Blood Sugar & Weight Control During Holidays Is it possible?

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Chat Box

We will take everyone off mute at the end of the call for open conversation and questions.

If you have a question during the presentation, please utilize the Chat Box.

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Type your questions into this box – Click Enter
Carbohydrate foods raise blood sugar

- Starches & grains
- Fruits
- Milk & yogurt
- Sweets, candy, desserts, pastries, ice cream
- Sugary drinks such as fruit juice, regular soda, lemonade, fruit punch, sweet tea, Gatorade
Holiday carbs
All carbs raise blood sugar
Meat/protein raise blood sugar a little
Keep portions moderate

BEEF, CHICKEN, FISH, PORK
EGGS, CHEESE
NUTS, NUT BUTTERS, TOFU & EDAMAME
Fats have little effect on blood sugar

- Avocados
- Nuts, nut butters, seeds
- Olives
- Oils, butter, cream
- Keep portions moderate
Non-starchy vegetables
Eat more!
Strategies

- Have a plan, get organized
- Portion control, plate method
- Be choosy in how you spend your carbs
- Time restricted eating or Intermittent fasting
- Blood sugar testing
- Exercise
Use the Plate method as your guide

- ½ plate non-starchy vegetables
- ¼ plate meat/protein
- ¼ plate carbohydrate
- Natural fats to flavor & cook with
- Be choosy
- No second helpings!
Plate method
Strategies

• Time-restricted eating
• The “5-2” diet
• Alternate-day fasting
• All strategies require physician involvement
  • May need diabetes and blood pressure meds adjusted
Time restricted eating

• Limit eating to a set period of time: 6-10 hours/day
• Only eat between the hours of 10am-6pm or 9-5 or 9-7...
• You choose the time frame and number of hours
• Drink calorie free beverages during the “fasting” times
• Water, coffee, tea, broth...anything that is calorie & carb free
• Be sure to test blood sugar before you go to bed if taking diabetes meds
Time-restricted eating reduced...

- Weight, BMI, percent body fat
- Waist circumference & abdominal visceral fat
- Blood pressure, both systolic & diastolic
- Cholesterol both total & LDL

Gabel K, et al. Nutr Healthy Aging. 2018
Other benefits of time-restricted eating

- Improved sleep quality
- Gives metabolic organs a rest
- It’s easy
- 80-90% of people surveyed say they’d continue because they find it easy
Intermittent fasting

- You must discuss with your provider/diabetes educator BEFORE beginning a fasting regimen.
- You must check your blood sugar regularly and always before bedtime.
- You may need diabetes & blood pressure meds adjusted before beginning a fasting regimen and throughout the program.
Rule of 15 for low blood sugar

• Symptoms? Check BG
• 70-80 or less?
• Treat with 15g fast acting carb
  • 3-4 glucose tabs, 4 oz fruit juice or regular soda, 6 soda crackers, 3-4 hard candies, 2 Tbsp raisins
• Wait 15 minutes
• Re-check BG
• If bedtime BG is less than 110 and you take diabetes meds, eat a snack with 15g carb
Intermittent fasting

• Variety of regimens are possible
• May be easier than calorie restriction day after day
• Alternate day fasting
  • Eat very little or not at all one day & “feast” the next day
• 5:2 diet
  • 2 days per week eat no more than 500 calories
  • 5 days per week eat “normally”
Alternate-day fasting versus daily calorie restriction

- After 12 months weight loss was about the same
  - 8% for fasting, 6% for daily calorie restriction
- 52% reduction in fasting insulin levels vs. 14% calorie restriction
- 53% decline in insulin resistance vs. 17% calorie restriction
- Reduced insulin levels means you are more sensitive to insulin
- Less insulin needed to keep blood sugars in check
- Less insulin resistance

Insulin sensitive individuals have normal insulin levels.

Insulin helps glucose enter cells, allowing them to be used for energy. In insulin-sensitive individuals, this process works effectively, resulting in normal insulin levels.
Insulin *resistant* individuals have chronically high insulin levels.
Blood sugar testing
instant feedback
Blood sugar testing
How often and when?

• 4+ times per day if taking insulin
• 4+ times/day, 2 days per week if not on insulin
• Before meals, after meals, or both?
• Targets: before meals < 130, 2 hours post meals < 180
• Bedtime BG 110-150 if on diabetes medications
• Use results to make future adjustments & decisions
• Results can help motivate you
Are you feeling any holiday stress? How will you handle it? Eat? Drink? Sleep?
How about exercise?
Exercise

- Reliably lowers blood sugar
- Decreases insulin resistance
- Improves cardio/respiratory fitness
- 14-20 minutes of walking at moderate pace lowers BG 20%
- Consistency is most important
- 30 minutes 5x/week is the minimum recommended
Use exercise to your advantage

• High blood sugar?
• Do you give a correction dose of insulin or go for a 20 minute walk?
  • Typical insulin dose will take about 90 minutes to drop the blood sugar
  • A brisk walk will lower blood sugar much quicker
• Adding more correction insulin can lead to weight gain
Exercise advantages

• Improves mood and cuts stress
• Walk to do holiday errands
• Socialize with friends & family while walking
Special occasions

• It’s just one day...enjoy the occasion and tomorrow get back on your plan
Resources

Diatribe.org

Recipes
Up to date information on research & advocacy

Diabetes.org

Diabetes Forecast magazine
Resources:

Saint Luke’s Diabetes Centers

Individualized Diabetes Education on site or virtual visit

Call 816-932-2707 to make an appointment (requires provider referral)

Centers available at Saint Luke's Plaza, North, South and East Clinics
Resources:

Saint Luke’s Primary Care
Resources:

Saint Luke’s Community Resource Hub

https://saintlukesresources.org/
Questions?