



Healthy Eating dialogue

DIABETES CONSULT for PHARMACY

NEW FILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- Do you understand the relationship between diabetes and healthy eating?
- Do you potentially see any “difficult areas or issues” in your lifestyle that you need to be mindful of?
- Generally, how would you rate your diet? (Very good / Good / Poor?)
- Have you met with a diabetes educator and/or dietitian?

Nutritional Guidelines

- Healthy eating goes hand-in-hand with your ability to successfully manage your diabetes.
- The two main areas of focus of healthy eating are portion control and the type of food you are eating.
- Testing your blood sugar before and then 2 hours after a meal allows you to learn the effect of that meal on your blood sugar – This can help you make healthy food choices and learn how to plan meals.
- The nutrition label helps keep you informed of the recommended serving size and the amount of carbohydrates in each serving.
- Carbohydrates are the body’s main source of energy and the American Diabetes Association recommends a minimum of 130g of carbohydrates per day.
- One serving size of carbohydrates is about 15g, which would be a portion of cereal the size of a tennis ball, bread the size of a cassette tape, or a piece of cake the size of a dental floss container.
- Lean proteins (e.g. skinless chicken, fish, and egg whites) are a great source of daily nutrients and keep you feeling full, longer.
- Saturated fats can raise your cholesterol and put you at a higher risk for heart disease.
 - try to limit your saturated fat intake

Recommendations and Monitoring

- Visit with a diabetes educator or a dietitian.
- Understand portion sizes. A high carb food portion should be no larger than the size of your fist.
- Regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes.
- Set your Blood Glucose (BG) meter up to track your before and after meal results (paired testing) so you know the effect your meal has on your blood sugar.
- Some quick tips for healthy eating are:
 - Plan your meals and include all food groups.
 - Keep a food log and monitor carb in-take.
 - Space your meals evenly.
 - Avoid skipping meals – to avoid over-eating at your next meal.
 - Snacks can help reduce your hunger while adding a nutritious energy boost to your day.
 - If you eat out a lot, go to restaurants that make it easier for you to follow your meal plan and limit your portion size to one serving – Take the rest to-go.

Let’s chat... This information guide (handout) is designed to give you more insight and help you manage your diabetes!

Sometimes it only takes a question to start a useful **DIALOGUE!**

These are suggested questions to help you engage your diabetes customer to help start the dialogue. You can ask as few or as many questions as you would like. If you have limited time, you may want to just focus on the highlighted information.

Patients can find a diabetes educator in their area through www.diabeteseducator.org

The CONTOUR®NEXT and CONTOUR®NEXT USB meters have Before-meal and After-meal markers to allow you to perform **paired testing**, plus reminds you when it’s time to test after a meal, with an audible reminder.

The CONTOUR®NEXT and CONTOUR®NEXT USB meters from Bayer have a carb-counting feature that easily logs carbs

People with diabetes should eat a variety of foods each day. Carbs from vegetables, fruits, whole grains and dairy products instead of carbs with added sugar, fat and salt.

There are food record log sheets, even phone apps, that can help you track your food intake quantity and quality.

Its important that your diabetes customer understand why their diabetes healthcare professional is recommending the testing regimen and what the numbers mean.

What should the customer be looking for and when?



For a newly diagnosed diabetes customer, the CONTOUR®NEXT EZ meter is a very good choice because of its ease-of-use and high accuracy.

Additionally, the CONTOUR®NEXT EZ meter provides both meal-markers and audible reminders, to help your patients get actionable information.



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REFILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- Is there anything you would like to discuss regarding your diabetes management?
- **Generally, how do you rate your diet? (Very good / Good / Poor)**
- Is there anything about your nutrition plan you want to discuss?
- **What do you consider your biggest obstacle in maintaining a healthy diet?**
- **Have you met with a diabetes educator and/or dietitian?**

Nutritional Guidelines

- **Healthy eating goes hand-in-hand with your ability to successfully manage your diabetes.**
- **The two main areas of focus of healthy eating are portion control and the type of food you are eating.**
- **Testing your blood sugar before and then 2 hours after a meal allows you to learn the effect of that meal on your blood sugar – This can help you make healthy food choices and learn how to plan meals.**
- **Before and after meal marker features are helpful in providing pre/post meal analysis – plus include audible reminders to remind you to test.**
- Carbohydrates are the body's main source of energy and the American Diabetes Association recommends a minimum of 130g of carbohydrates per day.
- Lean proteins (e.g. skinless chicken, fish, and egg whites) are a great source of daily nutrients and keep you feeling full, longer.
- Saturated fats can raise your cholesterol and put you at a higher risk for heart disease – try to limit your fat intake.

Recommendations and Monitoring

- Track your carb and food intake by logging your food
- Regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes
- Set your BG meter up to help you track your before and after meal results, and log your test results to compare with food intake for better insights to your diabetes
- **Test before and after a meal (paired testing) so you know what the meal does to your blood sugar.**
- **Some quick tips for healthy eating are:**
 - Plan your meals and include all food groups
 - Keep a food log and monitor carb in-take
 - Space your meals evenly and avoid skipping meals
 - Snacks can help reduce your hunger while adding a nutritious energy boost to your day
 - If you eat out a lot, go to restaurants that make it easier for you to follow your meal plan and limit your portion size when eating out to one serving – Take the rest to-go.
- Ask your doctor if s/he would recommend you seeing a dietitian.

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Sometimes it only takes one question to start a useful **DIALOGUE!**

One of the most important tools for controlling diabetes progression is the achievement of healthy eating habits.

The key to healthy eating is keeping the following 3 aspects in mind when selecting your eating options:

1. Type of food (protein, starch)
2. Quantity of those foods (recommended serving size)
3. Quality

The CONTOUR[®]NEXT and CONTOUR[®]NEXT USB meters have a **paired testing feature** that allows you to mark your Before-meal and After-meal readings, plus reminds you when it's time to test after a meal, with an audible reminder.

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People with diabetes should eat a variety of foods each day. Eat carbs from vegetables, fruits, whole grains and dairy products instead of carbs with added sugar, fat and salt.

There are food record log sheets, even phone apps that can help you track your food intake quantity and quality.

For an experienced tester, and someone looking for or needing more, the CONTOUR[®]NEXT meter is a very good choice. It offers ease-of-use and the proven accuracy you've come to expect from Bayer.



Additionally, the CONTOUR[®]NEXT USB meter provides both meal-markers and audible reminders, to help your patients get actionable information.



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