

# Planning Healthy Meal





# Why a Meal Plan?



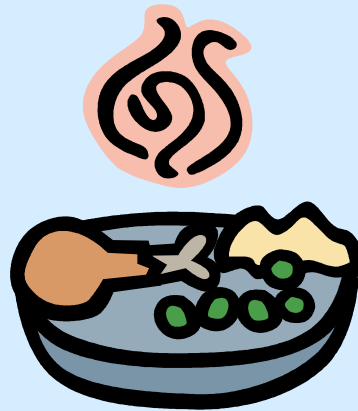
# Your Meal Plan Helps You



- Reach your blood glucose, blood pressure and cholesterol goals (the ABCs)
- Lose weight or keep from gaining weight

# Your Meal Plan Helps You Choose

- What to eat
- How much to eat
- When to eat



# Planning Healthy Meal



- **A DIETITIAN CAN HELP YOU DEVELOP A MEAL PLAN SPECIFICALLY FOR YOU ... NO TWO MEAL PLANS NEED TO BE ALIKE**
- **ASK YOUR HEALTH CARE PROVIDER TO REFER YOU TO A DIETITIAN THAT SPECIALIZES IN DIABETES**





<b>Instead of...</b>	<b>Try this...</b>	<b>Why?</b>
Whole milk or 2% milk	<b>1% milk or skim milk</b>	less total fat, less saturated fat, and less cholesterol
Regular cheese	<b>low-fat cheese</b>	
Snack foods with hydrogenated oil, palm oil, or coconut oil	<b>fat-free or low-fat snack foods</b>	less total fat, less saturated fat
Regular mayonnaise	<b>low-fat mayonnaise or mustard; nonfat yogurt in dips and recipes</b>	less total fat
Shortening, butter	<b>canola oil or olive oil</b>	lowers cholesterol
Fried chicken	<b>baked chicken</b>	less total fat, less saturated fat
Bologna, salami, or pastrami	<b>sliced turkey or lean beef</b>	
Grilled steak	<b>grilled or baked salmon</b>	has omega-3 fatty acids







# KEEP MOTIVATION ....







**DIABETES IS  
FOR THE REST OF YOUR  
LIFE”**

**IT AFFECTS ALL ASPECTS  
OF LIFE**



What  
Causes  
Stress



# CAUSES

- \*ANXIETY ABOUT CHANGES IN BLOODSUGAR**
- \*FEAR OF BECOMING INSULIN DEPENDENT**
- \*FEELING UNSUPPORTED BY FAMILY/FRIENDS**
- \*HEALTH INSURANCE ISSUES**
- \*CHALLENGING PEER AND SOCIAL SITUATIONS**

# HEALTHY COPING SKILLS



## **\*TRANING IN SELF MANAGMENT**



- **\*STRSS MANAGMENT**
  - **\* COPING SKILLS**
  - **\*COMUNICATION**
  - **\* SOCIAL SUPPORT**



# SKILL



**\*PROBLEM SOLVING SKILL**



**\*PRODUCTIVE  
ENGAGEMENT**

\*



# SKILLS



**\*COMMUNICATION SKILL**

**\*RELATIONSHIP SKIL**

**\*ASSERTIVE SKILL**

**\*SOCIAL SKILL**

# STRESS MANAGEMENT



**\*RELAXATION**

**\*MEDITATION**

**\*YOGA**

**ETC**

# COGNATIVE SKILL



**\*REBT**

**\*COMBATING STRESSFUL  
INTERPRETATION  
OF EVENT**

# PROGRAMMATIC APPROACH



- \*DIABETES EDUCATION AND SELF MANAGEMENT CLASSES**
- \*OPPORTUNITY TO DISCUSS NEGATIVE EMOTIONS TO IMPROVE HEALTHY COPING**
- \*SUPPORT GROUP**
- \*REFERRAL CARE-PSYCHOTHERAPY**



**THANK YOU**