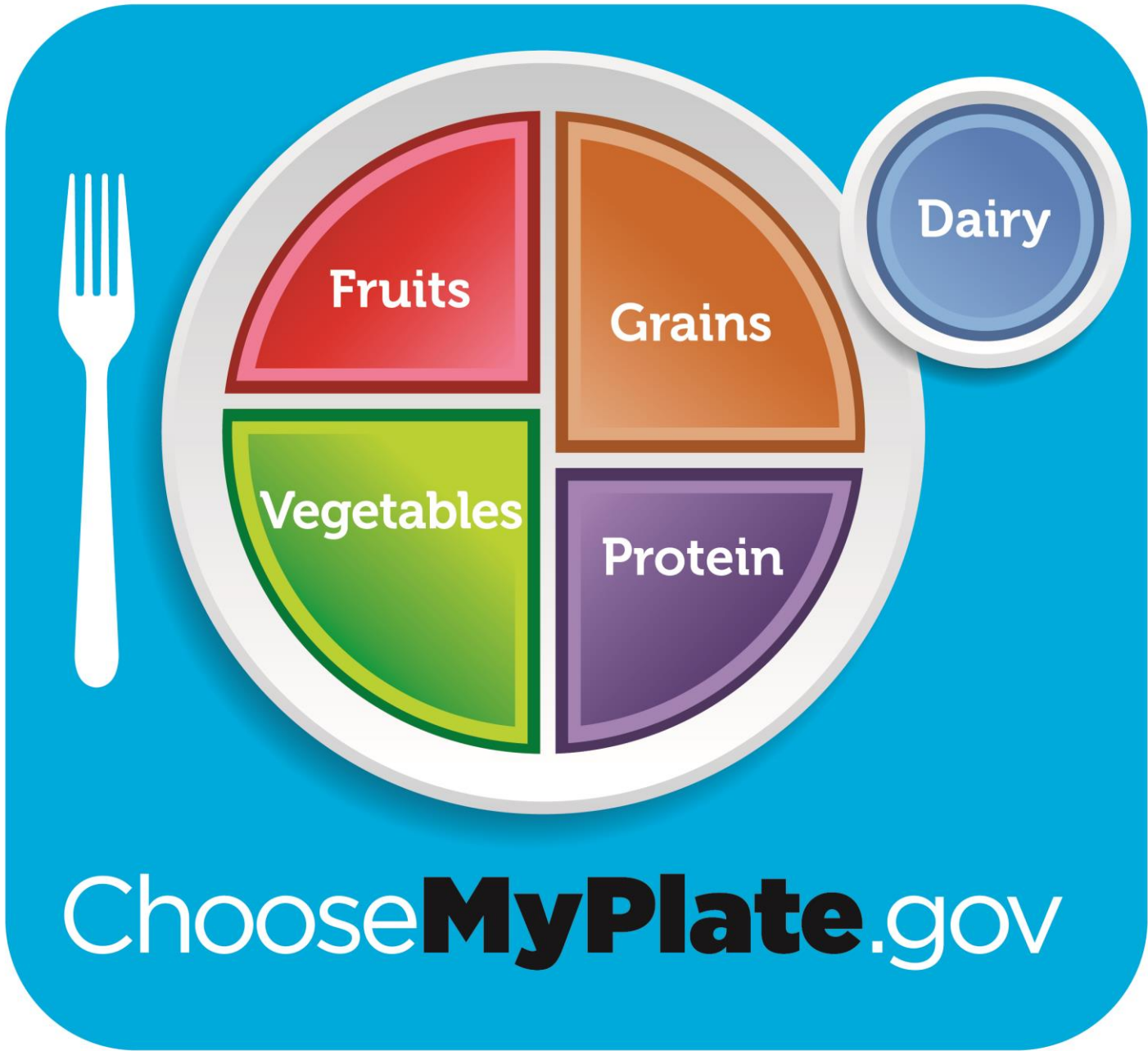


Nutrition with Sarah



Talking Points

- Picky Eating
 - What is normal?
 - Habits that help
- Glycemic Index
 - What is the glycemic index?
 - What is the glycemic load?
 - How to use this information practically
- Exercising with diabetes



Choose **My Plate**.gov

Mealtime Habits

- Habits to make family meals enjoyable
 - Eat together
 - Turn off the TV, silence your phone
 - Happy talk
 - Have a helper
- Setting a schedule
 - 3 meals per day, 1-2 snacks
 - Set time limits
 - Avoid “make-up” treats
 - Listen to your child



Picky Eating

- Getting them to the table:
 - Produce Picker
 - Littlest Sou Chef
 - Menu Maker
 - Short-order cook
 - Snack sabotage



Picky Eating

- Trying new foods
 - Make it first
 - Keep it small
 - Keep it simple
 - Model behavior
 - Give it time



Kitchen Helper

Age	Activity
2 year	Wipe table, hand out items, put things in the trash, tear/rip lettuce and greens, rinse fruits and veggies
3 year	Add ingredients, talk about cooking, mash potatoes, stir batter, name/count foods, add toppings
4 year	Set the table, crack eggs, measure dry ingredients, assemble salad/sandwiches, peel fruit
5 year	Measure liquids, use an egg beater



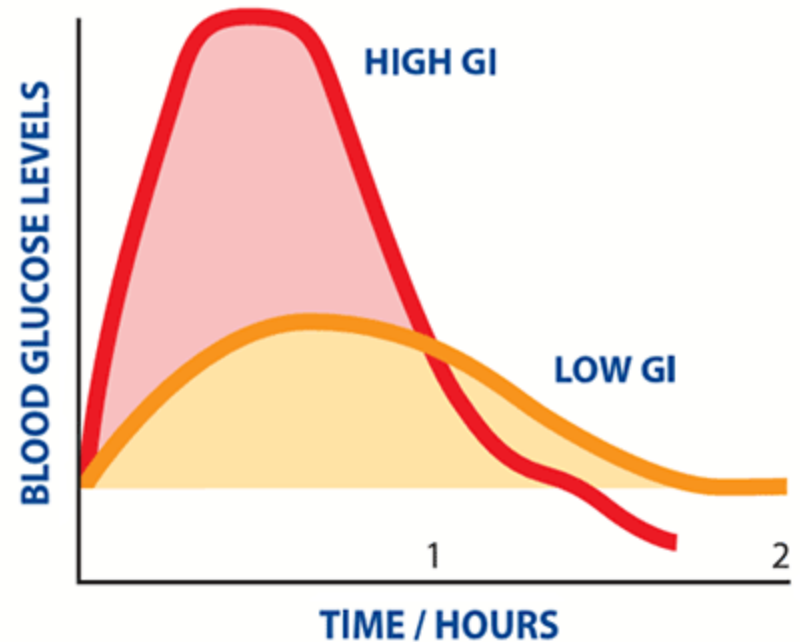
Positive Phrases

- If you love me, you'll eat your broccoli
- Clean Plate Club Membership
- Told you so!
- Rewarding



Glycemic Index (GI)

- What is it?
 - How quickly a food causes blood sugar levels to rise
 - High GI: usually is high in processed carbohydrates and added sugars
 - Low GI: usually rich in fiber, protein and fat



The amount of carbohydrate in the reference and test food must be the same.

Glycemic Index (GI)

- What are the limitations?
- How can it be used?
- What about glycemic load?
 - High: > 20
 - Moderate: 11-19
 - Low: ≤ 10



FOOD	Glycemic index (glucose = 100)	Serving size (grams)	Glycemic load per serving
Graham crackers	74	25	14
Apple, average	39	120	6
Banana, ripe	62	120	16
Grapes, average	59	120	11
Raisins	64	60	28
Potato chips	51	50	12
Spaghetti, boiled	46	180	22
Waffles, Aunt Jemima	76	35	10
Whole wheat bread	71	30	9
Baked russet potato	111	150	33
Gatorade	78	250 mL	12

Exercise and Diabetes

- 30-60 minutes of activity per day
- Exercise can decrease blood sugar by 50-100 points
- Check blood sugar before, during and after
 - Treat a low blood sugar before exercise
 - 15 gm carb (ex. 8 oz Gatorade)
 - Recheck blood sugar 15 minutes later
 - If low, repeat



Exercise and Diabetes

- Prevent low blood sugars
 - 15 gm carb snack for every 30 minutes of exercise
- Watch for delayed effect of exercise
 - Low blood sugar 4-24 hours after intense exercise
 - Prevent by eating 15-45 gm carb 30 min after, pair with protein (ex. Chocolate milk, peanut butter crackers)

