

Planning Healthy Meals

Objectives:	<p>Participants will be able to:</p> <ul style="list-style-type: none"> ▪ Describe why a meal plan is important for people with diabetes ▪ Identify how to include appropriate amounts/types of carbohydrate into their meal plan ▪ Choose healthier fats ▪ Identify ways to decrease total fat intake ▪ Describe how to “rate their plate”
Time Required:	30 minutes (note that this module will take longer than the 20 minutes planned for the other modules)
A-V:	PowerPoint, laptop and projector
Handouts:	<ul style="list-style-type: none"> ▪ Choose to Live – Your Survival Guide* ▪ My Healthy Living Action Plan Worksheet ▪ Your Guide to Eating Out ▪ Healthy Variety Recipe Sampler
Talking Points:	<ul style="list-style-type: none"> ▪ A meal plan is important for all people with diabetes ▪ A meal plan will help you reach your ABC and weight goals by providing a plan to decide <u>what</u> to eat, <u>how much</u> to eat and <u>when</u> to eat ▪ Work with a dietitian to help you develop a meal plan based on your likes, lifestyle and medication action ▪ It is important to understand and manage your carbohydrate intake because they raise your blood glucose more than other foods ▪ The kind of fats you eat is also important ▪ Saturated fats, trans fats and cholesterol will increase “bad” cholesterol ▪ Monounsaturated fats, polyunsaturated fats and omega-3 fatty acids will decrease “bad” cholesterol and increase “good” cholesterol ▪ Food labels can help identify the carbohydrate and fat content of packaged foods ▪ Look for ways to substitute healthier choices to reduce fat in your meals ▪ Use “Rate Your Plate” to provide a general guide for the proportions of foods to include at each meal ▪ For more information: <ul style="list-style-type: none"> ○ Call 1-800-diabetes ○ Visit the Diabetes Learning Center at diabetes.org. Also find many recipes including “The Recipe of the Day” at diabetes.org.
Activity:	Participants identify steps they will take to implement a healthier meal plan

* Used in all “Managing Diabetes” presentations