

Virtual Conversation Map[®] for Diabetes

Facilitator Guide



Session 6 Healthy Eating Strategies

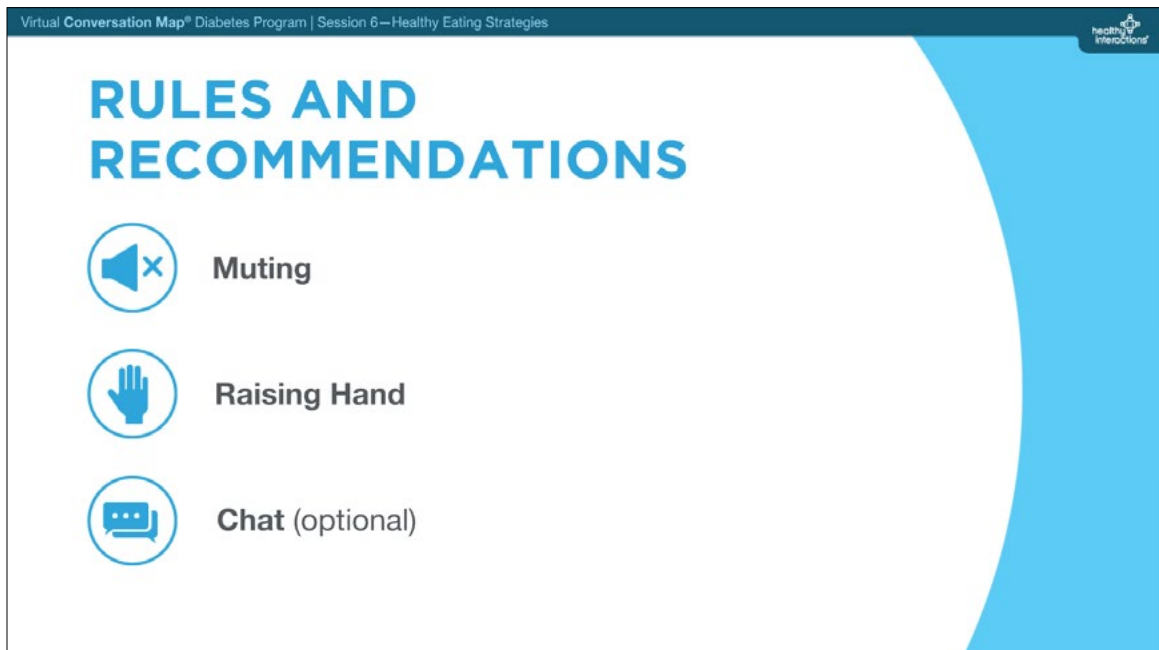
6



Welcome back! Again, my name is <your name> and in today's session we will be focusing more on **healthy eating** to help you manage your diabetes. (continue reading)


Just a few reminders...this program and process requires participation in the form of reading, listening, and talking, so you can learn from one another and make decisions to help you better manage your diabetes. (continue reading)

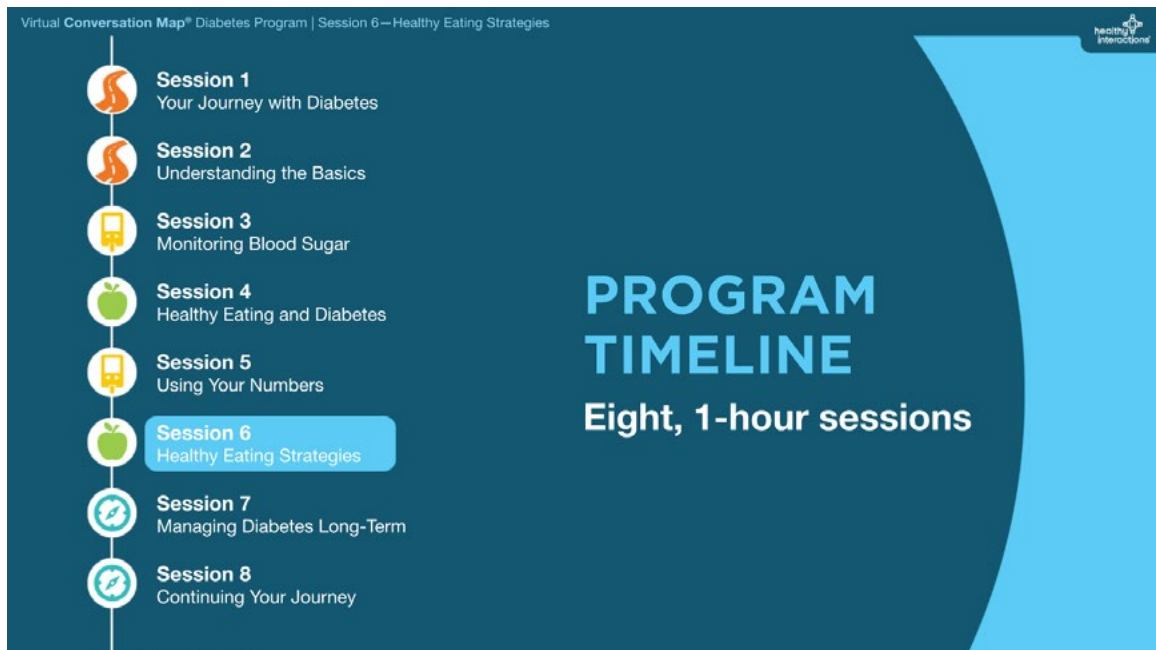
The process uses a *Conversation Map* visual, which you should see on the right side of your screen. We will be using the same Map visual that we used a couple of sessions ago, BUT we will be exploring some of the areas we DID NOT cover in that session.



Does anyone need a refresher on muting and unmuting, raising their hand, (or the chat window)? (stop and discuss)

Visual Highlight:

Hover  your cursor over the *icons* to the left to direct participant's attention to the specific rule/recommendation while it is being described.




Today session six of the program and our focus will be on healthy eating strategies and meal planning to help you better manage your diabetes.

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

HOW HAS IT BEEN GOING?

Do you have a success, challenge, or question about your experience since our last session you would like to share?

A photograph of a woman with dark hair, wearing a light blue t-shirt and dark pants, walking on a paved path outdoors. She is smiling and looking towards the camera. The background shows green trees and a clear sky. The photo is tilted slightly to the right.

healthy eating international

Okay, with that let's get started by briefly discussing what you have been working on since our last session. Would anyone like to share something about their experiences since we last met, like a success, challenge, or question that has come up for you? (stop and discuss)

Thanks for sharing some of what you have been doing since our last session.


Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

healthy interactions

HOW HAS IT BEEN GOING?

Did you think of a strategy to reduce your inactive or sedentary time?

How did that go?



Last time, I asked everyone to think of a strategy to reduce their inactive or sedentary time and to try it out. How did that go? What was your experience like? (stop and discuss)


That's great! Just remember, if questions come up outside of these sessions, I can also help if you send me a message through the *map4health*® app or otherwise.

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.



Visual Highlight:

Hover  your cursor over the *numbers* along the dotted line to direct participants' attention to each topic while it is being described.

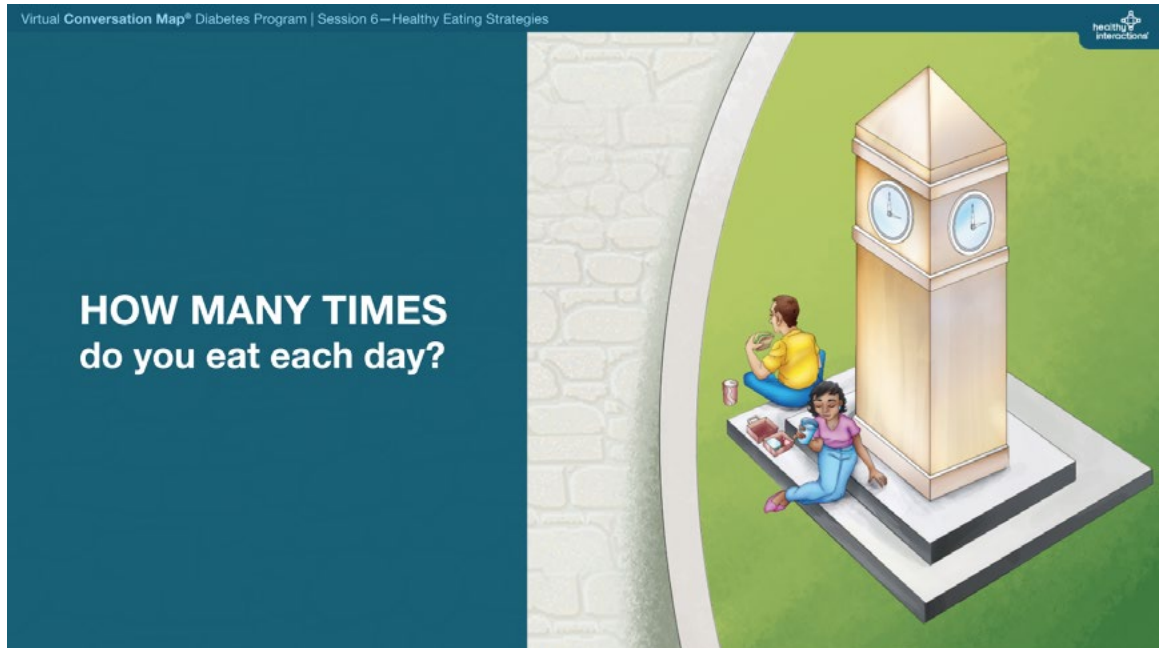
Now, let's take a look at the specific topics we will be discussing in today's session. We will explore:

1. When you eat and some tips for when to eat
2. How much you eat
3. Some strategies for healthy eating including nutrition label reading and carb counting
4. Some strategies for eating less
5. Some common food challenges and planning for those challenges

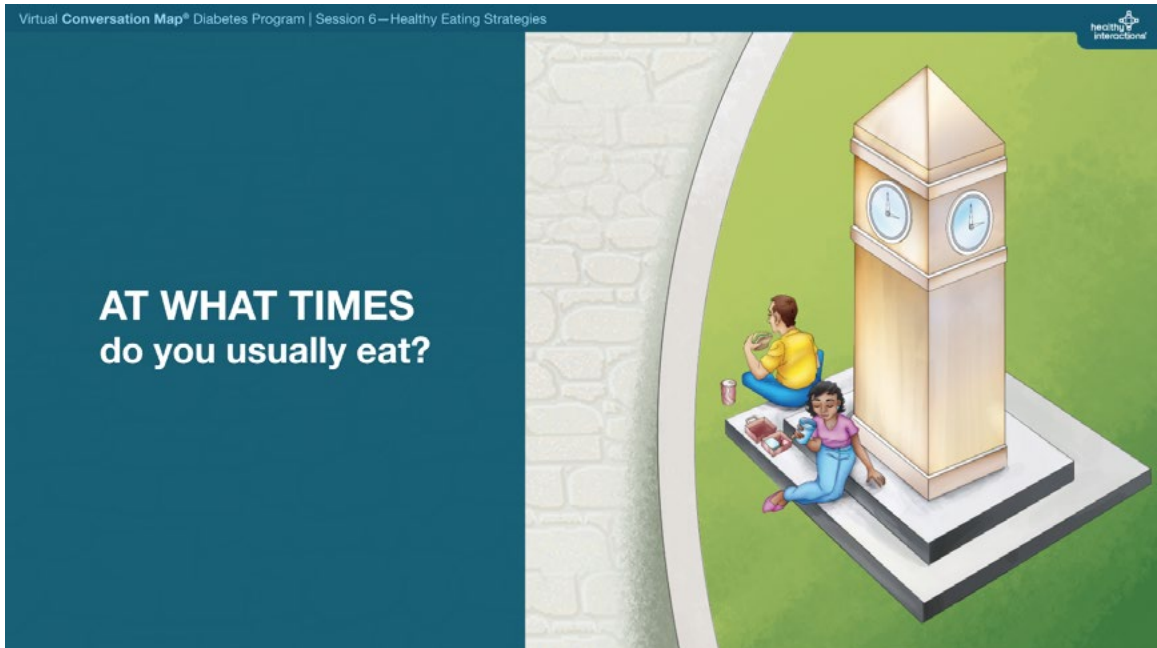
Session 6—Healthy Eating Strategies



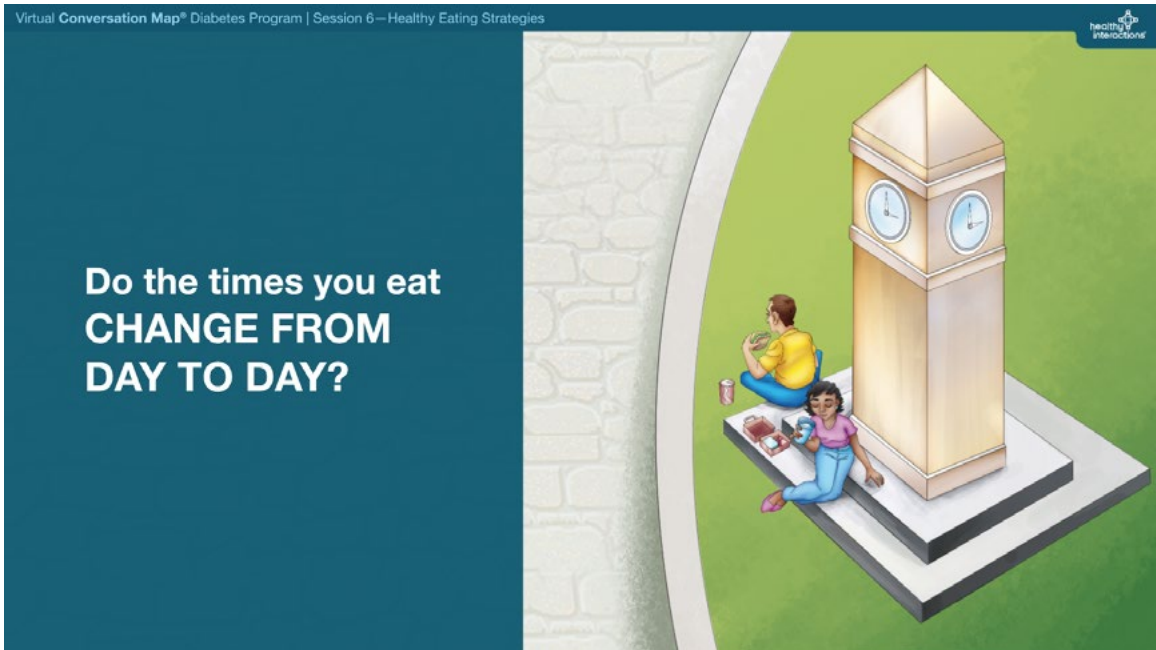
Let's start by discussing when you eat and the timing of meals by focusing on the *clock tower* in the lower-right corner of the Map visual.



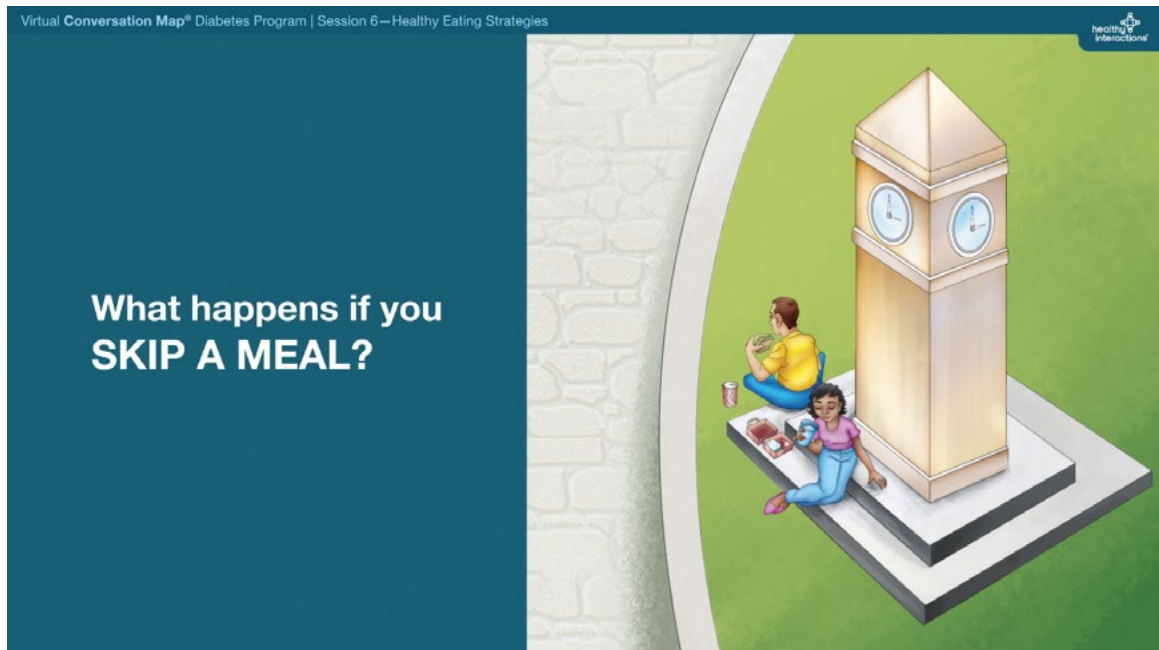
How many times do you eat each day? (stop and discuss)



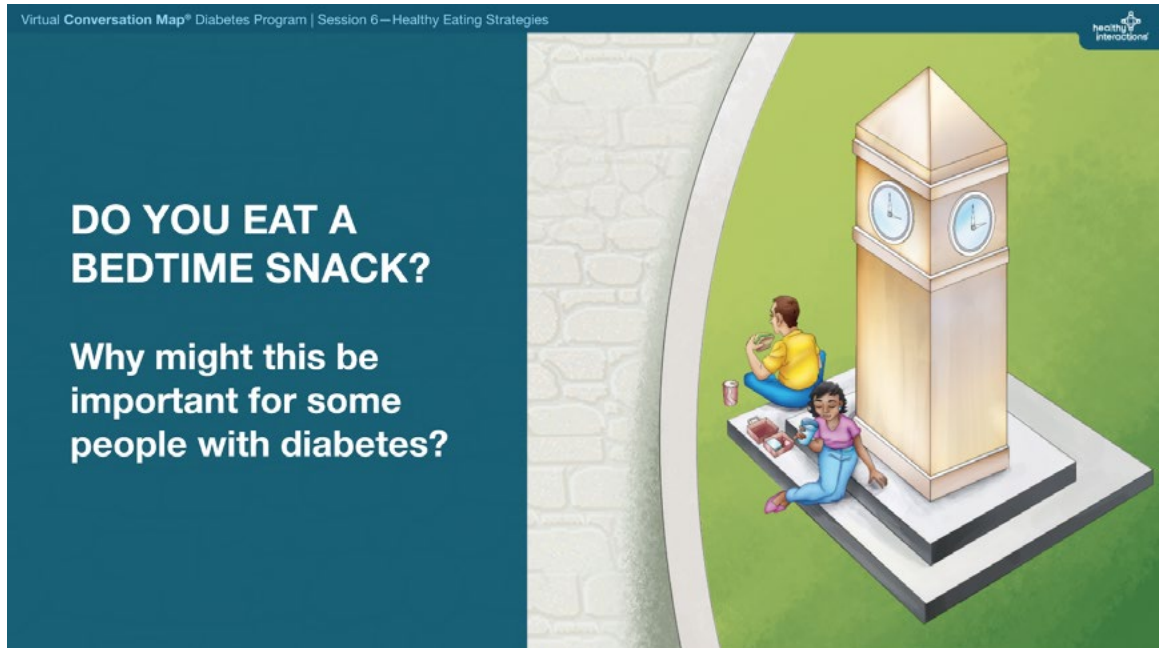
At what times do you usually eat? (stop and discuss)



Do the times you eat change from day to day? (stop and discuss)



What happens if you skip a meal? (stop and discuss)



Does anyone eat a bedtime snack? Why might this be important for some people with diabetes? (stop and discuss)

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 **WHEN TO EAT GUIDELINES**

- Eat at least 3 times throughout the day
- Eat each meal and snack at about the same time each day
- Eat about the same amount at each meal
- Do not skip meals
- Eat breakfast
- Learn to balance the times you take medicine for your diabetes with the times you eat




Let's look at some tips for when to eat. May I have a volunteer read aloud the information that is now on your screen? (stop and do)


When to Eat Guidelines

- *Eat at least 3 times throughout the day*
- *Eat each meal and snack at about the same time each day*
- *Eat about the same amount at each meal*
- *Do not skip meals*
- *Eat breakfast*
- *Learn to balance the times you take your medicine for your diabetes with the times you eat*

Do you have any questions about these tips on when to eat? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies





WHEN TO EAT GUIDELINES

- Eat at least 3 times throughout the day
- Eat each meal and snack at about the same time each day
- Eat about the same amount at each meal
- Do not skip meals
- Eat breakfast
- Learn to balance the times you take medicine for your diabetes with the times you eat

How would you summarize the impact that the timing of your meals can have on your blood sugar?

How would you summarize the impact that the timing of your meals can have on your blood sugar? (stop and discuss)

Facilitator Tip:


Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 6—Healthy Eating Strategies



Even when people are making healthy food choices most of the time, they often eat too much. Let's focus on the *picnic scene* on the left side of the Map visual and talk about the concept of how much we eat.

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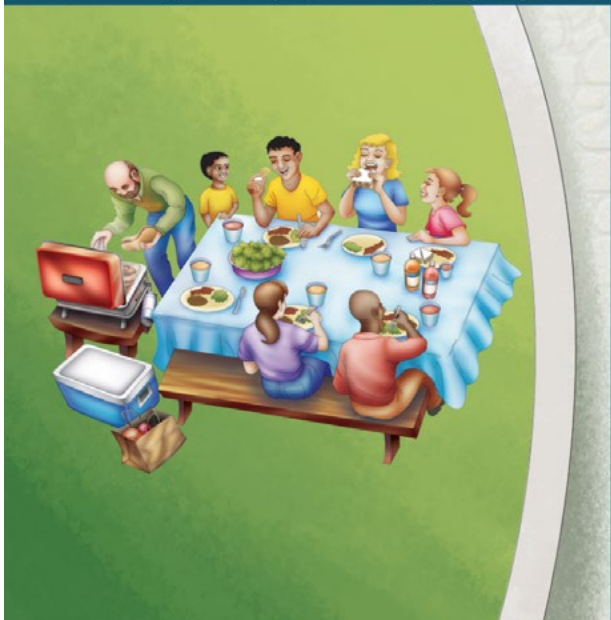


healthy interactions

What impact can eating too much food have?

What impact can eating too much food have? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies




**WHY IS HOW MUCH
YOU EAT ESPECIALLY
IMPORTANT
for people with diabetes?**

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Why is how much you eat especially important for people with diabetes? (stop and discuss)

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Do you ever
STRUGGLE
with eating too much?

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Do you ever struggle with eating too much? (stop and discuss)

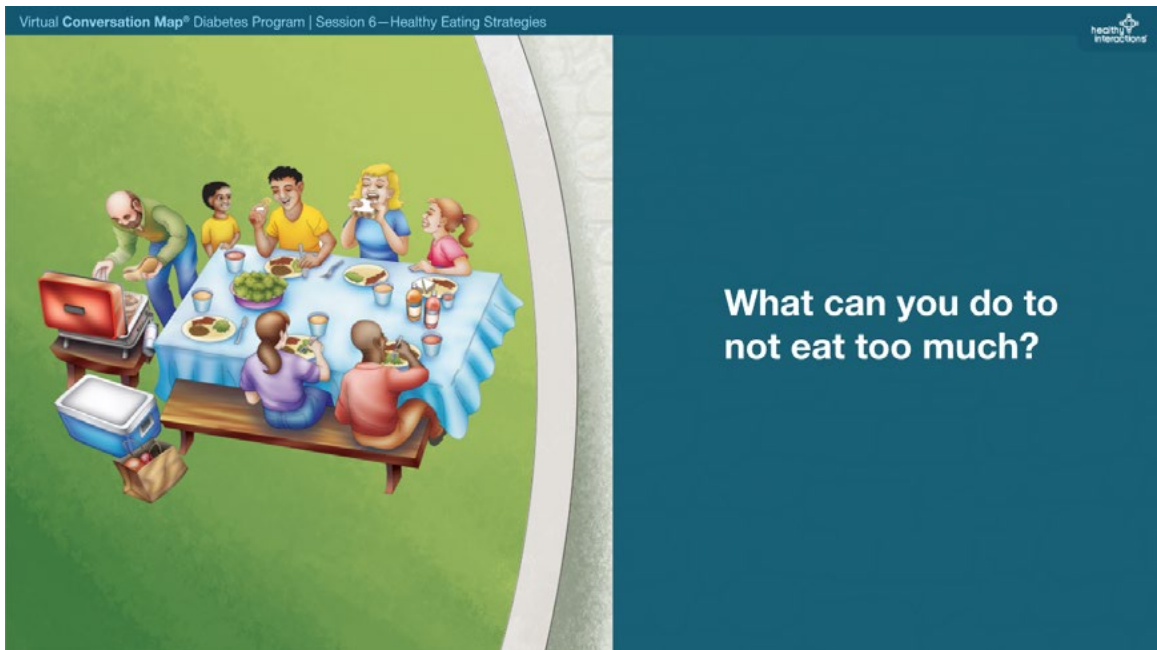
Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies



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How do you know
when you have
EATEN TOO MUCH?

How do you know when you have eaten too much? (stop and discuss)



What can you do to not eat too much? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

If you have other useful exercises or examples of ways a person can control and/or balance what they eat feel free to add those to the discussion (i.e., the plate method, hand method, etc.)

Session 6—Healthy Eating Strategies

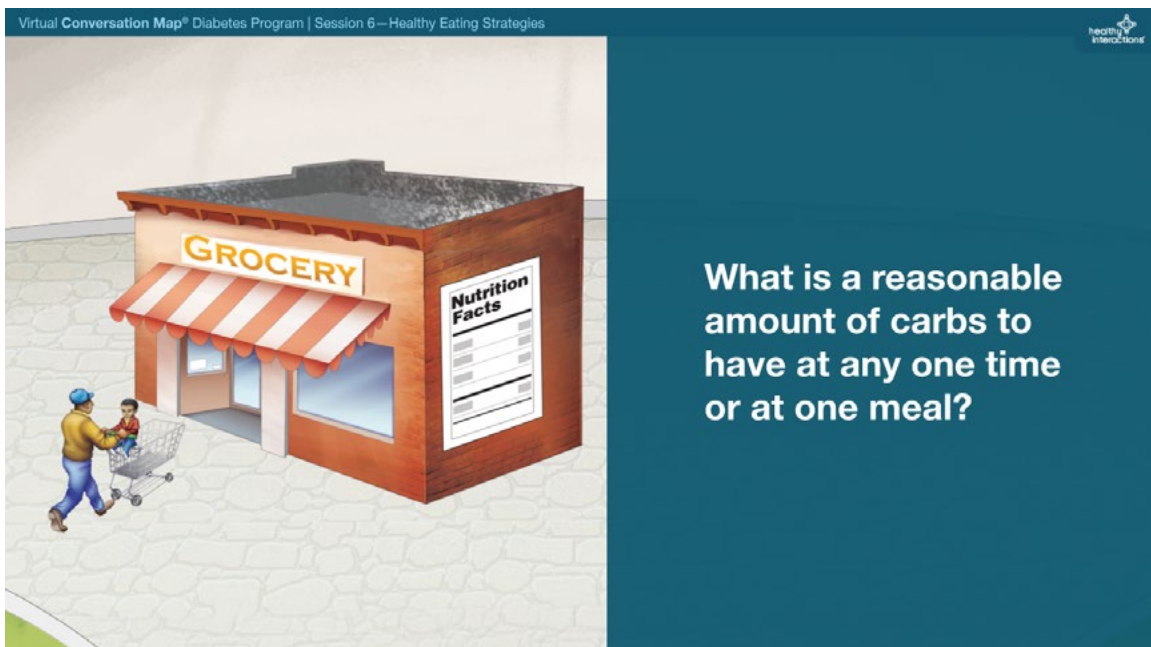


Next, let's discuss some healthy eating strategies by focusing on the *grocery store* in the upper left of the Map visual.



**WHAT HEALTHY
EATING STRATEGIES**
have you tried in
the past?

What are some of the healthy eating strategies you've tried in the past? (stop and discuss)



During session 4, we spent a little bit of time discussing carb counting. Does anyone remember what a reasonable amount of carbs is to have at any one time or a meal?
(stop and discuss)

Facilitator Tip:

The appropriate amount of carbohydrates for each person depends on a number of factors. Because of this, the American Diabetes Association recommends that a person with diabetes consults with a RD/RDN or CDCES to develop an individualized plan.

Since carbs have such a major impact on your blood sugar, knowing how many carbs are in each meal you eat is an important part of managing your diabetes. However, just because you have diabetes doesn't mean that you can't have some of the meals that you most enjoy or that you need to completely eliminate carbs from your diet. Most of the time, you can eat many of the things you want to by simply making a few adjustments. (continue reading)

Let's take a look at a few examples and get some practice identifying changes that you might make if these were your meals to reduce carbs.

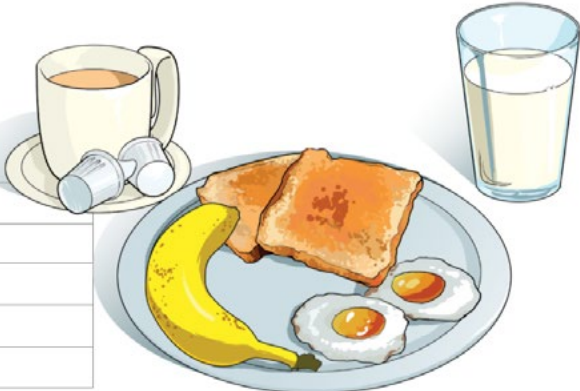
Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

Breakfast Example A

*	2 eggs
(30g)	2 slices toast
(30g)	1 banana
(15g)	1 glass of milk
*	Coffee with cream

75g Total carbs

* food item contains little to no carbs



What might you do to reduce the number of carbohydrates?

Facilitator Tip:


The purpose of this exercise is to assist people in learning how to make modest adjustments to common meals to reduce the number of carbs in those meals.

Here is an example of what someone might eat as a typical breakfast. It is high in carbohydrates. The grams of carbohydrates are listed next to the carbohydrate containing foods. What might you do if this was your breakfast to reduce the number of carbohydrates, but not dramatically change the meal? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

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Breakfast Example B



(30g)	1 cup plain cooked oatmeal
(15g)	3 tablespoons brown sugar
*	¼ cup almonds
(30g)	1 banana

75g Total carbs

* food item contains little to no carbs

What might you do to reduce the number of carbohydrates?


Here is another example of a breakfast that is high in carbohydrates. Again, what might you do if this was your breakfast to reduce the number of carbohydrates, but not dramatically change the meal? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

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Lunch Example A

(30g)	Grilled chicken sandwich on a bun with lettuce, tomato, onions
(30g)	1 ear of corn
(30g)	½ cup baked beans
*	Garden salad with ranch dressing



90g Total carbs

* food item contains little to no carbs

What might you do to reduce the number of carbohydrates?


Here is an example of what someone might eat as a typical lunch. It is high in carbohydrates. The grams of carbohydrates are listed next to the carbohydrate containing foods. What might you do if this was your lunch to reduce the number of carbohydrates, but not dramatically change the meal? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

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Lunch Example B

(30g)	Turkey sandwich with mayo and mustard on 2 slices of whole wheat bread
(15g)	1 cup of chicken noodle soup
(15g)	1 cup whole strawberries
(65g)	20 oz of cola
125g	Total carbs



What might you do to reduce the number of carbohydrates?

Here is another example of a lunch that is high in carbohydrates. Again, what might you do if this was your lunch to reduce the number of carbohydrates, but not dramatically change the meal? (stop and discuss)

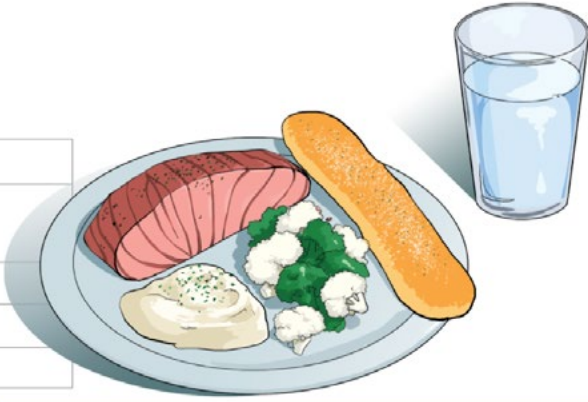
Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

Dinner Example A

*	Grilled salmon filet
*	1 cup sautéed broccoli and cauliflower
(30g)	1 cup mashed potatoes
(30g)	1 large breadstick
*	Water

60g Total carbs

* food item contains little to no carbs



What might you do to reduce the number of carbohydrates?

Here is an example of what someone might eat as a typical dinner. It is high in carbohydrates. The grams of carbohydrates are listed next to the carbohydrate containing foods. What might you do if this was your dinner to reduce the number of carbohydrates, but not dramatically change the meal? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies


Healthy Interactions

Dinner Example B

(45g)	3 steak tacos with 6-inch corn tortillas
(45g)	1 cup rice
(30g)	1 cup refried beans
*	1 cup grilled onions, peppers, tomatoes

120g Total carbs

* food item contains little to no carbs



What might you do to reduce the number of carbohydrates?


Here is another example of a dinner that is high in carbohydrates. Again, what might you do if this was your dinner to reduce the number of carbohydrates, but not dramatically change the meal? (stop and discuss)

Session 6—Healthy Eating Strategies

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

healthy interactions


Breakfast
Example A



- 2 eggs
- (30g) 2 slices toast
- (30g) 1 banana
- (15g) 1 glass of milk
- Coffee with cream

75g Total carbs


Lunch
Example A



- Grilled chicken sandwich on a bun with lettuce, tomato, onions
- (30g) 1 ear of corn
- (30g) 1/2 cup baked beans
- Garden salad with ranch dressing

90g Total carbs


Dinner
Example A



- Grilled salmon fillet
- 1 cup sautéed broccoli and cauliflower
- (30g) 1 cup mashed potatoes
- (30g) 1 large breadstick
- Water

60g Total carbs


Breakfast
Example B



- (30g) 1 cup plain cooked oatmeal
- (15g) 3 tablespoons brown sugar
- 1/4 cup almonds
- (30g) 1 banana

75g Total carbs


Lunch
Example B



- Turkey sandwich with mayo and mustard on 2 slices of whole wheat bread
- (15g) 1 cup of chicken noodle soup
- (15g) 1 cup whole strawberries
- (65g) 20 oz of cola

125g Total carbs

Dinner
Example B



- (40g) 3 steak tacos with 6-inch corn tortillas
- (45g) 1 cup rice
- (30g) 1 cup refried beans
- 1 cup grilled onions, peppers, tomatoes

120g Total carbs

What did you notice during this activity? What are some options you have for reducing carbs in a meal?


What are some of the things you notice as we went through this activity? What are some of the different options you have for reducing carbs in a meal? (stop and discuss)

Session 6—Healthy Eating Strategies

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

healthy interactions


Breakfast Example A



- 2 eggs
- (30g) 2 slices toast
- (30g) 1 banana
- (15g) 1 glass of milk
- Coffee with cream

75g Total carbs


Lunch Example A



- Grilled chicken sandwich on a bun with lettuce, tomato, onions
- (30g) 1 ear of corn
- (30g) 1/2 cup baked beans
- Garden salad with ranch dressing

90g Total carbs


Dinner Example A



- Grilled salmon fillet
- 1 cup sautéed broccoli and cauliflower
- (30g) 1 cup mashed potatoes
- (30g) 1 large breadstick
- Water

60g Total carbs


Breakfast Example B



- 1 cup plain cooked oatmeal
- (15g) 3 tablespoons brown sugar
- 1/2 cup almonds
- (30g) 1 banana

75g Total carbs


Lunch Example B



- Turkey sandwich with mayo and mustard on 2 slices of whole wheat bread
- (15g) 1 cup of chicken noodle soup
- (15g) 1 cup of whole strawberries
- (65g) 20 oz of cola

125g Total carbs

Dinner Example B



- 3 steak tacos with 6-inch corn tortillas
- (45g) 1 cup rice
- (30g) 1 cup refried beans
- 1 cup grilled onions, peppers, tomatoes

120g Total carbs

How can you put these learnings into action?

How can you put some of these learnings into action? (stop and discuss)

Does anyone have any additional questions carbohydrates and trying to reduce the amount of carbs in your meals? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 6—Healthy Eating Strategies



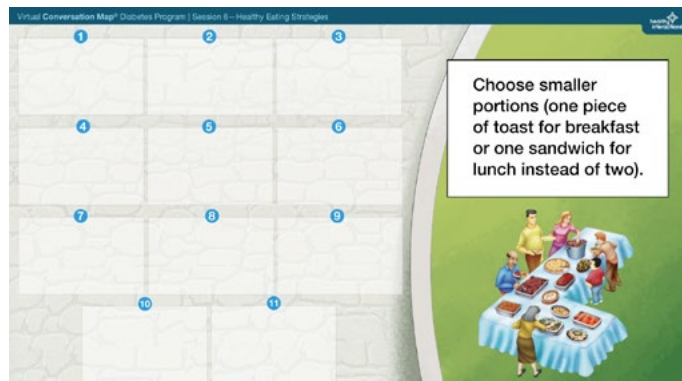
Now, let's take a look at some basic strategies for eating less by focusing on the *buffet scene* to the left of the Map visual.




This slide contains an activity that requires you to click on a button(s) to complete the activity. Do not move on to the next slide until all buttons have been clicked.

We will be looking at several ideas for eating less, one at a time. May I have a volunteer read aloud these ideas, starting with the first statement on the right side of the screen?

(stop and do)



Facilitator Tip:

Click  on the *card* on the right side of the screen to reveal each strategy one at a time. Ask for a volunteer to read each statement.

- | | |
|---|---|
| <p>1 Choose smaller portions (one piece of toast for breakfast or one sandwich for lunch instead of two).</p> <p>2 Eat only 1 serving—no seconds</p> <p>3 Share a meal or dessert when eating out.</p> <p>4 Put your fork down between each bite.</p> <p>5 Ask someone else to do the tasting when you are cooking.</p> <p>6 Avoid skipping meals</p> | <p>7 Serve plates in the kitchen instead of putting serving dishes on the table.</p> <p>8 Eat more slowly.</p> <p>9 Use a small plate instead of a large one.
Keep tempting foods out of sight or out of the house.</p> <p>11 Gradually cut down on the amount of food you eat. Find out exactly how much you are eating, and make a plan to eat a little less the next week.</p> |
|---|---|

Have any of you tried any of these strategies for eating less or any other strategies not listed here? If yes, what did you try and how did it work? (stop and discuss)

Do you have any questions or comments you would like to discuss in more detail when it comes to suggestions for eating less? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 6—Healthy Eating Strategies



Even when you find some healthy eating strategies that work for you, challenges can come up. Let's take a look at some of these challenges and how you might be able to handle them by exploring the *apartment and restaurant scenes* at the top of the Map visual.

Session 6—Healthy Eating Strategies

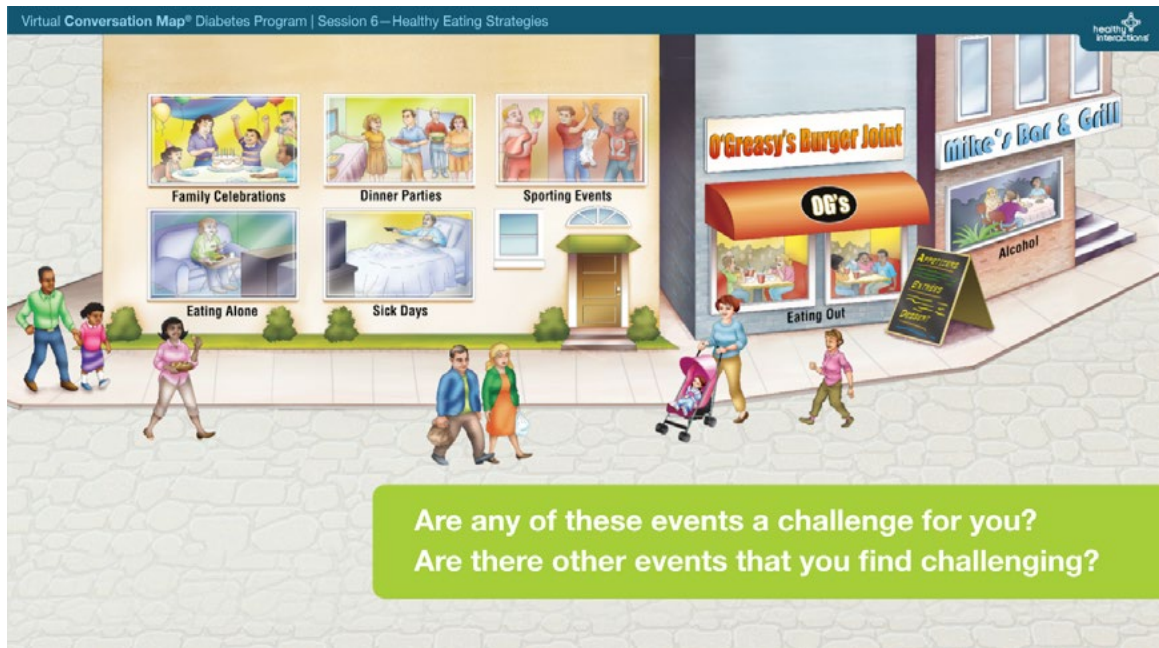


May I have a volunteer read aloud the titles of the various scenes below each *apartment* and *restaurant window*? (stop and do)

Family Celebrations
Dinner Parties
Sporting Events
Eating Alone

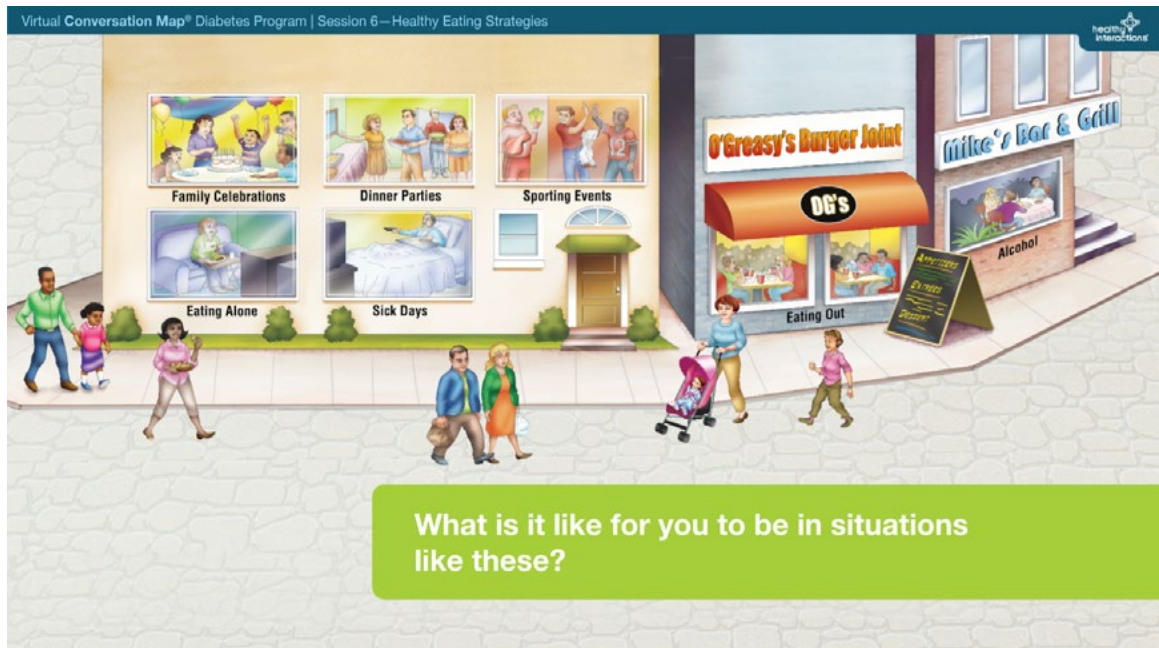
Sick Days
Eating Out
Alcohol

Session 6—Healthy Eating Strategies



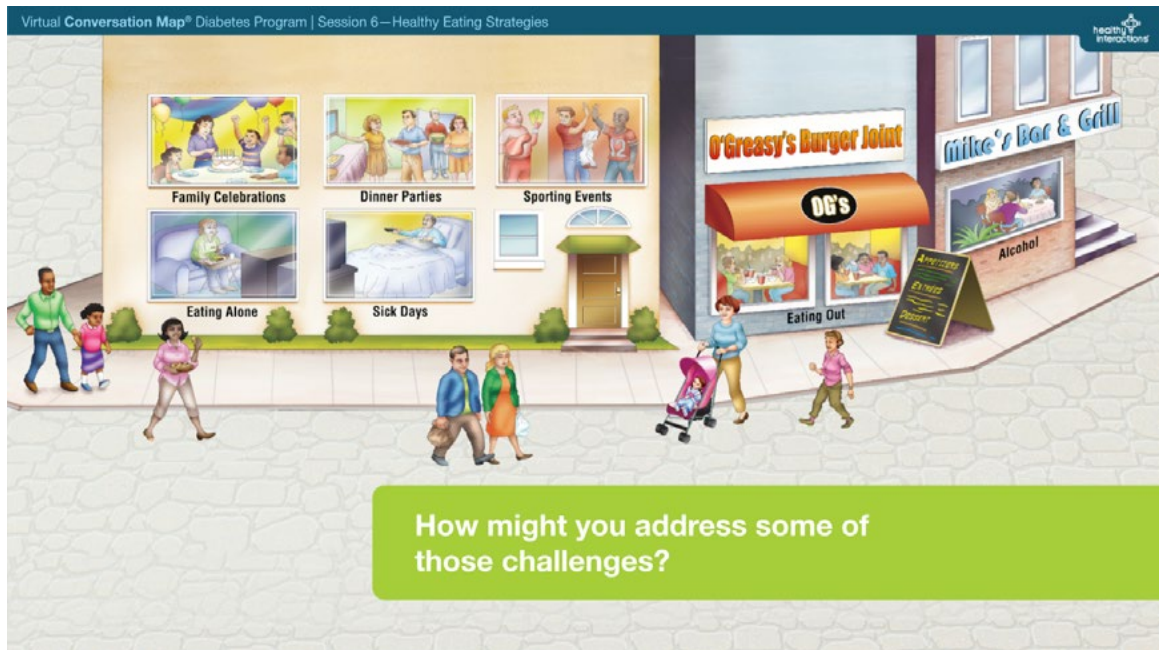
Are any of these events a challenge for you? Are there any other events that you find to be a challenge when trying to eat healthy? (stop and discuss)

Session 6—Healthy Eating Strategies



What is it like for you to be in situations like these? (stop and discuss)

Session 6—Healthy Eating Strategies

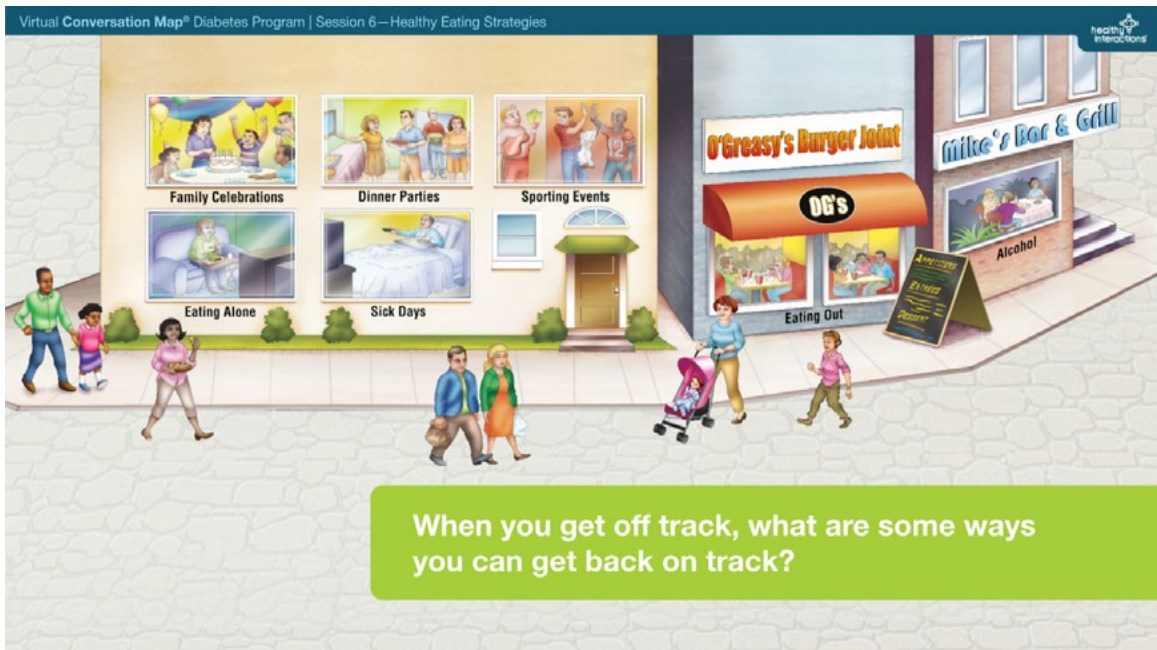


How might you address some of those challenges? (stop and discuss)

Facilitator Tip:

This is an opportunity to discuss nutrition related sick day guidelines and recommendations that are applicable to the group.

Session 6—Healthy Eating Strategies



There are two things to keep in mind when it comes to healthy eating. First, no one is perfect. It is what you do **most** of the time that counts. Second, if you get off track for a day, learn from your experience and start over the next day. Progress not perfection!

(continue reading)

When you get off track, what are some ways you can get back on track? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 6—Healthy Eating Strategies

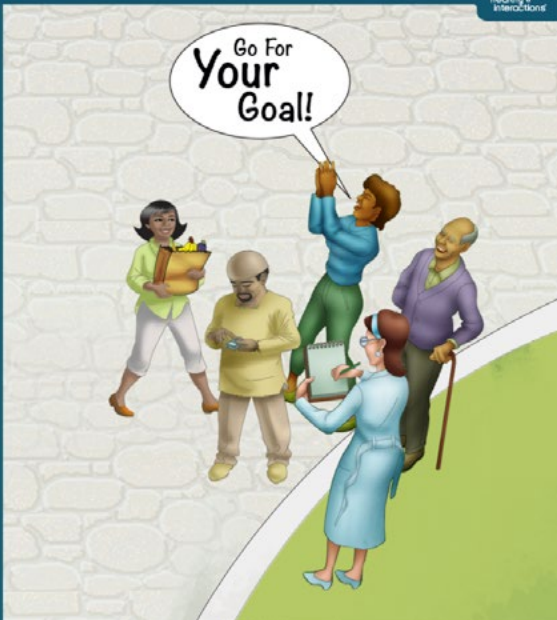


There is no doubt healthy eating and managing your diabetes can be challenging. I encourage you to have a meal plan and to have a plan for handling challenges. And of course, remember that I am here to help along with your healthcare team when questions come up.

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

WHAT WAS MOST MEANINGFUL TO YOU?

What information from this session can you share with your support network?



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Take a moment to think about everything we have discussed during our session today. What was most meaningful to you personally? (stop and discuss)

What information from this session can you share with your support network so they can better help you achieve your goal(s)? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

What is one thing you would like to work on between now and next time?

TRY TO SET SMALL AND REALISTIC GOALS.



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As we discussed in previous sessions, I will encourage you to set and work on various goals over the course of this program. (continue reading)


What is one thing related to your diabetes self-management you would like to work on, or continue to work on, between now and next time (i.e., your near-term goal(s))? This can be the same goal from the last session or a different goal. (stop and discuss)

The big and small steps you take throughout the 8 sessions of this program can begin to reshape how you manage your diabetes. So, to wrap up today's session, let's talk a little bit about another activity I would like you to try from now until we meet again.

Virtual Conversation Map® Diabetes Program | Session 6—Healthy Eating Strategies

BETWEEN NOW AND NEXT TIME

RECORD YOUR QUESTIONS
about diabetes medications that you have taken in the past or are currently taking. Write them down or send them to me through the *map4health* app.



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Our next session will cover a lot of information related to your diabetes medications. Between now and next time, I'd like you think about the diabetes medications that you've taken in the past or currently take and any questions you've had related to those medications. Until next time, I'd like you to send me some of those questions in the *map4health*® app or write them down so we can have a great discussion in our next session. (continue reading)

Do you have any questions about this "assignment?" (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

THANK YOU

VIRTUAL CONVERSATION MAP® DIABETES PROGRAM

- ✓ Session 1 — Your Journey with Diabetes
- ✓ Session 2 — Understanding the Basics
- ✓ Session 3 — Monitoring Blood Sugar
- ✓ Session 4 — Healthy Eating and Diabetes
- ✓ Session 5 — Using Your Numbers
- ✓ Session 6 — Healthy Eating Strategies
- Session 7 — Managing Diabetes Long-Term
- Session 8 — Continuing Your Journey



Thank you very much for your participation today. I look forward to talking with in our next session scheduled for **<identify time and date for the group>**. (continue reading)

Are there any final thoughts or questions before we end our session? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Again, thanks very much and I will see you next time.

END SESSION