MODULE

5

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HEALTH MANAGEMENT THROUGH MEAL PLANNING: MY PLATE

I. HEALTHY EATING

A. A Healthy Diet

1. Sufficient: adequate amount.
2. Balanced: adequate proportion of nutrients.
3. Diverse: includes variety of foods.

B. Main nutrients

1. Carbohydrates: provide energy.
2. Proteins: build muscle and tissue.
3. Fats: store energy, build cell membranes.

Carbohydrates

Proteins

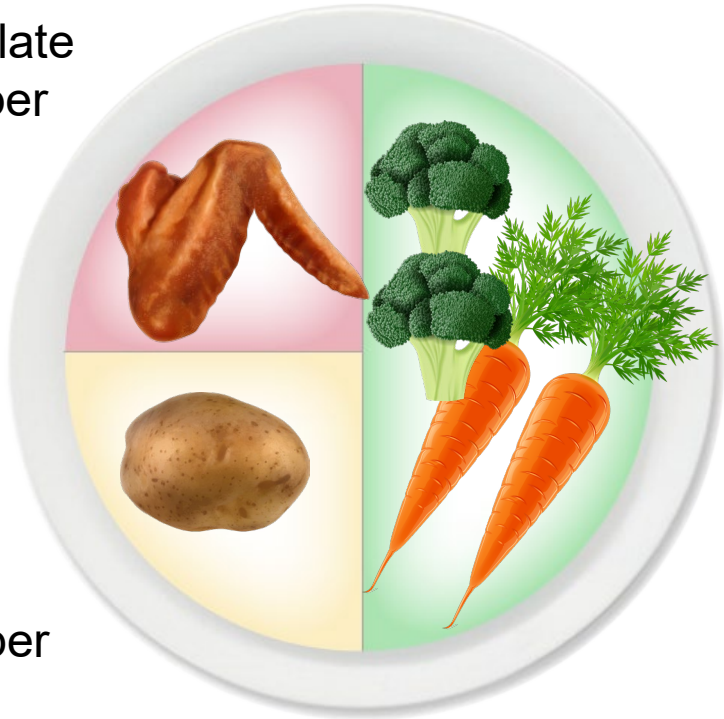
Fats

II. MY PLATE PLANNER

Proteins: 25% plate per meal (5 oz per day)

Dairy: 1 serving per meal (3 cups per day)

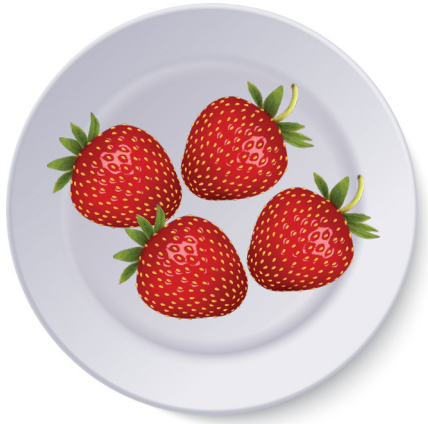
Fats: 1 teaspoon for lunch, 1 teaspoon for dinner prep



Vegetables: plate at lunch, plate at dinner (2 cups per day)

Carbohydrates: 25% plate per meal (6 oz per day)

Fruit: 1 serving per meal (2 cups per day)



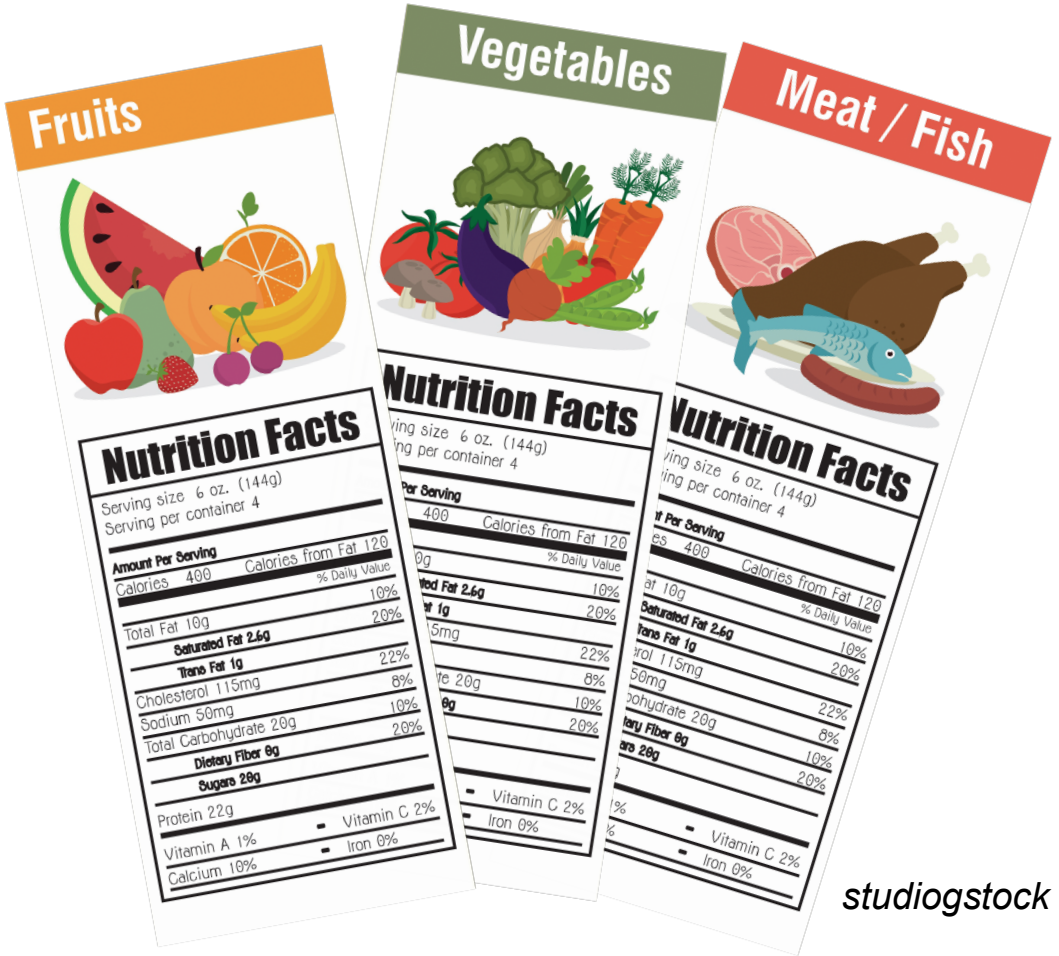
9 inch plate

Breakfast: use only the left hand of the plate with one piece of fruit.

Lunch and dinner: use the whole plate.

III. WHAT IS A FOOD SERVING?

1. A Serving is a unit of the quantity of food.
2. Each food group has different serving sizes and numbers.
3. Each person should calculate the number of servings they need based on physical activity and nutritional needs.



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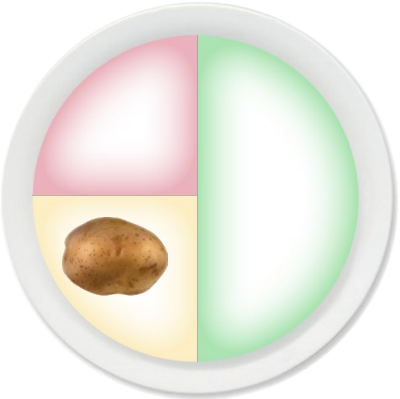
A. Daily Servings for Bread, Grains and Other Starches

1. This group is made up of carbohydrates
2. Carbohydrates should contribute 55 to 60% of food eaten daily.
3. Divide the number of servings you need by the number of meals you eat each day, including snacks.
4. Example: an average person with diabetes who does moderate physical activity needs:
   a. Breakfast = 1-2 servings
   b. Lunch = 1-3 servings
   c. Dinner = 1-3 servings

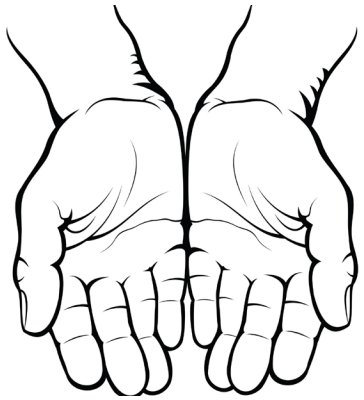
One serving



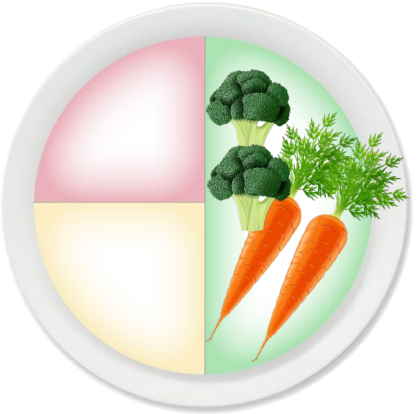
One serving

B. Daily Servings for Vegetables

1. Vegetables contain carbohydrates, fiber, vitamins and minerals.
2. Divide the number of servings you need by the number of meals you eat each day.
3. Example: an average person with diabetes who does moderate physical activity, needs:
   a. Breakfast = 0 servings
   b. Lunch = 1-2 servings
   c. Dinner = 1-2 servings



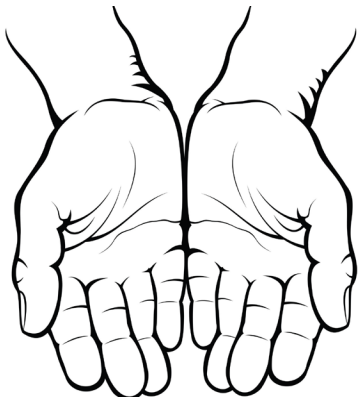
One serving



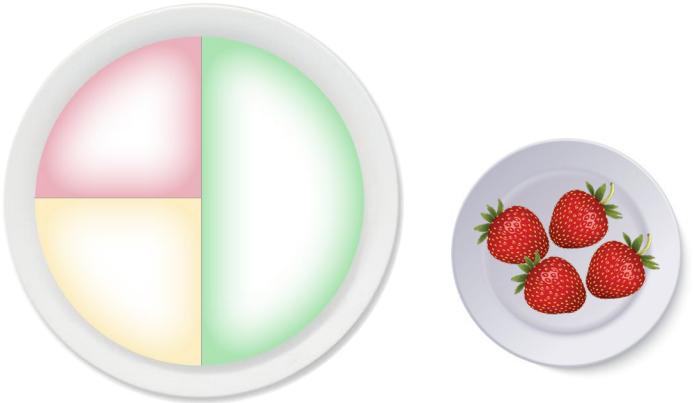
One serving

C. Daily Servings for Fruits

1. Fruit also contains carbohydrates, fiber, vitamins and minerals.
2. Divide the number of servings you need by the number of meals you eat each day.
3. Example: an average person with diabetes who does moderate physical activity, needs:
   a. Breakfast = 1 serving
   b. Lunch = 1 serving
   c. Dinner = 1 serving



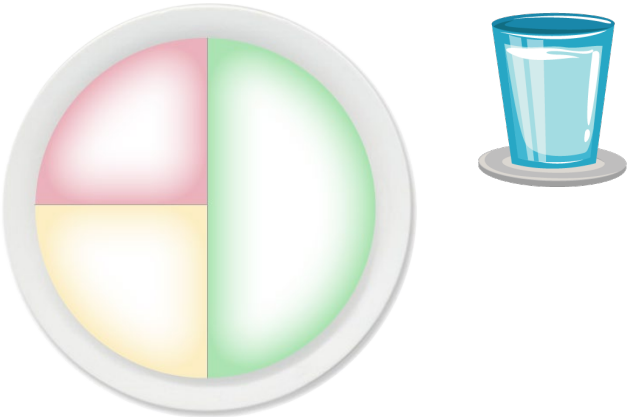
One serving



One serving

D. Daily Servings for Milk or Yogurt

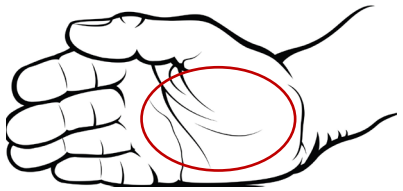
1. Milk and yogurt contain protein, fats and calcium which is good for the bones and muscles.
2. Divide the number of servings you need by the number of meals you eat each day.
3. Example: an average person with diabetes who does moderate physical activity, needs:
    a. Breakfast = 2 servings
    b. Lunch = 0 servings
    c. Dinner = 0 servings
    d. Daily minimum of 2 servings
    e. Daily maximum of 3 servings



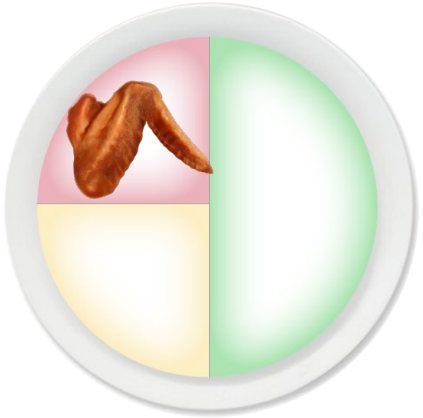
One serving = 8 oz or 1 cup

E. Daily Servings for Meat, Meat Substitutes and Other Proteins

1. Proteins are essential for the body.
2. Divide the number of servings you need by the number of meals you eat each day.
3. Example: an average person with diabetes who does moderate physical activity, needs:
   a. Breakfast = 1 serving
   b. Lunch = 1-3 servings
   c. Dinner = 1-3 servings



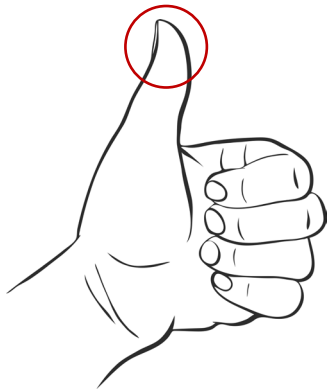
This common portion = 1 serving or 4 oz

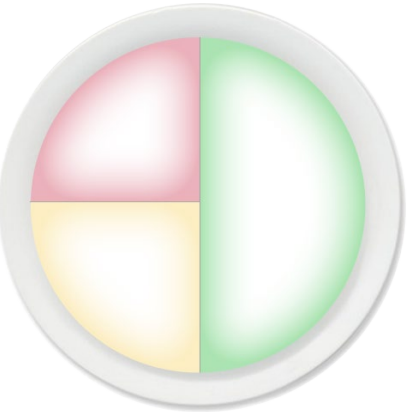


One serving = 4 oz

F. Daily Servings for Fats, Oils and Sweets

1. Fats are an important source of energy and slow down digestion.
2. Divide the number of servings you need by the number of meals you eat each day.
3. Example: an average person with diabetes who does moderate physical activity, needs:
    a. Breakfast = 1-2 serving
    b. Lunch = 1-2 servings
    c. Dinner = 1-2 servings
    d. Daily minimum of 3 servings
    e. Daily maximum of 6 servings





One serving = 1-2 teaspoons (no more than the end of a thumb)

IV. UNDERSTANDING FATS, OILS AND SWEETS

A. Good Versus Bad Fats

1. Fats and sweets have more calories than we need.
2. Sweets like cakes, ice creams and candies have too many calories.
3. Oils like canola and olive are good for cooking.
4. Avoid other fats, especially from animal sources.
5. Eat only small amounts of these to stay healthy (remember our serving sizes).

B. Trans Fats (Trans Fatty Acids)

1. Trans fats are liquid unsaturated fats that are transformed into solid fats.
2. Are associated with diseases like atherosclerosis and coronary heart disease.
3. The National Academy of Sciences recommends to reduce or eliminate intake of trans fats.

V. CONTROLLING DIABETES WITH MEAL PLANNING AND EXERCISE

A. People With Diabetes Should Ask Themselves:

What strategies facilitate healthy eating?

What strategies facilitate exercising regularly?

B. Daily Recommendations

1. Total Fat: less than 60 grams per day.
2. Sodium: 2400 mg (2.4 grams) or less per day.
3. Carbohydrates:
   a. 65 grams per meal for women.
   b. 80 grams per meal for men.
4. Snacks: less than 30 grams per snack, 2-3 per day.
5. Calories: less than 2000 calories per day.
6. One portion equals 15 gm.

Nutrition Facts

Serving Size
Serving Per Container

Amount Per Serving		
Calories	Calories From Fat	
	% Daily Value*	
Total Fat	...g	...%
Saturated Fat	...g	...%
Cholesterol	...g	...%
Sodium	...mg	...%
Total Carbohydrate	...g	...%
Dietary Fiber	...g	...%
Sugar	...g	...%
Protein	...g	...%

VI. SMOKING AND HEALTHY EATING

A. Does Quitting Affect Your Weight?

1. Patients with diabetes use smoking as an excuse to avoid weight gain.
2. Most men don't gain more than 9 pounds and most women don't gain more than 11 pounds when they quit.
3. A modest weight gain in the short-term post-cessation is offset by the long-term health benefits.
4. Modify one adverse behavior at a time.
5. Encourage focus on healthy eating rather than a restrictive diet with tobacco cessation.

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B. Cessation Strategies for People with Diabetes

1. Prepare to quit – begin implementing behavioral changes before quit date.
   a. Healthy snacks
2. Craving distractions
   a. Physical activity
   b. Crispy foods like pretzels, carrots and apples will help.
3. Review motivation to quit
   a. Focus on healthy lifestyle
   b. Health issue, reducing complications
4. Use visualization to refocus thoughts

Group Activity: How much sugar, fat and salt do I eat?

- Design a menu
- Select the corresponding paper food models.
- Read labels
- On a piece of paper, write down the amounts of carbohydrate, fat and salt contents of all items in the meal.
- CHO: add up amount of carbohydrates and divide total by 5. That will give you the number of spoonfuls or cubes that you will need to serve on the plate (5 gm/spoonful).
- Fats: add up amount of fat and divide the total number by 4. Serve this number of spoonfuls of lard (4 gm/spoonful).
- Salt: add up the amount of milligrams of salt. Then divide the total number by 1000. This will transform the amount to grams. Then divide by 2.4. This will be the number of spoonfuls of salt (2,400 mg/spoonful). Serve this amount on the plate.

This concludes Module 5: Health Management Through Meal Planning: My Plate. For more information on this topic, please see the curriculum.

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