



## **Video transcript: Diabetes Eating Well**

### **Approximate time: 6:17**

Welcome to the UnitedHealthcare Diabetes Education Online Seminar.

This seminar is called “A healthy diet for a healthier you.”

[Slide: What to expect]

Whether you or a family member has just been diagnosed or has been living with diabetes for years, you probably know that along with taking prescribed medications and staying active, eating right can help keep you on a healthy path for today and years to come.

Today we will give you some information to help you understand the benefits of eating a healthy and balanced diet, learn about meal plans and limiting certain foods and ways to make meal planning easier.

[Slide: Benefits of eating a healthy diet]

So, how can you benefit from eating a healthy diet?

For starters, it can help you better manage your blood glucose levels. That can help prevent or slow the development of complications from diabetes like heart disease, stroke, kidney failure and blindness.

A healthy diet can also help you improve or control your cholesterol and blood pressure and help you keep a healthy weight. Plus, it can give you more energy to do the things you enjoy in life.

[Slide: Create a meal plan]

When it comes to a healthy diet, it’s all about eating a variety of healthy foods, watching your portion sizes and spacing your meals and snacks throughout the day.

For guidance around types of foods and amounts you should eat, follow the meal and snacking recommendations that are part of your diabetes care plan.

Your meal can help you define when, how much and what foods to eat, to help you meet your blood glucose goals. If you don’t have a plan, ask your doctor or talk with a dietician.

[Slide: Make your calories count]

Whatever meal plan you and your doctor develop, make your calories count. Here are some foods that can help get the best nutritional value from your daily calories. Include these in meals and snacks if they fit with your meal plan goals.

Vegetables may include non-starchy vegetables like asparagus, carrots and broccoli and some starchy vegetables like potatoes and corn. Keep in mind that even though starchy veggies are good sources of vitamins and minerals, they may raise blood sugar levels. For fruit, try adding apples, grapes and melon to your plate.

Make half your grains whole grains. Such as oatmeal, brown rice, whole wheat bread and whole wheat pasta.

Include healthy sources of protein such as turkey and chicken (without the skin), lean meat, fish, eggs, tofu, nuts and beans.

Try adding low-fat or fat-free dairy or other fortified dairy-like beverages such as soy milk and good sources of healthy fat such as avocado, nuts and seeds, olives and olive and canola oil.

[Slide: Know what to limit]

As you're making choices, try to cut down on food with saturated fats, trans fats, sodium and added sugars.

Remember that drinking alcohol can be risky for adults with diabetes. Talk with your doctor about whether it's safe for you to drink at all and if it's OK, if there are any precautions you should take.

Also, if your doctor gives the OK and you choose to drink, do so only in moderation.

One drink or less per day for women, two drinks or less per day for men.

[Slide: Pay attention to carbs]

Depending on how you manage your diabetes, how active you are and what medications you take, you may need to limit the amount of carbohydrates, or carbs, in your diet.

Your blood glucose level can depend on how many carbs you eat and how much insulin you have in your body.

If your meal plan is based on carb counting, reading nutrition fact labels on food packages can help.

Some examples of food with higher carbs include yogurt and milk; starchy vegetables like corn and potatoes; and juices, regular sodas and sugary snacks. Fiber is also a carbohydrate, but it provides important health benefits. Eating a fiber-rich diet can benefit your digestive health and reduce your cholesterol. Some foods that are high in fiber include: beans, legumes and whole-grain cereal.

Ask your doctor if you need to count carbs to help you manage your blood glucose levels.

[Slide: Divide your plate]

Want a tool to help you control your portions without giving up the foods you enjoy?

For your meals, try creating your plate in a meaningful way. Here's how it works.

Imagine drawing a line through your plate. So one half with colorful, non-starchy vegetables. Draw another line through the remaining half. Fill one of the smaller sections with whole grains and starches. Put your protein in the last small section. Add fruit and dairy as your eating plan allows.

[Slide: Monitoring your blood glucose]

To help keep your numbers on target, you may need to monitor your blood glucose.

Know your target numbers, talk to your doctor about how often to check your blood glucose so you can see how food, activity and medication are affecting your levels. Track your numbers in a log so you can keep record and bring it to your next doctor visit.

[Slide: Last slide]

Thank you for watching "A healthy diet for a healthier you." We hope you found this information helpful.