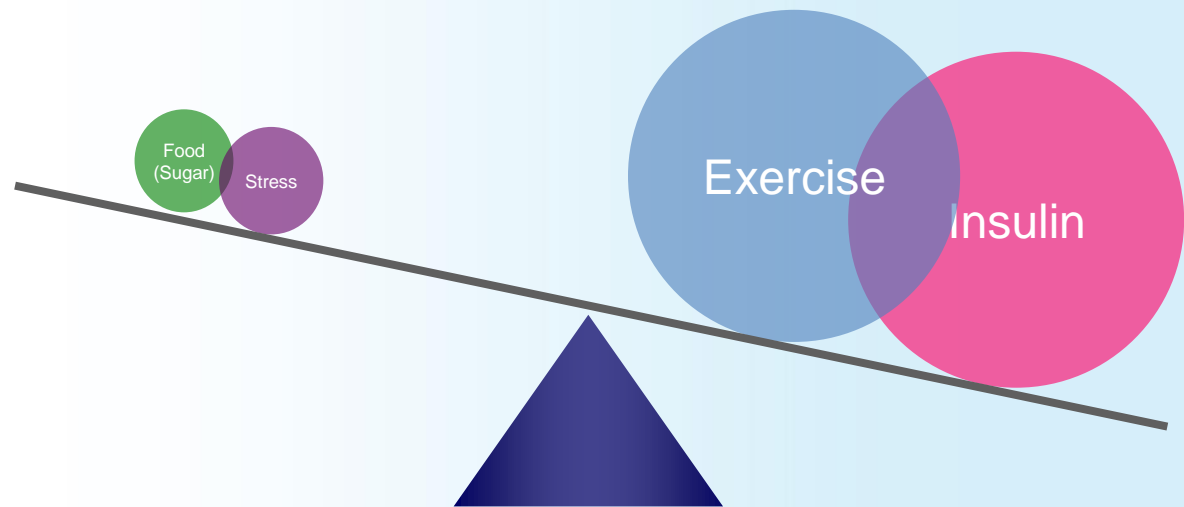


Low Blood Sugar Levels (Hypoglycemia)

Hypo (Low) + Glyc (Sugar) + Emia (Blood) = Low
Blood Sugar

Common causes may
include:

- Too (-) little food
- Too (+) much insulin
- Too (+) much exercise



Hypoglycemia is the most common complication of insulin therapy

Testing Blood Sugar is Also a Key Building Block of Good Diabetes Management



Recommendations for blood sugar control†

	AACE ^{10‡}	ADA ^{7§}
Fasting/before-meal blood sugar	<110 mg/dL	70-130 mg/dL
After-meal blood sugar (2 hours after start of meal)	<140 mg/dL	<180 mg/dL
A1C	≤6.5%	<7%

†For non-pregnant adults.

‡ American Association of Clinical Endocrinologists.

§ American Diabetes Association.



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Testing Your Blood Sugar

Testing at different times of the day is an important part of managing diabetes

- Testing tells you if you are in target, above, or below your target
- Testing can aid in diabetes control by:
 - Helping patients make appropriate diet and exercise choices
 - Improving recognition of hypo- and hyperglycemia
 - Improving the understanding of lifestyle choices and treatment decisions on overall control



Testing Your A1C

- A1C test is an average blood sugar number over the past several (3) months
- As sugar levels rise – more sugar attached to the red blood cells (hemoglobin)
- Shown either as a percentage or as eAG (Estimated Average Blood Glucose)

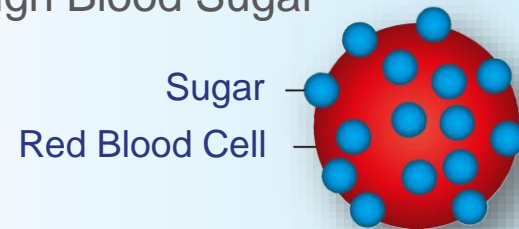
Matching A1C with eAG²

A1C (%)	Blood sugar (mg/dL)
6	126
7	154
8	183
9	212
10	240
11	269
12	298

Normal Blood Sugar



High Blood Sugar



Simplified conceptual diagram



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Tips for Healthy Nutrition

- The ADA recommends nutrition therapy for all patients with diabetes
- Consult with a qualified HCP or RDN to develop your meal plan
- Nutrition therapy should be tailored to your needs

In the following slides, you will learn about about Nutrition Therapy.





Some Healthy Choices to Consider:

- Eat a variety of foods
- Replace bad fats in your diet with good fats
- Watch portion sizes
- Avoid skipping meals



MyPlate

MyPlate was developed by the U.S. Department of Agriculture (USDA's)

- Personalized approach focused on enjoying food and portion control:
 - Fill half your plate with fruit and vegetable
 - Fill the other half grains and protein
 - Include dairy
- Cut back on food which are high in sodium, fat and added sugar

For more information visit
www.ChooseMyPlate.gov



Adapted from ChooseMyPlate.gov

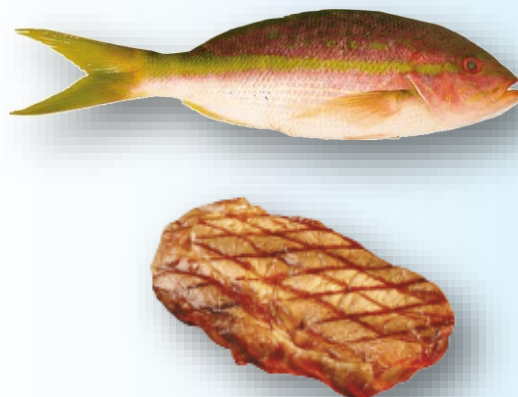
What About Protein and Fat?

- Does not increase blood sugar
- Rule of thumb: protein portion = size of a deck of cards or palm of your hand

Protein

Choose lean sources of protein:

- Fish
- Poultry (turkey and chicken)
- Lean cuts of red meat



Fat

Choose low-fat, or fat-free dairy products

- Milk
- Yogurt
- Cheese

Choose "good fats": monounsaturated and polyunsaturated (i.e.: olive oil, salmon, avocado, nuts)

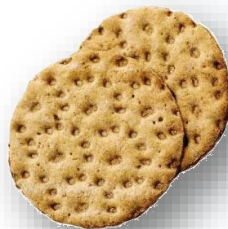


Know Your™ Carbohydrates (Carbs)



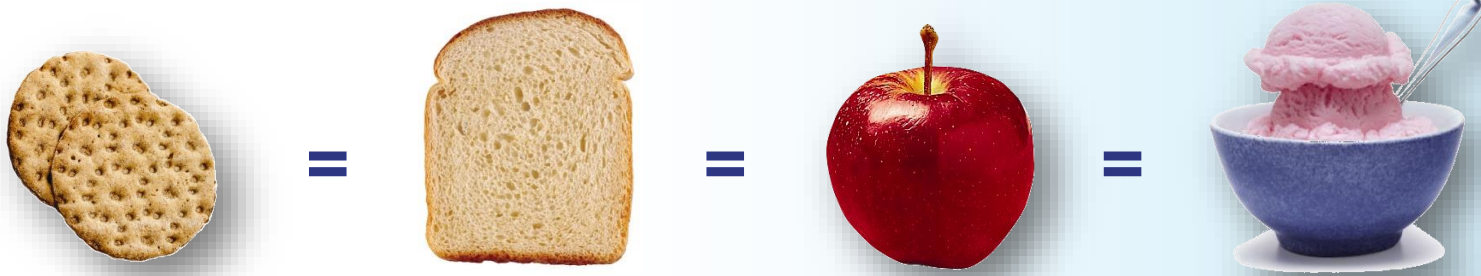
Understanding the importance of carbs

- Carbs are food such as beans, grains, starchy vegetables, fruit, dairy products, sweets and snacks
- Since carbs raise blood sugar – you may be asked to count them
- Some carbs may be healthier than others – i.e. those with more fiber and whole grain





*Know Your*TM Carbs



- 4-6 crackers = 1 slice of bread = 1 small piece of fresh fruit (4 oz)
= 1/2 cup ice cream
- All of these foods contain equal amounts of carbohydrate!
- All raise blood sugar!



Which Foods Contain Carbohydrates?



Skim milk

Rice

Diet cola

Baked chicken

Sugar-free pudding

Turkey sandwich

Cottage cheese

Watermelon

Spaghetti

Mayonnaise

Cookies

Ice cream

Scrambled eggs

Peas

Fat-free yogurt

Peanuts

Banana

Baked potatoes

Corn

Tortilla chips

Tuna

Pizza

Jelly beans

Pork chops



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What Is Carbohydrate Counting?



- A method of meal planning for managing your blood glucose levels
 - It is easy to learn – and it allows for more flexibility in selecting foods you like to eat.
- Carb Counting involves:
 - Meeting with a qualified HCP in Nutrition Therapy
 - Identify amount and type of carbs in your diet
 - Consistency – eating the same amount of carbs at about the same time each day
 - Monitor your blood sugar regularly

Some of the blood glucose meters from Bayer have carb-counting features. For example, CONTOUR® NEXT USB has easy-to-log carbs, which makes it easier to collect more information.



Two Methods of Carbohydrate Counting



- Carbohydrate Choices
- Carbohydrate Grams

When you count carbs – keep in mind that every 15 grams of carbs is 1 carb choice



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How Many Carbs Do You Need?



Calorie Level	Carb Choices	Carb Grams
1,200	10	150
1,500	13	195
1,800	15	225
2,000	17	255
2,000	19	285
2,400	20	300



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Reading a Food Label



This bag of trail mix contains 5 individual servings (1 oz per serving) that are 140 calories each.

Eating 1 serving is OK, but if you eat the entire package, that's 700 calories! So be sure to watch serving size.

Talk to your HCP about the amount of cholesterol you should have per day.

Every 15 Grams Total Carbohydrate = 1 Carbohydrate Serving

Trail Mix	
Nutrition Facts	
Serving Size 1 oz (28g/About 6 pieces)	
Servings Per Container About 5	
Amount Per Serving	
Calories 140	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	6%
Sugars 7g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

No more than 30% of total calories should come from fat in a daily diet. For example, no more than 600 calories for a 2000-calorie diet.

Try to avoid saturated and trans fats. Instead look for "monounsaturated" and "polyunsaturated" fats on the food label, as these fats are better for you.

Talk to your HCP about the total amount of dietary fiber you should have per day based on the number of calories you consume each day.



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SIZE Does Make a Difference!



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Tracking Your Nutrition

Food record:

Day Tuesday Date 10/15/14

	Time	Food/Beverage	Amounts (servings)	Carbs (grams)	Before-Meal Blood Sugar	After-Meal Blood Sugar (2 hours)	Medications and Physical Activity
Breakfast	8 A.M.	orange juice	4 ozs.	1	118	136	walked
		wheat toast	2	2			
		oat flakes	¾ cup	1			
		2% milk	8 ozs.	1			
		coffee, black					
Snack*							



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Know YourTM Nutrition – Summary



Some Healthy Choices to Consider:

- Eat a variety of foods – be aware of the types and amounts of food you are eating – protein, fats, and carbohydrates
- Remember carbohydrates raise blood sugar the most
- Replace bad fats in your diet with good fats
- Watch portion sizes
- Avoid skipping meals – space your food throughout the day
- Talk to your HCP to help you get on track to living a healthy lifestyle





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