

# Therapeutic Diet With Its Associated Disease (specifically diabetic diet and diabetes)

**Emily Tholson, R.D.**  
**Danielle Fickel, R.D.**  
**Enloe Hospital**

# Overview

- What Diabetes is
- Goals of Therapeutic diets
- Diet and Meal Plan Tips
- Sample Menu

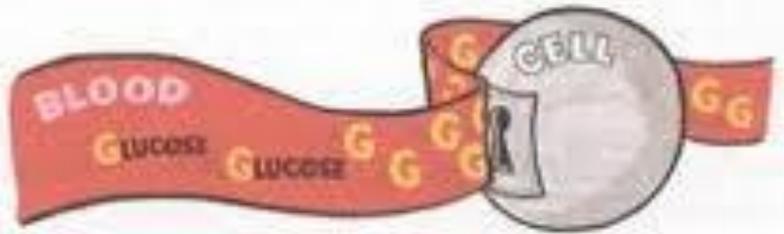


# What Diabetes is

- Disease where there is too much glucose in the blood
- Everything we eat is broken down into glucose
  - Glucose = Sugar in our blood
  - Glucose = Main source of fuel for our body
- Insulin
  - Hormone that is produced by an organ called the pancreas
  - This hormone helps transport glucose in our body into our cells so that we can use it for energy



# Insulin and Glucose



Insulin is glucose's  
key into cells



# Two main Types of diabetes

- ◆ Type 1- Pancreas does not produce insulin and glucose can not be transported in the blood
  - ◆ Usually requires daily insulin shots
- ◆ Type 2-When the pancreas produces insulin but the body does not use it correctly
  - ◆ Causes high blood glucose not being able to get transported into cells.



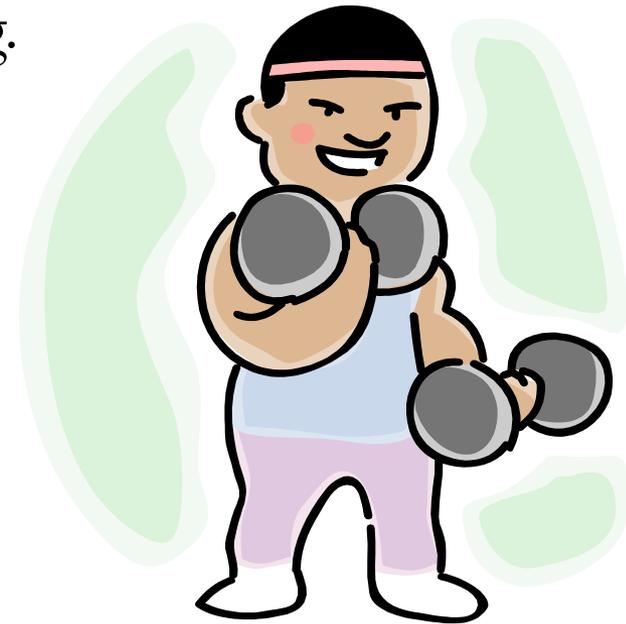
# Symptoms

- Fatigue
- Frequent urination
- Increases thirst and hunger
- Weight loss
- Some have no symptoms



# Goals for Living With Diabetes

- Prevent short term problems, such as too low or too high glucose.
- Prevent or delay long term health problems such as heart disease and damage to the nerves, kidneys, and eyes.
- Maintain a healthy lifestyle and keep doing things you enjoy, like exercising, working, and socializing.



# Diet

- Eat at the same times each day, consistent with types of foods. Helps prevent blood sugar from becoming extremely high or low.
- Well balanced and low – fat diet
- Cut down on animal protein ( increased risk of heart disease in people with diabetes)
- Saturated fat should only be 10% of calories because saturated fats raise blood cholesterol and increase risk for heart disease



# Healthy Tips



- Eat smaller portions.
- Eat less fat.
- Eat more fiber by eating more whole grains.
- Eat a variety of fruits and vegetables.
- Eat fewer foods that are high in sugar.
- Use less salt in cooking and at the table.
- Never skip meals, stick to your meal plan as best you can.
- Limit alcohol consumption.

# Examples of Healthier Choices

Food	Better Choice	Benefit
Whole Milk 	Fat – Free Milk 	Less Saturated Fat Fewer Calories Less Cholesterol More Fiber
Juice 	Whole Fruit 	More Fiber
Cheeseburger with French Fries 	Hamburger with plain baked potato 	Less Saturated and Trans Fats Less Cholesterol More Fiber
Fried Chicken with skin on 	Skinless Roasted Chicken 	Less Saturated Fat and Trans Fat Fewer Calories Less Cholesterol
Potato Salad 	Three Bean Salad 	More Fiber
Potato Chips 	Pretzels 	Less Fat
Ice Cream 	Frozen Yogurt 	Less Saturated Fat Fewer Calories

# Portion Control

- Thumb = 1 oz. cheese 
- Marshmallow = 2 Tablespoons peanut butter
- Golf ball = 2 Tablespoons salad dressing
- Deck of Cards = 3 oz. of meat
- Baseball = 1 cup fruit or vegetables



# Sample Menu

## Breakfast

3/4 cup bran flakes  
1 cup fat-free milk  
1 slice whole wheat toast  
1 tsp. margarine or low-sugar jelly

## Lunch

Sliced turkey sandwich (2 slices whole wheat bread, 2 oz. turkey, sliced tomato, 1 tsp. low-fat mayonnaise)  
1 apple  
1 cup fat-free milk

## Dinner

3-4 oz. lean beef, chicken, or fish  
1 small baked potato  
1 cup broccoli  
1 small dinner roll  
Tossed salad with fat-free dressing  
1 pear  
Tea

## Evening Snack

3 graham cracker squares (1 1/2 sheets)  
8 oz. fat-free milk

# References

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