

What Can I Eat?

Healthy Choices for American Indians
and Alaska Natives with Type 2 Diabetes



Class 5:

Review, Reunion, and
Celebration

Participant Booklet





Introduction

One of the first things people ask when they get diabetes is “What can I eat?” In this class, we will discuss how Native people with diabetes can eat better and be healthier.

We will:

1. Review tools for making healthy food choices we’ve learned in the past 4 classes
2. Practice a physical activity that can improve your blood glucose
3. Teach you another mindfulness tool, which can help you make better food choices
4. Set goals to help you reach your vision of health

We will be practicing these skills in class.

Class 5:

Review, Reunion, and Celebration

In this session, we are going to:

- Review the key things we learned from Classes 1-4
- Learn a new physical activity
- Learn a new mindfulness activity to help us eat more healthfully
- Use the Diabetes Plate Method to enjoy our shared food together
- Set a long-term goal for our health



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Notes

Today we will review a lot of the things we learned about in earlier classes. Add notes here if there are important things you want to remember.



Physical Activity

Physical activity is anything that gets you up and moving. When you are physically active, your heart may beat faster and you might breathe faster. Try to make physical activity a fun part of your day. In class today, we practiced a dance activity that you could try with your family.

In this class we have learned a lot of new physical activities. We have:

- Used exercise bands
- Walked
- Stretched
- Practiced body weight exercises
- Danced

Remember, physical activity is anything that gets you up and moving. Keep it fun!

Try to do at least 30 minutes every day. You can break this up into just 5 or 10 minutes of activity at a time.



Mindful Nutrition Choice Activity



Often, we don't really pay attention to what we eat. Sometimes, we eat while watching television or talking on the phone. When we do that, we don't really pay attention to our food. When we pay more attention to our food and its flavors, textures, and smells, we tend to:

- Feel full with less food
- Eat less
- Make better food choices

Eating mindfully means:

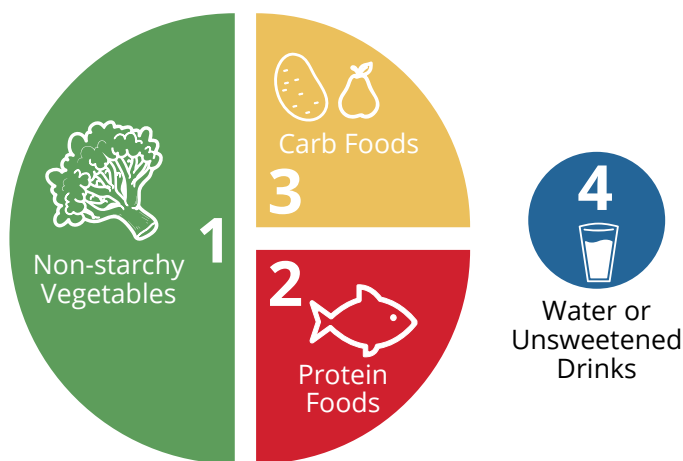
- Making thoughtful choices about what we eat.
- Eating slowly so we can savor each bite.
- Paying close attention to the way our food tastes, feels, smells, and looks.
- Avoiding doing other activities while we are eating.



Key Points From “What Can I Eat?” Classes

Use the Diabetes Plate Method to help you eat the right amount of veggies, proteins, and carbs.

- Using the Diabetes Plate Method can help you plan healthy meals at home and when you are away from home.
- Remember to fit sweets into the carb section of the plate.
- Remember starchy veggies (like potatoes, squash, peas, and corn) go into the carb section of the plate.
- Always drink water or unsweetened drinks.





Review your booklets from the classes for reminders on eating healthfully.

Plan your meals and prepare some food in advance to make it easier to make healthy choices.

Try to eat at least 1 traditional food a week.

Be physically active at least 30 minutes every day.

- Physical activity is something that gets your breathing or heart rate up.

Practice mindfulness tools like breathing and visualization to make healthy, mindful food choices.

Choose healthy proteins prepared in a healthy way.

- Healthy plant-based protein foods are best and include nuts, nut butters, and legumes (beans).

- Other healthy protein foods are eggs, less processed meat like chicken without the skin, fish, and wild game.
- Healthy protein preparation includes grilling, baking, or broiling.

Choose low-salt foods.

A good tip to decrease salt is to choose less processed foods and limit fast food.

Check the food label for how much sodium (salt) is in a serving.

You should try not to eat more than 800 mg of sodium per meal.

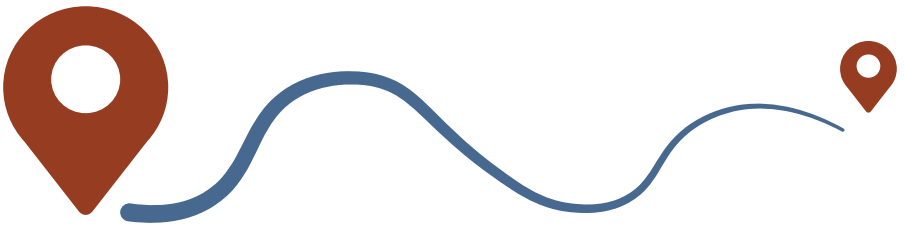
Stick to healthy fats most of the time.

- Healthy fats are oils like olive or canola.
- Healthy fats are also found in foods like nuts, nut butters, avocados, and some seafood.

Choose less processed foods.

- Examples of less processed foods are potatoes (instead of potato chips) or fresh fish (instead of fish sticks).

Set goals to help you stay on track.



Goal Setting for the Future

Imagine your life 6 months from now. Imagine that you feel happy, balanced, and in control of your health.

This vision or picture of a healthy self in the future can help you think about goals you want to set for the future.

What would you feel like in your future healthy self?

I would feel:

What would you be doing?

I would be:

Use the picture that you drew in class of a healthier you to decide what a good goal would be to help you achieve your vision of a healthier you.

Something I would like to do that would move me 1 step closer to my future, healthier self is:

I can start on this date: _____

I will do this on these days: _____

At this time: _____

This is someone who can support me:

These are the things I will need to do to get ready:



What Can I Eat?®

Centers for American Indian & Alaska Native Health

colorado school of public health

Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

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