

	<p>insurance company may ask you to report this code number. If you're not asked to do this, you may ignore the code or choose not to take the quiz at all.</p> <p>However, we strongly recommend that you take the quiz at the end of each chapter even if you're not asked to do so. The quiz is an important part of helping you learn the information you need to know. And besides, you know you'll get a perfect score by the time you complete the quiz!</p>	Show person on phone, while at computer
3A.4	<p>VO:          Now, we'll return to the menu for this section so you can choose a topic you'd like to view. If this is your first time, we suggest you start by selecting the chapter called "Food and Diabetes".</p>	Show graphic of menu, highlighting "Food & Diabetes"
<b>3B – Food and Diabetes</b>		
3B.1	<p><b>Testimonial:</b>          Person with diabetes talking about how they learned to plan and prepare healthy meals and manage their food consumption as an important part of managing their diabetes.</p>	Person on camera
3B.2	<p><b>VO:</b>          What you eat, how much you eat, when you eat, and how your food is prepared, all play an important role in managing your diabetes. In this chapter, we'll look at common misconceptions about food and diabetes, such as the myth of looking at sugar content on food labels. We'll discuss food groups and meal planning; grocery shopping, reading food labels, interpreting terms like "reduced fat" and other food identifiers. We'll also provide meal plans for you, with brand names products to try as well.</p> <p>We'll also discuss quick and easy recipes, tips for eating at restaurants and the effects of alcohol consumption.</p>	<p>Background video of person preparing or eating a meal. Superimpose graphics:</p> <p><u>Food and Diabetes</u></p> <ul style="list-style-type: none"> <li>• Common misconceptions</li> <li>• Food groups &amp; meal planning</li> <li>• Grocery shopping</li> <li>• Reading food labels</li> <li>• Recipes</li> <li>• Tips for restaurants</li> <li>• Effects of alcohol</li> <li>• Carbohydrate counting</li> </ul>

	<p>Finally, we'll explore guidelines for monitoring your intake of carbohydrates – a key to maintaining healthy blood glucose levels by learning a meal-planning device called “carbohydrate counting.”</p>	
<p><b>3B.3</b></p>	<p><b>VO:</b>          The topic of food is complex since we often eat for reasons unrelated to being hungry. In fact, most of what we eat too often has little or no connection to our body’s needs for fuel. With many medical conditions, food has little or no consequence on the outcome. Unfortunately <i>or</i> fortunately with diabetes, food often has a significant impact on your likelihood for diabetic complications. It’s “unfortunate” when you make poor food choices, which can lead to excess weight, high blood pressure and cholesterol, as well as contributing to diabetes and its complications. But, it’s “fortunate” when you make healthy food choices because you can have more control over diabetes and your overall health.</p> <p>Before we begin our discussion on food and diabetes, remember that diabetes is a condition where you have more glucose in your blood than normal. Also remember that all food breaks down into chemicals, including carbohydrates – which the body converts to glucose. Thus if you have diabetes or an inability to clear excess glucose out of your blood compared to people without diabetes, you have to moderate the carbohydrates you’re eating.</p> <p>Since carbohydrates breakdown predominately into glucose, when you eat foods that have a high concentration of carbohydrates you’re really dumping an excess amount of glucose into your body. Now, this doesn’t mean that you should follow the latest fad diet, such as a low carbohydrate diet, since the goal is to help you reduce complications - notably heart attacks and strokes - that may be caused with excess amounts of proteins and fats. The solution? Stop eating! Of course this is a joke!</p>	<p>Background video of person eating</p> <p>Show person making poor food choices</p> <p>Show person making good food choices</p> <p>Illustrations or animations to show excess glucose remaining in the blood</p> <p>an animation or illustration showing food breakdown into glucose?</p> <p>Show high-fat meal</p> <p>Show puzzled person sitting at table with empty plate, no food</p>

<p>Eating healthy for diabetes is all about MODERATION: avoiding large meals heavy on carbohydrates, and eating less foods that have high amounts of saturated fat and cholesterol, since these can raise your blood cholesterol levels over time.</p> <p>People with diabetes should think about food in terms of four basic food groups: carbohydrates, proteins, fats, and free foods that don't raise your glucose levels at all.</p> <p><b>Carbohydrates include all of the following:</b> Breads, hot or cold cereals, rice, pasta, grains such as barley, crackers, fruit and fruit juices, milk and dairy products such as yogurt and ice cream, candy and sweets, starchy vegetables: corn, peas, white and sweet potatoes, lentils, navy beans, pinto beans, garbanzo beans, white beans, split peas, black eyed peas, squash: winter, butternut, acorn, yams of all kinds, baked beans, and mixed vegetables that include any of the starchy vegetables already mentioned.</p> <p>Now these foods are NOT bad for you and should not be avoided, BUT having an excess amount of these foods combined at one meal or snack is dumping a lot of glucose into your body all at once. What's most important about these foods, which we call "dense carbohydrates," is that you do not combine too many of these at one time. Make sure you spread these throughout the day - again not too much at once.</p>	<p>Show person at table with healthy food choices; superimpose graphics: Moderation: ○ Avoid high carbohydrate meals ○ Avoid high fat and cholesterol meals</p> <p><u>Four basic food groups for diabetics</u></p> <ul style="list-style-type: none"><li>● Carbohydrates</li><li>● Proteins</li><li>● Fats</li><li>● Free (no effect on glucose)</li></ul> <p>"Dense" Carbohydrates (show examples)</p> <p>Graphic superimposed over images of carbohydrate food: Avoid too many "dense" carbohydrates in one meal</p>
--	--