

Diabetes Sisters: Life Class

Get Ahead of the Holidays: Tips for Making it Easier

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A little bit about me...



- Certified Diabetes Educator for 10+ years
- Previous Coach and athlete with Team WILD (www.teamwild.org)
 - Successfully completed two 70.3 Half Ironman events, multiple ½ marathons, a full marathon and several century cycling events
- Write for Insulin Nation, Diabetes Self Care Newsletter, Suite D blog and Nutrition Tips for Diabetes Sisters
- Lecture internationally on various topics including nutrition/carb-counting, sports nutrition and insulin pump use
- Type-1 Diabetes for 28+ years, insulin pump and CGM user
- I am vegetarian and love cooking and baking with consideration for gluten free and plant based meals.

Clean Eating

“Eat Food, **Not too much**, Mostly Plants” – Michael Pollan

Simplify eating

- Evaluate your hunger – If you are hungry – **EAT**
- “Don’t eat anything your great-grandmother wouldn’t recognize as food.”
- “Eating what stands on one leg [mushrooms and plant foods] is better than eating what stands on two legs [fowl], which is better than eating what stands on four legs [cows, pigs, and other mammals].”
- “Don’t eat anything incapable of rotting”
- “If it came from a plant, eat it; if it was made in a plant, don't.”
- **Use an 80/20 plan – consciously remember why food is necessary.**

Get rid of excess

- Evaluate your symptoms - If BG is low – **TREAT**
- “Use the apple test....If you're not hungry enough to eat an apple, you're not hungry.”
- Evaluate boredom – Before eating Drink
- Keep “temptation food” out of the house/office/desk
 - Eat these as a treat when out of the house
- Consider Balance and portion
 - Understand your nutritional needs – Calories are the big picture

Evaluate your Intake

- 25 most common foods
 - Keep a log of common meals
 - Keep a log of foods eaten 75% of the time
 - Record BG trends around meals
 - Evaluate if insulin and medication is effective
 - Dose effective, timing of medication, action time
 - Does something need to change – Food? Medication? Dose?



Maintain! Don't Gain!

- **Maintain:**

- This IS NOT the time of the year to try to lose
- Make a commitment to maintain the weight you are at today and not put on any extra pounds over the holidays (November 1st – January 1st)

- **Two Goals:**

- 1) Make healthy cooking swaps to your favorite high calorie holiday dishes
- 2) Continue your workout routine.

- **Benefit:**

- Food swap- By swapping out ingredients that are higher in fat, BG is more likely to respond to insulin appropriately and less need to add extra insulin for corrections.
- Move your body: Helps work off extra treats consumed and helps keep BG's in target range.

USE TOOLS

- **Measuring Tools**

- Measuring cups
- Kitchen scales (www.eatsmartproducts.com, Eat Smart Nutrition Pro Kitchen Scale)
- Portion estimation tools (helps with holiday fare when you don't have access to cups/scales)
 - Fist
 - Hand with fingers
 - Palm of hand
 - Tennis ball

- **Technology**

- Find Apps that best meet your needs
 - Logging – (MySugr Companion Pro)
 - Activity- (FitBit)
 - Food tracking – (MyFitnessPal)
 - Insulin dosing – (RapidCalc Diabetes Manager)
 - Carb Counting – (Carbs&Cals, FigWee, Calorie King)

Dosing for Holidays

- **Injections:**

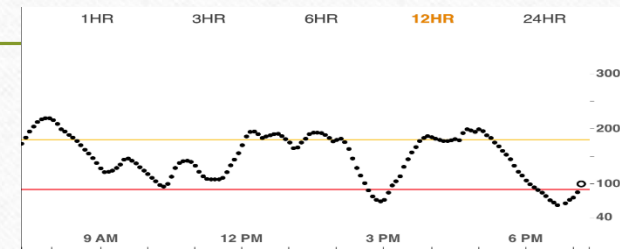
- Give small doses of insulin with each course of a meal
- Follow CGM trend data (if in use)
- Use a dosing tool such as RapidCalc Diabetes Manager
- Helps to prevent a low BG from happening in response to a large dose of insulin for food that has yet to be consumed.

- **Pumps:**

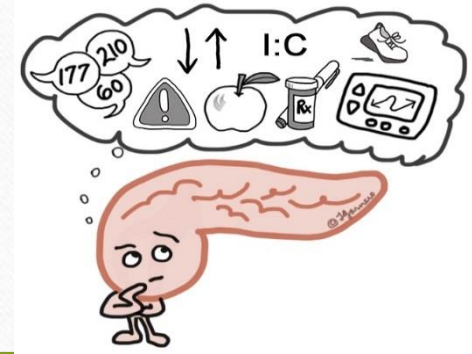
- A few options:
 - Dose as per each course of a meal – a bolus with appetizers, a bolus with the entrée(s) and one with dessert (more precise)
 - Use pump's prolonged bolus feature (commonly called extended bolus, dual/square wave bolus or Combo bolus depending on the pump you use)
 - Allows some insulin to be delivered right away and some insulin to be delivered for an extended duration of time (1, 2, 3 hours and beyond).

LOOK at your Data

- Download your devices
- Evaluate the data
- Keep notes for a week and compare to your data – look for trends
 - For evaluation of past holidays, look at dates around holidays from 2014/2015
- Learn to trust yourself
 - Learn to self-adjust – don't wait for an Endo visit every 3-4 months
 - Changes you make today will help right now



Seek Education



- Find a good CDE
 - This educator should meet you where your needs begin, not focus on their agenda.
 - They should be able to teach you to:
 - Decipher your downloaded data
 - Teach you self-analysis
 - Teach you to self-adjust
 - Listen to your questions without judgment (remember your experience with your diabetes is unique)
 - Understand all the factors that effect glucose control
 - Prior to holiday – bring favorite/typical food choices to discuss (aids with improved carb count/guess, or with recipe eval)

Use Resources

- Think Like a Pancreas – Gary Scheiner, MS, CDE
- Your Diabetes Science Experiment – Ginger Vieira
- Sugar Surfing – Stephen Ponder, MD, FAAP CDE
- Pumping Insulin – John Walsh, PA and Ruth Roberts, MA
- The Diabetic Athlete – Sheri Colberg, PhD
- A Woman's Guide to Diabetes – Brandy Barnes and Natalie Strand, MD

Take time for your diabetes management.

“Learn the tools you need to get the results you want. Learn to trust your instincts – “Wax your Board”! – S. Ponder

QUESTIONS??????

Thank You For Participating in Diabetes Sisters Life Class!

For education please contact Integrated Diabetes Services

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