

# Nutrition and Carb Counting

Healthy Diet Choices for People with  
Diabetes

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# Menu



- Myths we hear every day
- Review of carbohydrate nutrition
- First steps in healthy food choices for diabetes
- Leveling up to carb counting
- Nutrition and GLP-1 therapies
- Questions and Comments

# Common Myths

- Persons with diabetes.....

- ∅ Should avoid carbs

- ∅ Need to buy special foods

- ∅ Need to follow a restrictive diet

A vibrant collage of fresh fruits and vegetables. In the center, a tall glass of white milk stands next to a smaller glass of pink strawberry yogurt. Surrounding them are various items: a whole potato, a cucumber, broccoli, an orange, green grapes, a banana, a red tomato, a corn cob, several strawberries, and some carrots. The background is a mix of these items, creating a rich, colorful scene.

**People with diabetes benefit from  
choosing foods that are healthy for us all**

# Carbohydrates

## Sugars

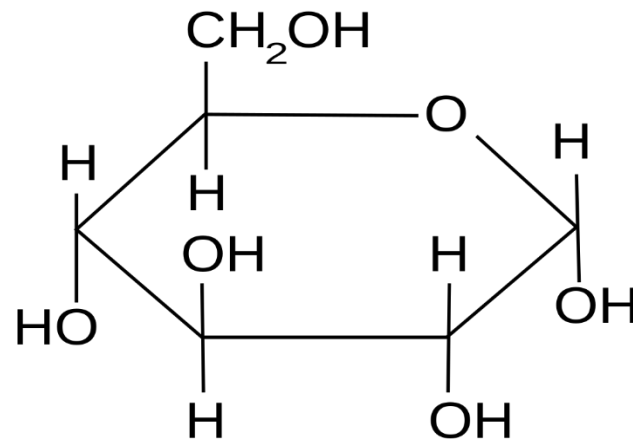
- Monosaccharides
- Disaccharides

## Starch

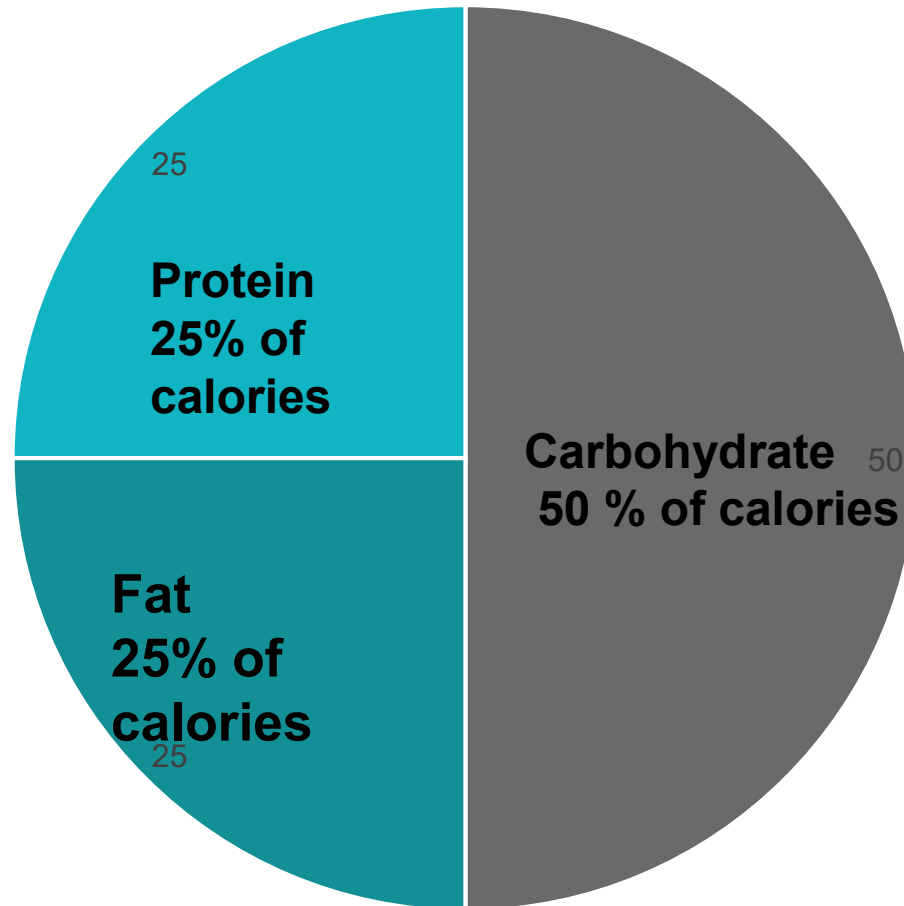
- Rapidly digestible
- Slowly digestible
- Resistant

## Fiber

- Soluble
- Insoluble



# Approximate suggested distribution of energy sources

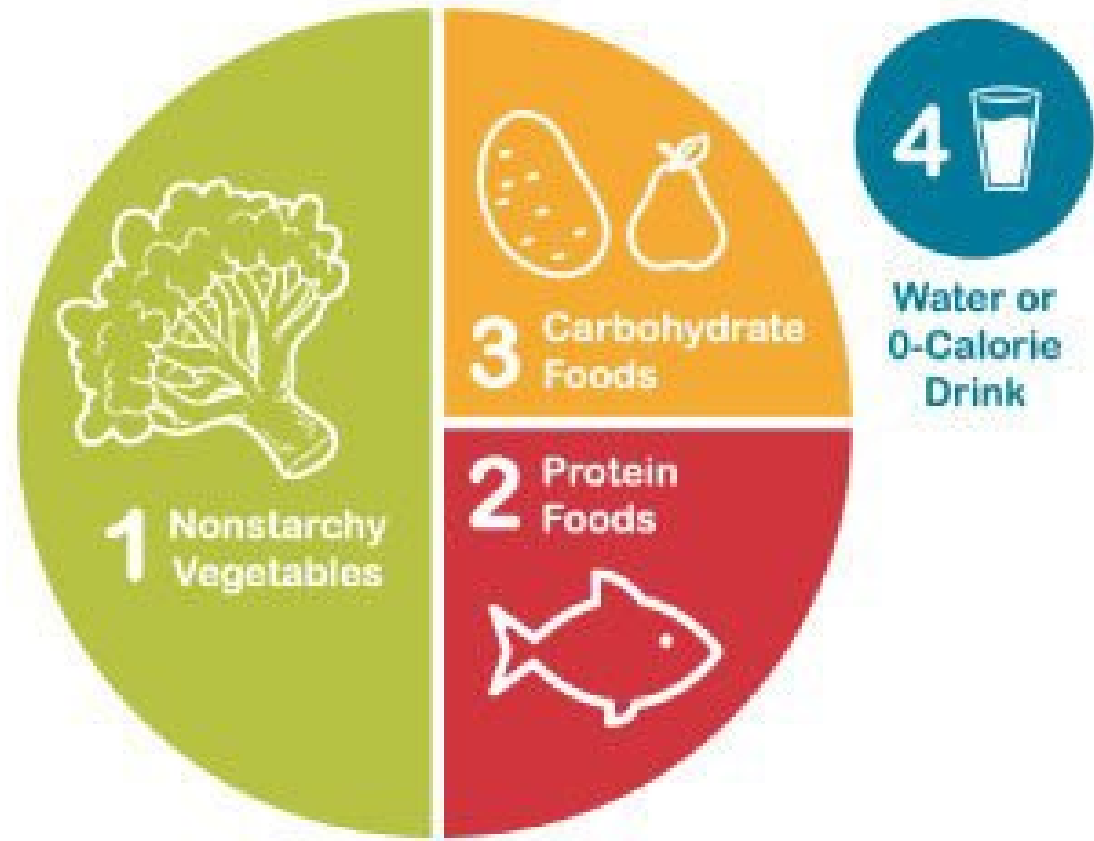


# First steps in healthy food choices for diabetes

- ∅ Establish consistent eating patterns
- ∅ Include blood sugar friendly foods
- ∅ Lean toward protein and pair it with the carbohydrate
- ∅ Choose appropriate portions
- ∅ Choose foods that have been less processed
- ∅ Choose beverages wisely



# The Diabetes Plate Method





# More about the carbohydrate choices

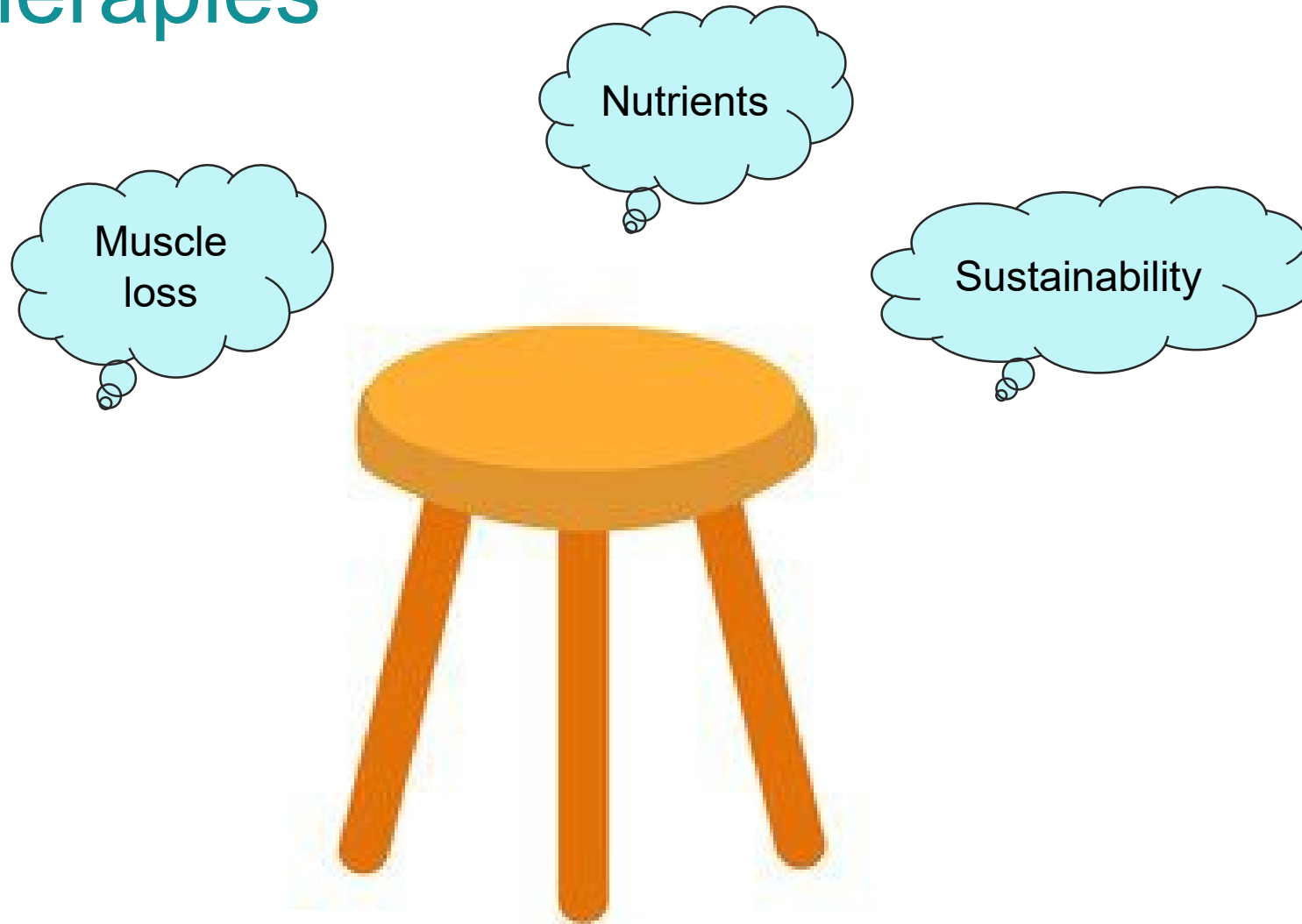
- **Simple sugars- quickly absorbed, few nutrients**
- **Starches – more slowly absorbed, more likely to contain other nutrients, resistant starches resist digestion until the colon acting as a prebiotic**
- **Fiber – add satiety, helps the gut microbiome, anti-inflammatory, can decrease CVD risk**



# Leveling up to Carb Counting – Why & How

- **50% of calories (at 4 calories/gram) = 150 g CHO for 1200 calories and 250g for 2000 calories**
- **30 to 45 grams per meal for women, 45 to 60 grams per meal for men**
- **Some plans use 15 gram servings**
- **Carbohydrate content on Nutrition Facts Label**
- **Online data bases and apps**
- **Carbohydrate's effect on blood sugar is influenced by the type of carbohydrate and other foods present in the same meal**

# Nutrition and the GLP-1 and surgical weight loss therapies



# Resources

- American Diabetes Association
  - <https://diabetes.org/food-nutrition> healthy eating tips, menus, recipes, cooking classes, food assistance information, newsletter
  - <https://professional.diabetes.org> clinical references, patient education library
- <https://www.Novomedlink.com> Meal planning and carb counting tool
- <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/>

# Summary

- **Working together across disciplines and using all the available tools is invaluable**
- **Finding ways to empower our patients and clients to make lifelong habit changes, one step at a time is our challenge**
- **Food is essential not only to life, but to our sense of ourselves, our families, our culture, and our place on the planet. Celebrate the power of food to sustain, nourish, and heal us**
- **Because we are worth it!**

# Questions and/or comments, please

- **Thank You**

