Participant Guide

More About Carbs

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Session Focus

Understanding carbohydrates can help you prevent or delay type 2 diabetes.

This session we will talk about:

- The link between carbs and type 2 diabetes
- Types of carbs
- A healthy approach to carbs
- How to find the amount of carbs in food

You will also make a new action plan!

Tips:

- ✓ Instead of choosing white rice, try barley or brown rice.
- ✓ Instead of choosing apple pie, try stewed apple with cinnamon.

Types of Carbs

There are three main types of carbs:

1. Starches
2. Sugars
3. Fiber

1. Starchy foods include:

- Starchy veggies
- Beans, peas, and lentils
- Grain foods

Starchy veggies include:

- Corn
- Green peas
- Parsnips
- Plantains
- Potatoes
- Winter squash
- Yams

Beans, peas, and lentils include:

- Black, pinto, and kidney beans
- Black-eyed peas
- Garbanzo beans (chick peas)
- Red, brown, and black lentils
- Split peas

Types of Carbs

Grain foods include:

- Whole grains
- Refined grains

Whole grain foods include:

- Barley
- Bread and other baked goods made with 100% whole wheat flour
- Brown and wild rice
- Oats and oatmeal
- 100% whole grain cereal
- Pasta made with 100% whole wheat flour
- Popcorn
- Tortillas made with 100% whole wheat flour or 100% cornmeal

Refined grain foods include:

- Bread and other baked goods made with white flour
- Pasta made with white flour
- White rice

Choose whole grains

Whole grains contain fiber, vitamins, minerals, and starch.

Refined grains contain just starch.

Types of Carbs

2. Sugars include:

- Fruit sugar (fructose)
- Milk sugar (lactose)
- White, brown, and powdered sugar
- Corn syrup
- Maple syrup
- Honey
- Molasses

3. High-fiber foods include:

- Beans, peas, and lentils
- Veggies and fruits—especially ones that have skin or seeds that you eat
- Nuts, such as peanuts, walnuts, and almonds
- Whole grain foods

Limit nuts

They are high in calories.

Limit sugars

Of the three types of carbs, sugars cause the biggest jump in your blood sugar.

Get enough fiber

Fiber passes through your body without being digested. So it fills you up without adding calories. It can also lower your blood sugar and cholesterol.

Try to get 25 to 30 grams of fiber each day. Check the Nutrition Facts label to see how much fiber an item contains.

Many of us don't get enough fiber. If you need to boost your fiber intake, increase it slowly, over time. And drink plenty of water. This will help prevent an upset stomach.

It's best to get your fiber from food, instead of from a supplement. That's because food has many nutrients besides fiber, such as vitamins and minerals.

Desmond's Story

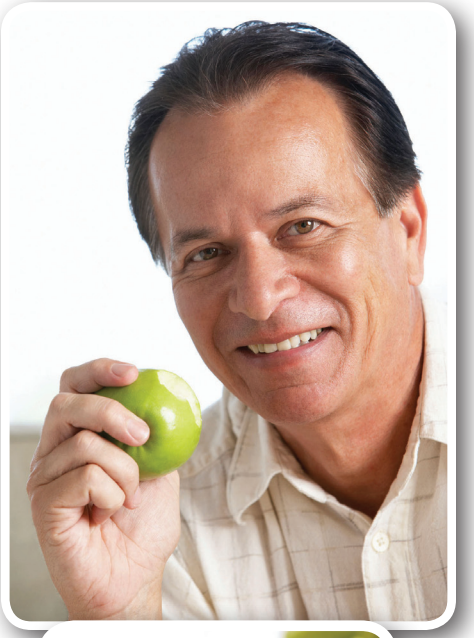
Desmond is at risk for type 2 diabetes. His doctor tells him that the more carbs he takes in, the higher his blood sugar will be. So she urges Desmond to take a healthy approach to carbs.

"Try to cut back on carbs," says Desmond's doctor. "And when you do have carbs, choose healthy ones."

Desmond decides to replace:

- Candy and cake with fruit, such as apples, oranges, and berries
- Potatoes and corn with non-starchy veggies, such as broccoli, peppers, and carrots
- White bread with 100% whole wheat bread
- White rice with brown rice

These days, Desmond is taking a healthy approach to carbs. He uses food labels to find healthy items that meet his carb goals. He is also staying active. As a result, Desmond's blood sugar is lower.



A Healthy Approach to Carbs

Try to take a healthy approach to carbs. Here's how.

Make your plate

Carbs should make up one quarter of what you eat.

Choose carbs wisely

When you do have carbs, choose those that are:

- ✓ Low in calories, fat, and sugar
- ✓ High in fiber and water
- ✓ High in vitamins, minerals, and protein

Make healthy swaps

Try these ideas.

Instead of ...	Try ...
Sweet drinks like regular soda, iced tea with sugar, fruit punch, and sports drinks	Water, sparkling water, or plain iced tea
Juice	Whole fruit
White potatoes	Sweet potatoes
Bread made with refined flour	Bread made with 100% whole wheat flour
White rice	Brown rice or barley
Cereal made with refined grains	Cereal made with whole grains, or oatmeal
Full-fat yogurt made with sugar	Plain nonfat yogurt with berries
Apple pie	Stewed apple with cinnamon
Chocolate bar	Hot chocolate made with nonfat milk, cocoa powder, and a touch of sugar

Carbs by the Numbers

Read food labels

Reading food labels like the one below is one way to find the amount of carbs in food. Here's how.

First, look at the serving size. This tells you how much is in one serving of this item.

Next, look at the total carbohydrate. This tells you how many grams of carbs are in one serving of this item.

This container holds three servings. So if you ate the whole container, you would eat three times the carbs.

Other ways to find the amount of carbs in food include:

- Apps for smart phones or computers
- Websites

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 3

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietart Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	**4%**
Vitamin C	**2%**
Calcium	**20%**
Iron	**4%**

* Percent Daily Values are basedon2,000 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
Sat 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

The serving size for the food is 1 cup. This container holds 3 servings.

The total carbohydrate in 1 serving is 31 grams.

So if you ate the whole container, you would eat 93 grams of carbs.

Carbs by the Numbers

One serving of carbs

Each of these items has 15 grams of carbs. That's one serving.

- 1 small piece fresh fruit (4 oz)
- ½ cup canned or frozen fruit
- 1 slice bread (1 oz) or 1 (6 inch) tortilla
- ½ cup oatmeal
- ⅓ cup pasta or rice
- 4 to 6 crackers
- ½ English muffin or hamburger bun
- ½ cup black beans or starchy veggies
- ¼ large baked potato (3 oz)
- ⅔ cup plain nonfat yogurt
- 2 small cookies
- 2-inch square brownie or cake without frosting
- ½ cup ice cream or sherbet
- 1 Tbsp syrup, jam, jelly, sugar, or honey
- 2 Tbsp light syrup
- 6 chicken nuggets
- 1 cup soup
- ¼ serving medium fries

Source: American Diabetes Association

My Carbs

Write some of your favorite carbs. Decide if each item is healthy. If it's not, write a healthy swap you will try.

My Favorite Carbs	Healthy?	Healthy Swap I Will Try
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
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Participant Guide

Have Healthy Food You Enjoy

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Session Focus

Eating healthy food can be enjoyable and can help prevent or delay type 2 diabetes.

This session we will talk about how to:

- Take a healthy approach to eating
- Make healthy choices
- Have healthy food that you enjoy

You will also make a new action plan!

Tips:

- ✓ When you're hungry, start with some non-starchy veggies or a broth-based soup.
- ✓ Try changing your favorite dishes to make them healthier.

Anthony's Story

On Wednesday, Anthony was on the go all day at work. He didn't eat lunch, or even have a snack. While driving home, Anthony started feeling very, very hungry.

When you get very hungry, you may feel:

- Anxious
- Confused
- Greedy
- Grumpy
- Light-headed
- Rumbling stomach
- Shaky
- Weak

How do you feel when you get very hungry?

Because Anthony was feeling this way, he stopped at a store on his way home. He bought a bag of potato chips. Then he ate half the bag while sitting in the car.

Sometimes Anthony eats even when he's not hungry. When you're not hungry, you may eat because you:

- Feel bored, sad, or anxious
- Have happy memories of a certain item
- Just like the way the food tastes
- Don't want to waste food
- Don't even know you're eating because you're focused on watching TV, working, driving, etc.

Why do you eat when you're not hungry?

These days, Anthony tries to eat only when he's hungry. And he keeps cut-up veggies handy at home and at work. That way, he never gets very hungry.

Eat the Right Amount

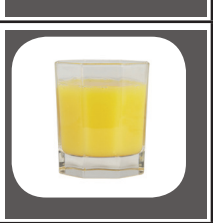
Eating the right amount is part of a healthy approach to eating. Try these tips.

- ✓ Eat only when you feel hungry. Pay attention to your hunger cues. Try not to eat for other reasons, such as feeling bored or sad. Find other ways to cope with those feelings.
- ✓ But don't wait until you're very hungry. If you do, you're likely to make unhealthy choices or eat too much.
- ✓ Don't eat out of a large bag or bowl. Instead, portion out your food. This will help you control how much you eat.
- ✓ Use small plates and single-serving packs. They make you feel more satisfied.
- ✓ Focus on your food—the way it tastes, smells, looks, and sounds. Try not to read, drive, or watch TV while you eat. You'll enjoy your food more.
- ✓ Eat slowly. This gives your brain a chance to get the message that you are full.
- ✓ Stop when you feel full. Pay attention to your fullness cues. Don't stuff yourself.

Healthy Choices to Prevent T2

Making healthy choices is part of a healthy approach to eating. Choose items that:

- Are low in calories, fat, and sugar
- Are high in fiber and water
- Are high in vitamins, minerals, and protein

½ cup chocolate pudding (153 calories) 	½ cup plain nonfat yogurt with 1 teaspoon jam (85 calories) 
1 cup oil-roasted almonds (953 calories) 	1 cup air-popped popcorn (31 calories) 
1 medium serving of deep-fried French fries (378 calories) 	1 side salad (17 calories) 
1 slice of pepperoni pizza (338 calories) 	1 cup minestrone soup (127 calories) 
½ cup salsa con queso (179 calories) 	½ cup plain salsa (38 calories) 
1 cup orange juice (122 calories) 	1 medium orange (69 calories) 

Healthy Choices to Prevent T2

Write your ideas for healthy choices. In the left column of the chart below, write the food you want to change. In the right column, write a healthy swap.

Instead of …	Choose …
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Recipe Makeover

Ever since Anthony's doctor told him that he's at risk for type 2 diabetes, he has been worried that his new diet will take all the joy out of food for him. He loves to cook, but he doesn't know much about healthy cooking. He imagines that he'll be eating lots of raw spinach. Here are some ways to make healthy choices enjoyable.

- Change your favorite dishes to make them healthier.
- Choose cheeses that are strong-tasting and fairly low in fat, such as Parmesan and feta.
- Choose good-quality items.
- Choose items with a variety of flavors, textures, scents, and colors.
- Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- Dress up food with herbs, spices, low-fat salad dressings, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.
- Grill or roast veggies and meat to bring out the flavor.
- Learn new cooking techniques and recipes from books, articles, and videos. Or take a healthy cooking class.
- Share ideas and cooking with friends and family.
- Try new cuisines and ingredients.