

DREAMFIELDS PRESENTS: DIABETES 1.0

WELCOME

Your Host and Moderator:
Mike Crowley
President, Dreamfields Pasta

Diabetes 1.0 LIVE!



Roberta Duyff, MS, RD, FADA, CFCS



Tami A. Ross, RD, LD, CDE



Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE





Sherri Shepherd

- Mother
- Emmy-winning co-host of *The View*
- Actress
- Comedienne
- Author of *Permission Slips*
- Diagnosed with Type 2 Diabetes in 2007
- Dreamfields fan



Diabetes 1.0 LIVE!



Diabetes 1.0 LIVE!



Today's Webcast

Weight a Minute: Managing Your Weight
and Blood Sugar

Your Q&As

Sherri's Personal Perspective

Rate Your Plate: Counting Carbs
and Your Blessings

We're All in This Together

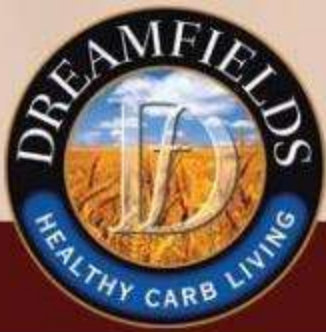


Submit a Question to WIN!

Score an assortment case of Dreamfields Pasta **AND** an autographed copy of *Permission Slips!*

Ten randomly-selected webcast participants also win!





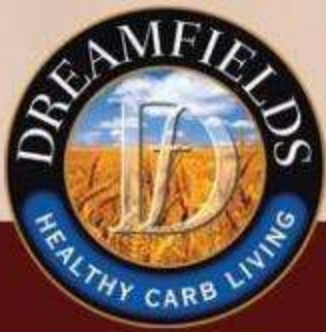
DREAMFIELDS PRESENTS: DIABETES 1.0

***Weight a Minute!
Managing Your Weight and ...
Your Blood Sugar***

Roberta L. Duyff, MS, RD, FADA, CFCS

Food and Nutrition Consultant, St. Louis

Author, *American Dietetic Assn. Complete Food and Nutrition Guide*



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Roberta Duyff, MS, RD, FADA, CFCS

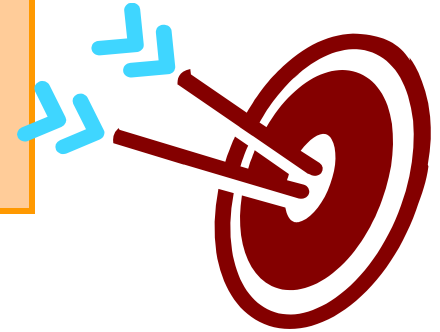
- Nationally recognized speaker, writer, and food industry consultant and has appeared on the CBS Early Show.
- Author of several books, including the *American Dietetic Association Complete Food and Nutrition Guide* and *365 Days of Healthy Eating from the American Dietetic Association*.
- Regular contributor to *Today's Health and Wellness* magazine.
- Past Chairperson of the Food & Culinary Professionals of the American Dietetic Association and is a member of the International Association of Culinary Professionals.

Ideal Eating Plan for Diabetes?

Healthy and Delicious!



Your Healthy Eating Goals



- ✓ **Keep your “numbers” normal, or near normal**
 - ✓ Blood glucose level
 - ✓ Blood pressure
 - ✓ Lipid (blood fat) levels: cholesterol & triglycerides

... to avoid diabetes-related risks (hypoglycemia, high blood pressure, heart disease)
- ✓ **Eat for overall good nutrition**
- ✓ **Hit your calorie targets** to reach or maintain your healthy weight



Weight Matters!

Before you start ...

Talk to a physician, registered dietitian or diabetes educator to learn ...

If you need to lose weight – if so...

- ✓ how much
- ✓ over how long

How to eat for ...

- ✓ weight loss or maintenance
- ✓ smart nutrition
- ✓ managing diabetes



Your Smart Eating Plan

- ✓ **To manage diabetes** ... Eat about the **same amount** of food, in the **right balance**, at the **same time daily**.
- ✓ **To avoid weight gain** ... **Balance** your day's food choices with **regular physical activity**.

The basics of eating for diabetes are really principles of healthful eating for nearly everyone, likely your whole family!



Strategy 1

Balance Your Eating Plan!



Eat a **variety of food**; at least...

- 2 - 3 servings non-starchy vegetables
- 2 servings fruit
- 6 servings grains, beans, starchy vegetables
- 2 servings low-fat/fat-free milk
- About 6 oz. meat or meat substitutes
- And just small amounts fat & sugar

Photo: Choose Your Foods, American Diabetes Assn./American Dietetics Assn., 2008

The right amount depends on your calorie needs.



Strategy 2 ...

Make Calories Count!

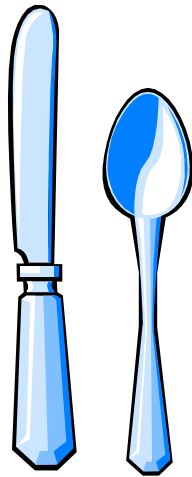
Go nutrient-rich ...

- ✓ **Bright colors** ...fruits, 100% fruit juices, vegetables
- ✓ **Fiber-rich, whole, fortified** ...grain foods
- ✓ **Low-fat or fat-free** ...milk, cheese, yogurt
- ✓ **Lean** ...meat, skinless poultry, fish, eggs, beans (nuts, too)

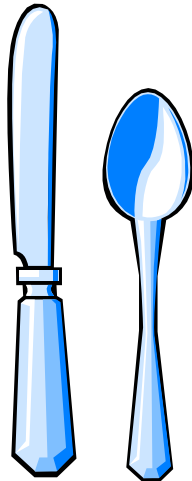
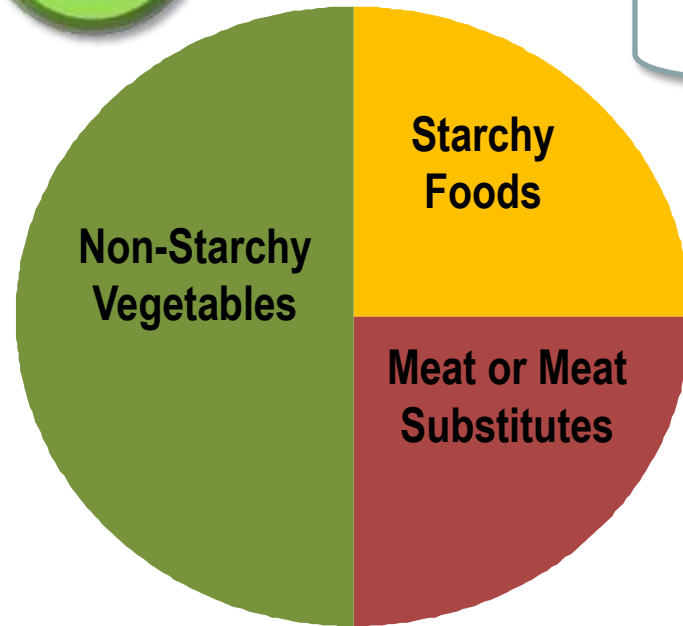


The American Plate

OLD



NEW



Strategy 4

Make Over Your Recipes

Deliciously Easy Ways ...

1. Stir fry (not fry)
2. Oven bake
3. Substitute
4. “Sweeten” with spices and less sugar
5. Add more non-starchy veggies
6. “Sauce” with pureed vegetables
7. Get more flavor with less cheese
8. Lighten up



Strategy 5

Snack Smart, Time it Right

- ✓ **Regular schedule (meals & snacks)**
...no meal skipping!
- ✓ **Snack foods**
 - ✓ **Planned** (not mindless nibbling)
 - ✓ **Nutrient-rich**
 - ✓ **Pre-portioned**
- ✓ **Emergency snack** ... on-hand in case your eating routine changes.



Strategy 6

Keep Fit!

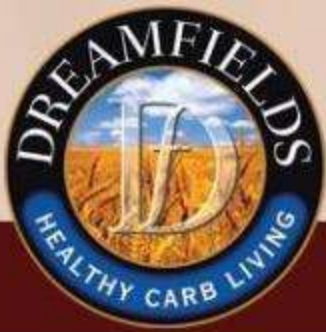


- ✓ Move it to lose it!
- ✓ Reduce stress with physical activity, not food.
- ✓ Stay positive.
- ✓ Learn from mistakes. Move on.
- ✓ Talk to your health care professional: doctor, registered dietitian, certified diabetes educator.



Sesame-Soy Edamame Pasta Salad





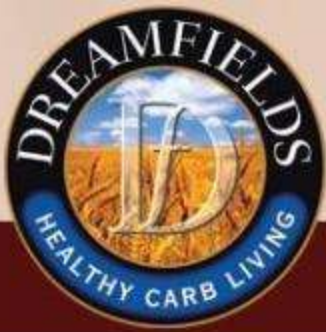
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***Rate Your Plate:
Counting Carbs & Your Blessings***

Tami Ross, RD, LD, CDE

Registered Dietitian & Certified Diabetes Educator

Lexington, KY



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Tami A. Ross, RD, LD, CDE

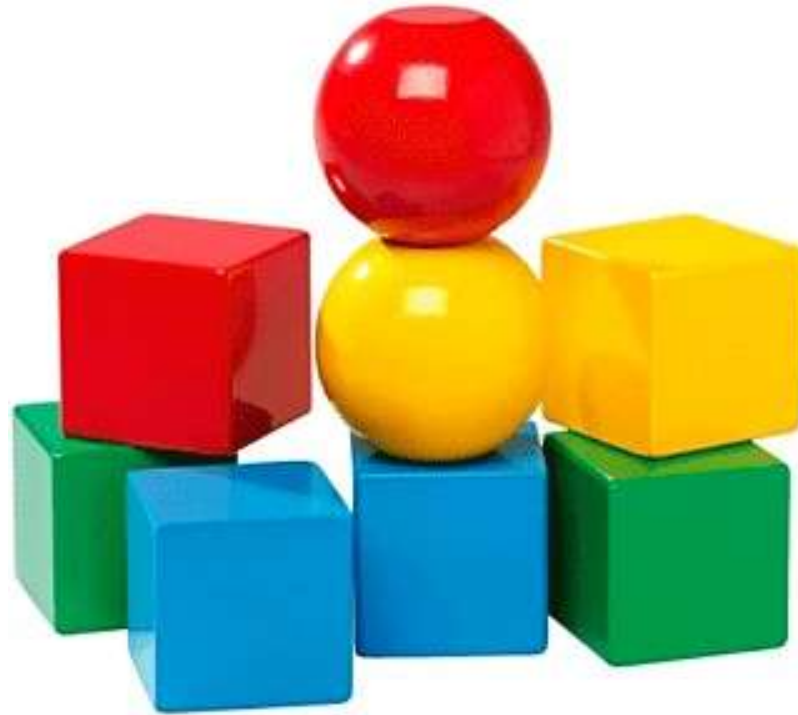
- Currently serving on the Board of Directors for the American Association of Diabetes Educators and is a past chairperson of Diabetes Care & Education Practice Group of the American Dietetic Association.
- 2008 Diabetes Educator of the Year.
- Co-author of 8 books, including *What Do I Eat Now? A Step-by-step Guide to Eating Right with Type 2 Diabetes* and *Diabetes Meals on \$7 a Day or Less*.
- Contributor to *Diabetes Self-Management* magazine

What's the story on carbohydrate?



Carbohydrate –

A building block of food & beverages



Where can you find carbohydrate?



Starches



Milk



Fruits



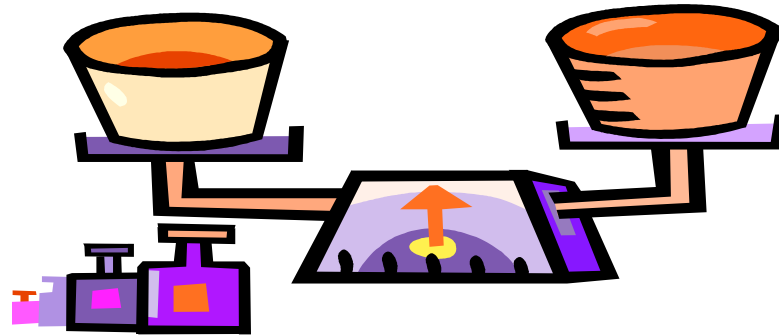
Non-starchy Vegetables



Sweets

Keep Carbohydrate Consistent

**More consistent carbohydrate intake =
More stable blood glucose**



How much carbohydrate do you need?

Women: 45 - 60 grams per meal

Men: 60 - 75 grams per meal

Snacks: 15 - 30 grams
up to 2 snacks as needed

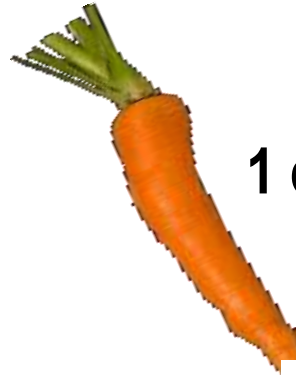
Discuss these targets with your health care team



Carbohydrate Counts of Common Foods



**1 roll
15 carbs**



**1 cup raw carrot
5 carbs**



**1 small apple
15 carbs**



**1 cup milk
12 carbs**



**24oz bottle
regular soda
79 carbs**



Be wise and go “kid-size”

- Kid-size cheeseburger
- Small fries
- Medium diet soda

548 calories

64 carbs



- Quarter pound burger with cheese
- Value size fries
- Medium diet soda

1080 calories

110 carbs



Do you know how much carbohydrate you eat at each meal?

Keep a daily food record



- What food or beverage?
- How much?
- Carbohydrate & calorie count?

Learn about what you eat & drink

1

Start with
Serving Size

2

Consider Calories
& Carbs

4

Get enough of
these nutrients

Nutrition Facts

Serving Size 2 oz (56g) Dry
Servings Per Container: About 6.5

Amount Per Serving

Calories 190 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.3g

Monounsaturated Fat 0.1g

Cholesterol 0mg **0%**

Sodium 10mg **1%**

Total Carbohydrate 41g **14%**

Dietary Fiber 5g **20%**

Soluble Fiber 3g

Insoluble Fiber 2g

Sugars 1g

Protein 7g **14%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

Thiamin 30% • Riboflavin 15%

Niacin 20% • Vitamin B₆ 6%

Folate 40% • Pantothenic Acid 2%

Phosphorus 8% • Zinc 4%

Copper 6% •

*Percent daily values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending
on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3

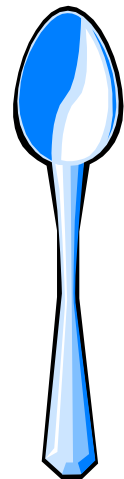
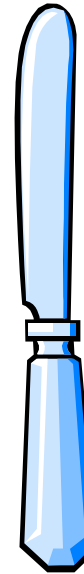
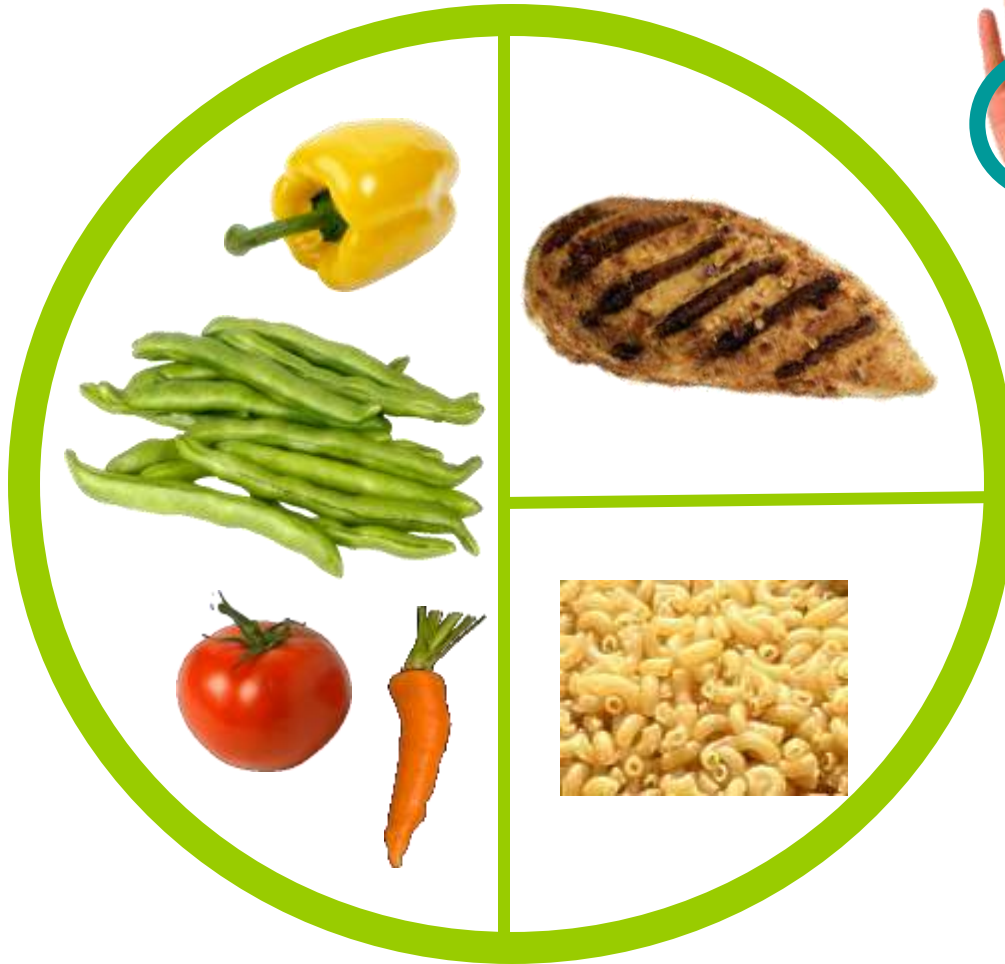
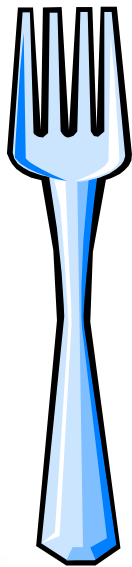
Limit these
nutrients

5

Quick Guide to % DV
5% or less is Low
20% or more is High



How does your plate rate?



Easy Mediterranean Angel Hair



Question: How do I account for the carbs in Dreamfields in my daily meal planning?

Nutrition Facts	
Serving Size 2 oz (56g) Dry	
Servings Per Container: About 6.5	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.1g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Soluble Fiber 3g	
Insoluble Fiber 2g	
Sugars 1g	
Protein 7g	14%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
Thiamin 30%	Riboflavin 15%
Niacin 20%	Vitamin B ₆ 6%
Folate 40%	Pantothenic Acid 2%
Phosphorus 8%	Zinc 4%
Copper 6%	

*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

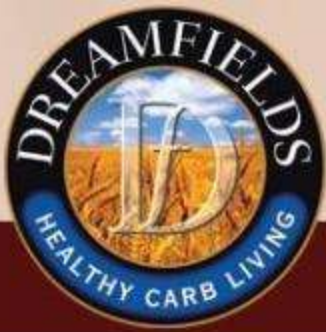
Dreamfields Spaghetti with Grilled Chicken & Broccoli

	Carbohydrates (grams)
1 cup of cooked Dreamfields Spaghetti	5
1/2 cup spaghetti sauce	10
1 cup broccoli	10
1 breadstick (whole wheat or whole grain)	20
3 ounces grilled chicken breast	0

Total Carbohydrate Count for Meal with Dreamfields 45g

CARB FACTS	
TOTAL CARBS	41
FIBER	-5
PROTECTED CARBS	-31
DIGESTIBLE CARBS	5



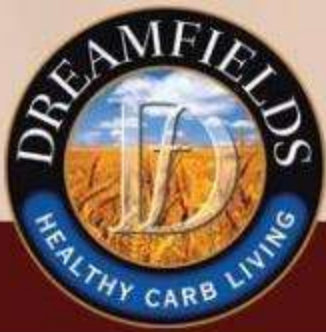


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***We're All In This Together
Managing Diabetes in Children, Adolescents
and Teens is a Family Affair***

Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE

Teen Transition Program Coordinator
University of Chicago Kovler Diabetes Center



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Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE

- Program coordinator for the Teen Transition Program at the University of Chicago's Kovler Diabetes Center.
- Chairperson of the Technology Task Force for the Diabetes Care and Education Practice Group of the American Dietetic Assn.
- Co-Author of *Pediatric Diabetes: Health Care Reference and Client Education Handouts*.
- 2009 Diabetes Educator of the Year.

Diabetes and Family Involvement

Parent involvement and reduced conflict surrounding diabetes tasks is related to improved overall diabetes control in teens with diabetes

Families must work with healthcare providers to minimize conflict over diabetes



Laffel et al, 2003, Cameron et al 2005, Anderson et al 2007



Important Topics to Discuss

1. **Communication** around diabetes and blood glucose results
2. Meaning of A1C and the need for parent/child **teamwork**
3. Response to blood glucose and **avoiding blame and shame**
4. **Sharing** the burden of diabetes tasks and using a logbook to problem solve abnormal blood glucose results



Family Goal #1:

Improving Family Communication



- Teach the art of listening.
- Speak in a quiet voice.
- Catch children and teens being good.
- Praise builds a child's confidence and reinforces communication.
- Give your undivided attention.



Family Goal #2

Preventing Diabetes Burnout

- Learn from situations instead of beating yourself up.
- Use positive self-talk.
- Be encouraging.
- Identify barriers.
- Make a plan and stick to it.



Family Goal #3

Reducing and Preventing Conflict

- Identify the underlying reasons for conflict; use active listening skills.
- Be aware of aspects of each others' lives outside the family.
- Focus on the positive side of each person's differences.
- Can one individual be causing or exacerbating the conflict?
- If necessary, family counseling can be helpful.



Family Goal #4

Avoiding Perfectionism

- Praise all self-care efforts
- It is acceptable to discuss what has not been done, but start on a positive note and identify how the problem can be fixed instead of assuming it was done purposely
- Distinguish between ideal and realistic diabetes goals



Family Goal #5

Setting Realistic Expectations

- If your teen or adolescent is only testing once a day, setting a goal of 5-6 times a day will never happen.
- Collaborate with the teen and diabetes educator to identify small goals that will lead to positive reinforcement.



Family Goal #6

Building Family Teamwork

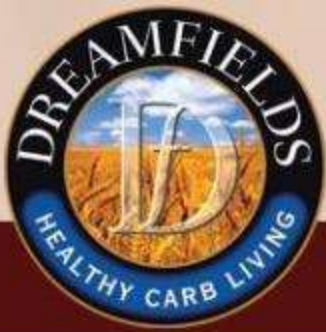


- Healthy negotiation
- Avoid shame and blame language
- Involvement with meal planning



Triple Cheesy Mac 'n' Cheese





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***Dealing with the Diagnosis:
Permission to be Imperfect***

Sherri Shepherd

Actress, Comedienne, Author, Mother and Type 2 Diabetic

Sherri Shepherd

- Emmy Award winning co-host of ABC-TV's *The View*.
- Star and executive producer of Lifetime's new comedy hit, *Sherri*.
- Author of *Permission Slips: Every Woman's Guide to Giving Herself a Break*.
- Prolific actress appearing in movies such as *Precious* and *Madagascar : Escape 2 Africa*, and on TV shows such as *30 Rock*.
- Mother of 4-year-old son, Jeffrey.
- Type 2 Diabetic.



Questions and Answers

Submit yours now!



Valuable Resources

Find a Registered Dietitian

American Dietetic Association

www.eatright.org

Find a Diabetes Educator

American Association of Diabetes Educators

www.diabeteseducator.org



Final Notes

- Visit www.DreamfieldsFoods.com for more information, recipes, videos
- Follow us on **Facebook** and **Twitter**, @healthypasta
- Stay tuned for an exciting new program involving Sherri Shepherd and her DFFs at the end of January
- Submit additional questions or comments to dreamfields@mpfood.com



Thank you!

