DIABETES MESSAGES

COMMUNITY EDUCATION FOR THE PREVENTION AND CONTROL OF DIABETES

INTERACTIVE LESSONS

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     Located at the end of this module.
FACILITATOR GUIDE

LESSON 1: WHY IS DIABETES IMPORTANT?

TIME: 30-40 minutes

OBJECTIVES
1) Learners will understand what diabetes is and the complications of diabetes.
2) Learners will identify 5 common risk factors for developing diabetes.
3) Learners will be able to state 5 common symptoms of diabetes.
4) Learners will be able to identify 2 lifestyle changes to prevent or control diabetes.

LESSON MATERIALS
- Lesson 1.
- Posters - Complications of Diabetes; You Can Prevent and Control Diabetes.
- Large paper or blackboard and chalk/marking pens.

PREPARATION
- Become comfortable with the materials:
  ✓ Review the Lesson, including the Application & Personal Plan.
  ✓ Review the Posters – Complications of Diabetes and You Can Prevent and Control Diabetes.
- Role Play: Make two copies of the script for the Role Play. Several days before the lesson, ask two people to participate in the Role Play and give them their script to read and practice.

AFTER THE LESSON
- Thank the learners for their participation.
- Tell the learners that you believe they can make the healthy changes that they have identified.
- Thank those who acted the Role Play for their help. Ask for two volunteers would be willing to read and act the Role Play for the next month’s lesson.
LESSON 1: WHY IS DIABETES IMPORTANT?

<table>
<thead>
<tr>
<th>LESSON PLAN</th>
<th>MAIN IDEAS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INTRODUCTION:</strong> How many of you think that you may have diabetes? Or do you have family with diabetes? How many of you have had diabetes for a while? You probably have questions on what exactly diabetes is and why it is important. Diagnosing and controlling diabetes is vital in order to stay healthy all your life.</td>
<td></td>
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<tr>
<td><strong>ROLE PLAY:</strong></td>
<td></td>
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<tr>
<td>Rosa: I don’t know what is the matter with me – I’m thirsty all the time, then I’m always needing to use the bathroom, especially at night! Maybe that’s why I’m so tired, too – I don’t sleep well...</td>
<td>2.) Diabetes is a serious medical condition. Sweet and starchy foods that you eat are digested, raising your blood sugar (or blood glucose). Blood sugar enters every cell in your body to give you energy for life. But, when you have too much blood sugar or it cannot enter your cells, the blood sugar builds up in your body. Over time, too much blood sugar in your body causes health problems or “complications of diabetes”.</td>
</tr>
<tr>
<td>Eduardo: I wondered if you were well. You do seem tired all the time, and look like you have lost some weight.</td>
<td></td>
</tr>
<tr>
<td>Rosa: My sister feels the same way, and she has diabetes. Maybe I should see a doctor...</td>
<td></td>
</tr>
<tr>
<td><strong>DISCUSSION:</strong></td>
<td></td>
</tr>
<tr>
<td>1.) Why do you think Rosa doesn’t feel well? What do you think is happening to her?</td>
<td></td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>2.) Raise your hand if you know someone like Rosa who has diabetes. Are they family? A friend? A neighbor? What do you think causes diabetes?</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>3.) How did Rosa know she might have diabetes? How did your family/friend know that they had diabetes?</td>
<td>3.) Symptoms of diabetes:</td>
</tr>
<tr>
<td></td>
<td>• Very thirsty.</td>
</tr>
<tr>
<td></td>
<td>• Frequently urinating.</td>
</tr>
<tr>
<td></td>
<td>• Blurry vision.</td>
</tr>
<tr>
<td></td>
<td>• Fatigue.</td>
</tr>
<tr>
<td></td>
<td>• Loss of weight.</td>
</tr>
</tbody>
</table>

List ideas on large paper or a blackboard.
4.) Everyone think of one way that someone gets diabetes.
List ideas on large paper or a blackboard.

5.) What can happen if someone with diabetes doesn’t take care of themselves?
Do you know someone with diabetes that had problems from it?
What kind of health problems did they have?

In groups of 3, share your answers.
One person from each group please share your thoughts with all of us.

You all have good ideas!
This poster tells us how uncontrolled blood sugars (diabetes) can affect your body:

Share the poster Complications of Diabetes.

6.) Do you think that diabetes can be prevented? Do you think it can be cured?
(Raise hands for yes or no answers)

How do you think someone with diabetes can take care of themselves?

Share the poster: You Can Prevent and Control Diabetes.

(These symptoms may be due to other health problems. It is important to see a doctor for a correct diagnosis)

To know if you have diabetes, your doctor or medical staff will give you a simple blood test.

4.) People can develop diabetes for many reasons:
• Others in their family have it (in their genes).
• If they eat too many sweet foods, sugary drinks, and starchy foods
• If they are overweight.
• If they do not get enough activity.
• Pregnancy, especially if women give birth to large babies.

5.) Complications of diabetes:
• Lungs – more pneumonia and flu.
• Heart & Blood Vessels – heart disease.
• Feet and Legs – Nerve damage, burning or numbness of the feet. Possible amputations of feet and legs.
• Teeth & Gums – Sore, bleeding gums.
• Eyes – Blurry vision, blindness.
• Brain – Higher risks of stroke.
• Pregnancy – problems during pregnancy, also very large babies.
• Kidneys – kidneys are damaged and may stop working.

6.) Diabetes cannot be cured. But, people can prevent diabetes and people with diabetes can control it and have fewer health problems if they:
• Eat healthy foods.
• Eat the same amounts of foods three times a day.
• Avoid or eat no sweets and sugary drinks.
• Be careful not to eat too many starchy foods.
• Lose weight if they are overweight.
• Stay physically active.
We will talk more about these points at our next meeting.

PERSONAL PLAN:
A.) **What two changes** that you can make this week to live a healthy life to prevent diabetes or control your diabetes?

Share the *You Can Control or Prevent Diabetes* poster.

B.) **Raise your hand** if you are choosing to make this change. (name each point on the poster).

C.) **Now tell the person sitting next to you** what changes you will be making.

D.) **When you see this neighbor/friend/family this month**, support each other on the changes you are making for better health.

E.) **When we meet next month**, we will share with each other the changes that we are making for better health.

THANK YOU ALL FOR COMING HERE TODAY!

- **Medications** can help people with severe diabetes.

**Prevention/Control:** Refer to *You Can Control or Prevent Diabetes* poster.
TYPE 2 DIABETES

With type 2 diabetes, your body makes some insulin, but not enough. Or, the insulin your body makes does not work right.

Much of the food you eat is changed by your body into a kind of sugar. The medical word for this sugar is glucose. Insulin helps sugar move from your blood into your body’s cells.

If you don’t have enough insulin to move sugar from your blood into your body’s cells, the amount of sugar in your blood goes up. When your blood sugar levels stay high, you have diabetes.

Type 2 diabetes is more common in adults, but the number of children and young people with type 2 diabetes is growing. Eating healthy foods, in the right amounts, and being physically active can help people lower their blood sugar. Most people with type 2 diabetes take diabetes pills and many also take insulin.

Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.
TIME: 30-40 minutes

OBJECTIVES
1) Learners will be able to identify three types of healthy food groups to prevent and control diabetes.
2) Learners will be able to demonstrate appropriate portion sizes of these food groups through two methods of portion control.
3) Learners will be able to say that it is important to eat the same size of meals, three times a day to prevent and control diabetes.
4) Learners will be able to state high sugar foods and beverages that promote diabetes.

LESSON MATERIALS
- Lesson 2.
- Posters – You Can Prevent and Control Diabetes; Plato de la Comida Saludable; A Fist of Each Food.
- Large paper or blackboard and chalk/mark pen.
- A large example of “El Plato de la Comida Saludable” using either a large paper chart or large plate that has been (see Preparation, below).
- Common foods from each of the food groups, to use as examples on the paper chart or plate.
- Soda pop, other sweet drinks (Tang), sweets, candies, and postres, to use as examples of drinks and foods that increase diabetes.

PREPARATION
- Become comfortable with the materials:
  ✓ Review the Lesson, including the Application & Personal Plan.
  ✓ Review the Posters – You Can Prevent and Control Diabetes; El Plato de la Comida Saludable; A Fist of Each Food.
- Role Play: Make two copies of the script for the Role Play. Several days before the Lesson, ask two people to participate in the Role Play and give them their script to read and practice.
- To make the large example of “El Plato de la Comida Saludable”, draw a big circle on a large piece of paper. Divide the paper into three equal parts. Label each part: Starchy Foods, Protein Foods, and Fruits and Vegetables. If paper is not available, use a large plate, divided into three parts with tape.
- Collect: Examples of the foods from each of the food groups, to use as examples on the paper chart or plate.
- Collect: Soda pop, other sweet drinks (Tang), sweets, candies, and postres, to use as examples of drinks and foods that increase diabetes.
AFTER THE LESSON

- Thank the learners for their participation.
- Tell the learners that you believe they can make the healthy changes that they have identified.
- Thank those who acted the Role Play for their help.
**LESSON 2: EATING HEALTHY to PREVENT or CONTROL DIABETES**

<table>
<thead>
<tr>
<th>LESSON PLAN</th>
<th>MAIN IDEAS</th>
</tr>
</thead>
</table>
| **REVIEW:** At our last meeting, we talked about changes that each person could make to prevent or control diabetes.  
  - What did you change or changes did you make?  
  - Was it easy or difficult?  
  - If it was easy, why?  
  - If your change was difficult, why? How can you make your change easier to do?  
  Review the poster: You Can Prevent and Control Diabetes. | **REVIEW:** People can prevent or control diabetes by making these changes:  
  - Eat healthy foods.  
  - Eat the same amounts of foods three times a day.  
  - Avoid or eat no sweets and sugary drinks.  
  - Be careful not to eat too many starchy foods.  
  - Lose weight if they are overweight.  
  - Stay physically active. |

**MESSAGE OF THE DAY:**  
Everyone who wants to prevent or control diabetes has questions about food: *What do I eat? What are ‘good foods’ to eat? Which foods should I avoid? How much should I eat and when?* Today, we will answer these questions, providing you with information and ‘tools’ for healthy living for preventing and controlling diabetes.

**ROLE PLAY:**  
Rosa: I guess I have diabetes, but I don’t know what to eat….somebody told me just “don’t drink cola and eat postre”. Is that all?  
Eduardo: My cousin eats more vegetables and ensalada to keep her diabetes OK. She also doesn’t eat much rice or colas or sweet foods...Maybe if we eat that way, we won’t get diabetes.  
Rosa: Hmm, I guess when I eat more fruit and greens, I feel a little better, too. But I still need my rice and corn and beans! Should I just eat less of those foods?  

1.) How does Rosa feel about her diabetes?  
What do you think of Eduardo’s advice?  

2.) What kinds of foods make Rosa feel healthier?  
Think of someone you may know who has diabetes....
• What foods help them control their diabetes?
• Are there foods that they know that they shouldn’t eat?
• Should they be careful of how much they eat of certain foods?

List ideas on large paper or a blackboard.

3.) Activity: Which foods do you think are healthy to eat to prevent or control diabetes?

Show and explain the El Plato de la Comida Saludable chart.

On a large paper chart or large plate (that has been divided into three equal parts), place one food in the “Starchy” foods area.
Ask: what other foods are like _____? Why are these foods important for us?

Repeat activity with “Protein” foods.
Ask: What other foods are like these? Why are these foods important for us?

Repeat activity with “Fruits and Vegetables” foods.
Ask: What other foods are like these? Why are these foods important for us?

4.) Can you stay healthy if you eat just one type of food?

Raise your hand YES or NO.

Practical Application:
• Ask 2-3 learners to arrange a breakfast plate using healthy foods from the three food groups.
• Repeat activity for a lunch plate.
• Repeat activity for a dinner plate.

3.) Eat three types of healthy foods:
Refer to the El Plato de la Comida Saludable chart.

Starchy foods – maiz, rice, whole grain breads
These foods give us energy for daily activities and work.

Protein foods – beans, eggs, chicken, meats
These foods help us grow, maintain health, and heal.

Fruits and vegetables – green leafy vegetables, carrots, bananas, mangos, oranges and other fruits and vegetables provide vitamins and minerals to stay healthy and avoid illnesses.

4.) People need all three types of foods for good health.

Practical Application:
Use the El Plato de la Comida Saludable poster as a guide.

5.) How much are you supposed to eat of each type of food?

5.) For good health and to prevent or control diabetes, eat the same amounts of healthy foods.
6.) How can you know if you are eating the same amounts of these three types of foods?

Demonstrate each “Idea”:

- **Plate or bowl** - Using the paper plate or a large plate, place examples of the three types of foods in equal amounts. Show: *El Plato de la Comida Saludable* Chart.
  
  Imagine the foods on your plate or in your bowl in three equal amounts.

- **Fist of Food** - Demonstrate, using the *Fist of Each Food* Chart.
  
  Eat a fist-sized portion of each of the three types of foods.

  Have each person practice with various foods from all three types of foods.

7.) What would happen if you ate too many Starchy foods?

8.) Unhealthy foods: What about sweets, candies, postres, sodas, Tang, and all foods and drinks with sugar?

- Why are these foods not healthy for us?
- Can you ever eat these foods?

List ideas on larger paper or a chalkboard.

9.) How often should you eat?

- Why should you eat regular meals, and not skip meals?

6.) Ideas:

- **Plate or bowl** - see *El Plato de la Comida Saludable* chart.

- **Fist of food** – see *A Fist of Each Food* chart.

7.) Too many Starchy foods can cause

- Diabetes.
- Make diabetes worse for people who have it.
- Increase weight, which may also lead to diabetes.

8.) Avoid eating unhealthy foods or eat them in very small amounts.

Too many sweet foods and drinks can cause diabetes or make it hard to control. These foods can also cause weight gain which is also a risk factor for diabetes, heart disease, and some cancers.

9.) Eat 3 meals a day at regular times. Do not miss meals.

When you eat 3 meals a day at regular times, your blood sugar will be more level.
This will help you to control diabetes better.
Eating a lot of food at one time raises blood sugar levels. Skipping meals can make your blood sugar levels too low and that can also be dangerous (hunger, weakness, dizziness, confusion).
PERSONAL PLAN:

Everyone think of **the important ideas** that you learned from today’s lesson! What are they?

List the main points on large paper or a blackboard. Be sure to include all the “**Important Ideas**” listed to the right.

From this list, what are two changes that you can make this week to live a healthy life to prevent diabetes or control your diabetes?

a.) **Raise your hand** if you are choosing to make this change.

Name each idea on the list.

b.) **Now tell you the person sitting next to you** what changes you will be making.

c.) **When you see this neighbor/friend/family this month, support each other on the changes you are making for better health.**

d.) **When we meet next month, we will share with each other the changes that we are making for better health.**

THANK YOU ALL FOR COMING HERE TODAY!

**Important Ideas:**

- Eat **three types of healthy foods:** protein foods, starchy foods, and fruits and vegetables.

- Eat **adequate protein foods,** less starchy foods, and plenty of colorful (green, red, orange) vegetables.

- **Cook with less fat, oil, salt, and sugar.**

- To eat the same amounts of healthy foods, use these methods: **El Plato de la Comida Saludable** or **Fist of Each Food.**

- **Sweet foods and drinks promote diabetes.**

- **Try to avoid or have very few sweet foods and drinks.**
FACILITATOR GUIDE

LESSON 3: HEALTHY FOODS, HEALTHY WEIGHT

TIME: 30 – 40 minutes

OBJECTIVES

1) Learners will be able to say that high sugar foods and drinks that increase blood sugar, weight, and tooth decay.

2) Learners will state two ways that they can reduce sugary drinks and foods.

3) Learners will identify five behaviors that can help them to maintain or to lose weight.

4) Optional: Learners will demonstrate the ‘Pinch Test’ or “Making Ends Meet” ribbons for monitoring their waist circumference for diabetes risk.

LESSON MATERIALS

• Lesson 3.
• Posters – El Plato de la Comida Saludable, A Fistful of Food, Your Hand as a Guide to Portion Sizes, Healthy Changes (see Weight Management Information and Mini-Lesson).
• Large paper or blackboard and chalk/marki ng pens.
• Examples of sweet drinks (soda, Tang) and foods (candies, postres) that are common in your community.
• 1 cup sugar, clear glass or plastic cup, and measuring spoon for #1 in the Lesson. Information page, Azucares Escondidos y Diabetes.
• Optional #9 in Weight Management Information and Mini-Lesson.

PREPARATION

• Become comfortable with the materials:
  ✓ Review Lesson 3, including the Application & Personal Plan.
• Role Play: Make two copies of the script for the Role Play. Several days before the Lesson, ask two people to participate in the Role Play and give them their script to read and practice.
• Collect examples of the sweet foods and drinks: a bottle of soda, candies.
• Prepare for #1, a demonstration of the amounts of sugars in foods:
  ✓ Use the information in Azucares Escondidos y Diabetes, found at the end of Lesson 3.
  ✓ Assemble ½ cup sugar, clear plastic cups or glasses, 1 teaspoon measuring spoon.
  ✓ If you use foods that are not in Azucares Escondidos y Diabetes, you can find out how many grams of sugar are in each item using this method: Divide that amount by 4 to know how many teaspoons of sugar are in each item. Example: 1 can soda has 40 grams of sugar. 40 divided by 4 = 10 teaspoons of sugar in the soda.
  ✓ Make a list of the teaspoons of sugar in your examples, for use in the lesson.
• Practice Your Hand as a Guide to Portion Sizes using the chart.
• Optional #9 in the Lesson:
  ✓ Activity 1 – practice the “Pinch Test” on yourself and willing family!
  OR
  ✓ Activity 2 – Review the Make Ends Meet activity in Weight Management Information and Mini-Lesson. Use both the Mini-Lesson and the Healthy Changes chart or just the chart.

AFTER THE LESSON
• Thank the learners for their participation.
• Tell the learners that you believe they can make the healthy changes that they have identified.
• Thank those who acted the Role Play for their help.
LESSON PLAN

REVIEW:
At our last meeting, we talked about healthy food choices and portion sizes to prevent or control diabetes.
• How many of you made changes to eat healthier foods?
• What foods did you choose more often?
• Which foods did you eat less of?
• How many of you are trying to choose smaller portions of food?
• How are you doing that – with the Fist of Food method? Using a smaller plate or bowl?

List answers on large paper or blackboard.
Review healthy foods with El Plato de la Comida Saludable poster. Praise them for “making better choices for better health”!

INTRODUCTION:
Everyone likes sweet treats, yet sugary foods and drinks can promote diabetes.
Today, we are going to talk about ways to eat and drink fewer sweet foods and to choose healthier foods, overall.
How many of you would like to lose a little weight, or have a family member who wants to lose some pounds?
Keeping a normal weight also helps to prevent and control diabetes.
We’ll also talk about ideas to have a healthy weight.

1.) What are the sugary drinks here that people like to drink?
That your children like to drink?
What candies and sweet foods do you and your family like to eat?
Often, we are not aware of the sugar in foods and drinks, because we can’t “see” the sugar!

MAIN IDEAS

REVIEW:
Diabetes can be prevented or controlled by eating the same amounts of three types of healthy foods and by having less sugar, fats, and starchy foods.
• Healthier foods- See El Plato de la Comida Saludable poster.
• Less healthy foods – sugary foods, sodas and sweet drinks, fatty foods, large portions of starchy foods.
• Portions – Eat equal amounts of all three types of foods. Use a plate or bowl in three equal parts. Or, use the Fist of Food idea (see poster).
<table>
<thead>
<tr>
<th>Display: Show examples of drinks and sweets common in that community. Demonstrate the amounts of sugar in typical drinks and foods (colas, other sodas, juices, candies) by measuring the teaspoons of sugar per bottle or serving into a clear cup. 4 grams sugar = 1 tsp.</th>
<th>Use the information in Azucares Escondidos y Diabetes, at the end of this lesson.</th>
</tr>
</thead>
</table>
| 2.) Tell me, why are sweets and sugary drinks harmful to your health? | 2.) Too many sugary drinks, candies, and other sweet foods can increase your chances of:  
- Diabetes.  
- Overweight and obesity (which can also increase diabetes risk).  
- Tooth decay. |
| 3.) What can you and your family do avoid drinking sugary drinks? | 3.) Choose to drink beverages that do not have sugar:  
- Clean/safe water  
- Tea and coffee w/o sugar added  
- Diet colas instead of colas |
| Everyone think of a beverage you can choose instead of sugary drinks. | 4.) Choose to eat fewer or no sweet foods like candies, pastries, chocolates, and ice cream. When you want to eat something sweet, choose small pieces of fruit or the pastry or candy. |
| 4.) How can you eat few or no sweet foods? | 5.) Extra pounds can contribute to developing diabetes. To avoid or to control diabetes, it is important to maintain a healthy weight. Important to lose weight if you do weigh too much. |
| 5.) Do you think that people who are overweight or obese are more likely to have diabetes? | 6.) People can lose weight by eating healthy foods in the right amounts and by being active!  
- Eat plenty of vegetables and fruits  
- Be careful not to eat too much corn, rice, and breads  
- Use small amounts of oil and fats when cooking  
- Avoid or have very few sugars in drinks, candies, pastries, cookies, etc.  
- Be as active as you can – walk every day! |
| Raise your hand YES or NO. | |
| 6.) If someone is overweight, how can they lose weight? | |
| Turn to your neighbor and think of 3 ways to lose weight wisely. | |
| Brainstorm ideas: Have a group discussion, asking each pair to give suggestions. | |
| List on the large paper or chalkboard. | |
7.) Eating smaller portions of foods – especially sweet and fatty foods, starchy foods – can help you lose weight.

You can use practice your hand as a guide for appropriate sizes of foods.

Show the poster Your Hand as a Guide to Portion Sizes.
Demonstrate each hand portion.
Ask each person to also show appropriate serving sizes using their hand.
Then, state various foods; each person practices the corresponding portion size.)

8.) Everyone think of at least one other illnesses can you prevent, even If you are a healthy weight.

9.) How can you know if you are a healthy weight?

Choose one of the two Activities from Weight Management Information & Mini-Lesson.

Activity #1: Pinch Test – With two fingers, “grab” your flesh on the side of your body, above your waist. If you can pinch more than one inch of flesh, you probably need to lose some pounds.

OR

Activity #2: Demonstrate the Making Ends Meet waist ribbons. Distribute ribbons. Learners try out their ribbon on themselves. Learners are to take home their ribbon, use as a tool to see if they are losing waist inches.

7.) Hand portions – see Your Hand as a Guide to Portion Sizes poster

Suggested foods to demonstrate:
Rice, beans, cheese, chicken or beef, nuts, butter’ their most common foods.

8.) A healthy weight will help you to prevent:
• Diabetes
• Heart disease
• High blood pressure
• Arthritis
• Many cancers

9.) Weight Management Information & Mini-Lesson.

Activity #2: see Making Ends Meet Mini-Lesson and Healthy Changes poster, Weight Management and Mini-Lesson section.
PERSONAL PLAN

A.) Divide learners into groups of 3-4.
   Ask each group to talk over:
   • **Less sugar** – What are two ways that each of you can drink fewer sweet drinks and eat less sweet foods?

   • **Weight control** – To lose weight or maintain a healthy weight, what are two things that you can do?

   Ask each group to briefly share what their choices for having less sugar and/or losing weight.

B.) When you see members of your group this month, support each other on the changes you are making for better health.

C.) When we meet next month, we will share with each other the changes that we are making for better health.

THANK YOU ALL FOR COMING HERE TODAY!

• **Ideas to have less sugar** –
  ✓ Choose beverages that do not have sugar: water, tea and coffee w/o sugar added, diet colas instead of colas.
  ✓ Choose fewer or no sweet foods. (candies, postres, chocolates, and ice cream).
  ✓ When you want to eat something sweet, choose small portions.
  ✓ Keep sweet foods and drinks out of your home.
  ✓ Ask support from your family and friends.

• **Weight control** –
  ✓ Eat more vegetables and fruits.
  ✓ Eat less oils, fats, fried foods, sugary, and starchy foods.
  ✓ Eat the smaller portions.
  ✓ Get plenty of activity- start walking daily with a friend or family member!
Many foods contain more sugar than you think. Eating foods high in sugar makes it harder for you to manage your diabetes, which may cause serious health problems.

Here is a list of commonly eaten foods that are high in sugar:

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Grams Carb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular &quot;Cola&quot; drinks</td>
<td>152</td>
<td>39</td>
</tr>
<tr>
<td>Kool-aid</td>
<td>150</td>
<td>38</td>
</tr>
<tr>
<td>Honey</td>
<td>64</td>
<td>17</td>
</tr>
<tr>
<td>Gelatin</td>
<td>83</td>
<td>20</td>
</tr>
<tr>
<td>Hard candy</td>
<td>66.6</td>
<td>16</td>
</tr>
<tr>
<td>Sweetened Cereals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jelly</td>
<td>51</td>
<td>14</td>
</tr>
<tr>
<td>Canned fruit with heavy syrup</td>
<td>189</td>
<td>51</td>
</tr>
<tr>
<td>Natural Fruit Juices</td>
<td>112</td>
<td>26</td>
</tr>
<tr>
<td>Ginger ale</td>
<td>124</td>
<td>32</td>
</tr>
</tbody>
</table>

*Carbs and calories shown are averages. All numbers rounded.

Your goal with diabetes is to keep your blood sugar levels as close to normal as possible. One way to do this is to avoid eating foods high in sugar.

Read food labels carefully when you shop. They are there to help you!
FACILITATOR GUIDE

LESSON 4: WHAT ELSE MAY PREVENT and CONTROL DIABETES

TIME: 50-60 minutes

OBJECTIVES
1) Learners will be able to identify 8 foods and behaviors that may lower diabetes risk.
2) Learners will be able to identify 4 factors that may increase diabetes risk.
3) Learners will be able to state how they can implement foods in their meals that may reduce diabetes risks.
4.) Learners will be able to state 2 foods or behaviors that they can implement in their lives to reduce diabetes or the risk of diabetes.

LESSON MATERIALS
- Lesson 4.
- 2 Large paper, tape, and making pens or blackboard and chalk.
- Optional: Examples of foods from the List of Factors.

PREPARATION
- Become comfortable with the materials:
  ✓ Review the Discussion Guide, including the Activity, Discussion, and Personal Plan.
  ✓ Prepare the two signs or blackboard for the Activity (see directions in the Activity).
- Collect any examples of foods from the List of Factors, if possible.

AFTER THE LESSON
- Thank the learners for their participation.
- Tell the learners that you believe they can make the healthy changes that they have identified.
LESSON 4: WHAT ELSE MAY PREVENT and CONTROL DIABETES

REVIEW
At our meeting last month, we talked about ways to have fewer sweet foods and drinks. Raise your hand if you were able to eat and drink no or few sweets and drinks.

• What changes did you make?
• Was it easy or difficult?
• If it was easy, why?
• If your change was difficult, why? How can you make your change easier to do?

We also talked about the importance of losing weight, if you need to lose some pounds. Did anyone try to lose weight? What did you do?

Write their ideas on large paper or a blackboard.

INTRODUCTION
Today, we are going to talk about foods, spices, and beverages that may help you to also prevent or control diabetes. In addition, we’ll learn more about lifestyle choices that can influence blood sugar levels.

ACTIVITY and DISCUSSION and PERSONAL PLAN
• Lead your group through the ACTIVITY, as described below.
• Lead a group discussion, using the DISCUSSION questions below.
  As the discussion leader, be sure that the participants talk about the MAIN IDEAS.
• Conclude by asking each person to make a PERSONAL PLAN to set goals for preventing or controlling diabetes.
BEFORE THE ACTIVITY:

- You will need two large sheets of paper to make signs or two blackboards.
- On the top of one sign/blackboard, write in large letters: PREVENTS DIABETES.
- On the top of the second sign/blackboard, write in large letters: PROMOTES DIABETES.
- Optional: Collect examples of foods from the List of Factors (below) to show as you talk over each food or drink.

If using paper, tape the signs on different walls. Be careful that people will be able to walk to the signs easily.

THE ACTIVITY:

Introduction: We are going to play a guessing game: what things help you to prevent and control diabetes? Or, what things can make diabetes worse?

As I say each item to you, guess how it may influence diabetes. Then walk to the sign labeled PROMOTES DIABETES or PREVENTS DIABETES.

Practice: First, let’s practice. I am going to read EXERCISE. Well, how many think that it promotes diabetes? Or helps to prevent diabetes? Which sign do you want to stand by? Move to that sign now.

Yes, exercise will help you to both lose weight and lower blood sugars, so those of you who chose to stand by the PREVENTS DIABETES sign are correct. Go to that sign and write EXERCISE.

Activity: Read off each factor in the following order. After your community members have made their decision (standing by a sign), tell them whether that factor helps prevent or promotes diabetes. Then you (or a volunteer helper) write the factor on the appropriate sign.

LIST OF FACTORS:

PROCESSED MEATS (bacon, sausages, deli meats)
COFFEE
SLEEP WELL
STRESS
TEA
PICKLED VEGETABLES
FIBER in WHOLE GRAINS
TRANS FATS (hydrogenated and partially hydrogenated fats)
NUTS
OVERWEIGHT or OBESITY
MAGNESIUM in FOODS
LEMON JUICE
### DISCUSSION

**AFTER THE ACTIVITY:**
You will now have two lists. Discuss each list, first the **PREVENTS DIABETES** sign, then the **PROMOTES DIABETES** sign. Share the MAIN IDEAS for each factor.

#### PREVENTS DIABETES

| 1.) **EXERCISE** | • What can help you to walk at least 30 minutes a day? |
| 2.) **SLEEP WELL** | • How many hours should you try to sleep?  
• Raise your hand if you have trouble sleeping.  
• Everyone think of something they do to sleep better. What are your ideas? |
| 3.) **COFFEE and TEA** | • You can enjoy coffee and black tea.  
• Should you add sugar? (NO) |
| 4.) **PICKLED VEGETABLES** | • How many of you like pickled vegetables?  
• Raise your hand if you can enjoy them at meals 2-3 times a week? 4-5 times a week? More than 5 times a week? |
| 5.) **FIBER in WHOLE GRAINS** | • Do you like oatmeal? Bran cereal? Corn and Whole wheat tortillas? Brown rice?  
• These are all examples of high fiber whole grain foods. |
| 6.) **NUTS** | • Snack on raw or roasted nuts. |

#### MAIN IDEAS

| 1.) **EXERCISE** | • Walking fast for just 30 minutes a day can keep blood sugars lower for a whole day. |
| 2.) **SLEEP WELL** | • Sleeping 7-8 hours a night helps to control your blood sugar.  
• To sleep better, avoid caffeine late in the day, drink manzanilla tea, exercise, and avoid upsetting thoughts. |
| 3.) **COFFEE and TEA** | • Drink 4-5 cups of coffee a day.  
• Enjoy 3-4 cups of black tea (not herbal tea) a day. |
| 4.) **PICKLED VEGETABLES** | • The vinegar (or acid) in pickled vegetables lowers blood sugars. |
| 5.) **FIBER in WHOLE GRAINS** | • In addition to keeping blood sugars lower, fiber can help prevent constipation, colorectal cancer, and high cholesterol. More fiber helps you to lose weight by making you feel more full, too. |
| 6.) **NUTS** | • Eat a handful of nuts at least 5 times a week. |
7.) **MAGNESIUM in FOODS**
- What is Magnesium?
- What foods have magnesium? (write these foods on the sign).

8.) **LEMON JUICE**
- How can you use lemon juice in meals and drinks?

**Brainstorm Menu Ideas:**
Please make groups of 3-4 persons. Think of ways that you can use **PICKLED VEGETABLES, LEMON JUICE, FIBER in WHOLE GRAINS, NUTS, and FOODS with MAGNESIUM** in meals at least one time a day.

Allow them 5 minutes for this activity.

Please share your ideas with the whole group.
As they share, write their menu ideas by each item.

<table>
<thead>
<tr>
<th>PROMOTES DIABETES</th>
<th>PROMOTES DIABETES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.) PROCESSED MEATS</strong></td>
<td><strong>1.) PROCESSED MEATS</strong></td>
</tr>
<tr>
<td>- Everyone tell me one example of a processed meat.</td>
<td>- Sausages, hot dogs, bacon, and many deli meats are examples of processed meats that can worsened diabetes.</td>
</tr>
<tr>
<td></td>
<td>- Processed meats can also promote heart disease and some cancers.</td>
</tr>
<tr>
<td><strong>2.) TRANS FATS</strong></td>
<td><strong>2.) TRANS FATS</strong></td>
</tr>
<tr>
<td>- Can anyone tell me what these are?</td>
<td>- Trans fatty acids in hydrogenated fats and partially hydrogenated fats can also promote diabetes and heart disease.</td>
</tr>
<tr>
<td>- They are ingredients in what sorts of foods?</td>
<td>- These types of fats are ingredients in Manteca, chips, some candy bars, and snack foods.</td>
</tr>
</tbody>
</table>
3.) **STRESS**
   - Be aware that worries and anxieties raise blood sugar levels in people with diabetes.
   - Think of a situation or person that causes you stress.
   - What is one idea for making that situation less stressful? Or how can you make peace with the person who causes you worries?
   - Please share your ideas (generally), if you feel comfortable with that.

4.) **OVERWEIGHT and OBESITY**
   - In last month’s lesson, we talked about keeping a proper weight to lower risks of diabetes. Everyone tell me one idea to lose weight or maintain a proper weight.

On the sign, list their ideas below Overweight or Obesity.

- Everyone please think of other health reasons to avoid being overweight or obese. What are they?

**PERSONAL PLAN (5 minutes):**

Everyone look again at the two lists that we made of things that PREVENT and PROMOTE DIABETES.

From these lists, what are two changes that you can make this week to live a healthy life to prevent diabetes or control your diabetes?

A.) Now tell you the person sitting next to you what changes you will be making.

B.) When you see this neighbor/friend/family this month, support each other on the changes you are making for better health.

3.) **STRESS**
   - Continual stress can contribute to uncontrolled diabetes, high blood pressure, heart disease, and “inflammation” in the body.
   - Note: exercise and talking with a trusted person are very good ways to lessen your anxieties.

4.) **OVERWEIGHT and OBESITY**
   - To lose weight, eat healthy foods (especially fruits and vegetables), avoid sugary foods and drinks, fatty and fried foods, avoid eating too many starchy foods, eat smaller portions, and get plenty of exercise.

   - Losing weight (and keeping a normal weight) can also help to prevent high blood pressure, heart disease, many cancers, and arthritis.
C.) Let’s go around the room - Everyone please share at least one of the changes that they want to make.

D.) When we meet next month, we will share with each other the changes that we are making for better health.

THANK YOU ALL FOR COMING HERE TODAY!