THE DIABETIC'S DIET:
An Endocrinologist's Perspective

LAURIE K.S. TOM MD

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LEARNING OBJECTIVES:

1. Encourage exploration of factors/barriers to an individual's dietary habits so that more effective guidance can be tailored to the patient's needs.
2. Adopt a holistic and comprehensive approach in the nutritionist's role in promoting good health and wellness.

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"What do you mean there's no such thing as a diabetic diet?"

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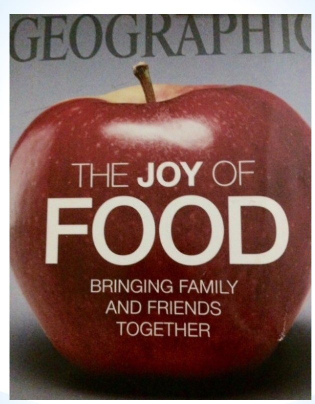
GEOGRAPHIC
THE JOY OF
FOOD
BRINGING FAMILY
AND FRIENDS
TOGETHER

PATIENT QUOTES

"I hardly eat."
"I'm not eating rice."
"I'm eating brown rice."
"I'm drinking orange juice for vitamin C."
"I'm eating bananas for potassium."
"I thought fruit was good for you."

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PATIENT QUOTES

"I thought nuts were good."
"I'm eating late."
"I just ate."
"I'm drinking skim milk."
"I'm eating low fat yogurt."
"I gained weight because I'm not exercising."

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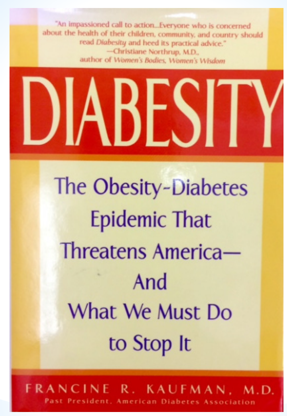

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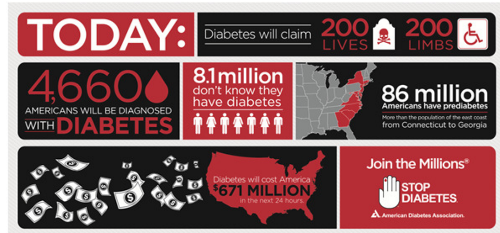
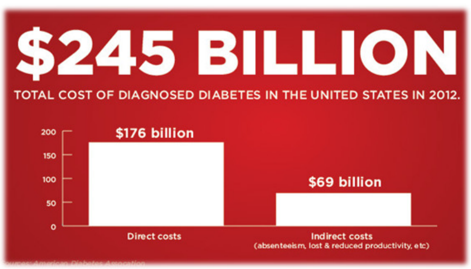


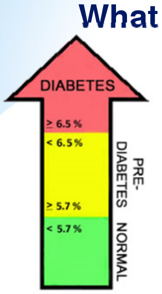


Risk Factors for Type 2 Diabetes

- *Overweight or obese
- *Sedentary lifestyle
- Family history of diabetes
- History of gestational diabetes
- Getting older
- Ethnic/racial background:
  - African American
  - Hispanic/Latino
  - Native American
  - Asian American/Native Hawaiian and other Pacific Islanders

*factors you control

What is Prediabetes?

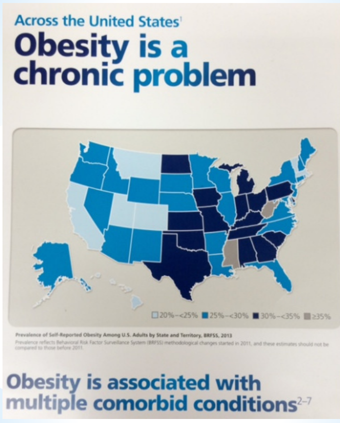


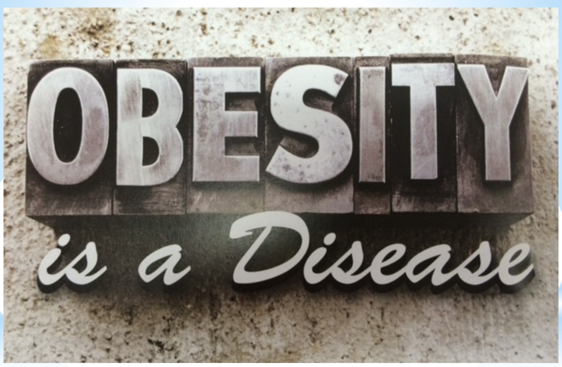
- 1 in 3 American adults (79 million) have prediabetes
- Occurs before type 2 diabetes
- Blood glucose levels are higher than normal but not yet diabetes
- Most people with prediabetes don't know they have it

One way to Prevent and/or Manage Diabetes is by

eating healthy.

Studies have shown that losing just 7% of your body weight (if you are overweight) by proper diet and exercise, you decrease your risk of developing diabetes by almost 58%.





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EXPLORE

- Eating habits and preferences
- Stress
- Mood disorders
- Exercise activity
- Home and work environment
- Recreational activities

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CONSIDER…..

The environment…..

The OBESOGENIC environment!!

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OBESITY

- Food cravings
- Eating disorders
- Food addiction

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ABSOLUTES…

Can we be absolute about anything?

We can try…

- Juice
- Soda including diet
- High fructose containing corn syrup
- "Processed" foods

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OBESITY

- Pharmacologic
- Educational
- Behavioral
- Bariatric

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WHAT THE ENDOCRINOLOGIST HOPES FOR FROM THE DIETICIAN…..

- Awareness
- Mindful eating
- Reduce the excess
- Coach, Inspire & Motivate
- Empower
- Empathy

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LOOK AT THE WHOLE PERSON

Tailor your counseling to the individual's needs:

- Medical concerns
- Schedule
- Activity
- Life-style
- Cultural background

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PATIENT COUNSELING

- Keep it simple
- Use language that resonates
- Offer practical solutions/examples
- Pictures are better than words
- Explain why

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REINFORCE THE MESSAGE…..

- Reduce excess
- Healthy meal planning
  Food labels/food groups
- Increase physical activity
- Healthy lifestyle

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ENCOURAGE

- Keeping a diary
- Eat breakfast
- Keep moving
- Drink lots of water
- Get enough sleep
- Positive attitude
- Never give up

GOOD HEALTH IS PRICELESS!

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STEP OUT | WALK TO STOP DIABETES™

American Diabetes Association.

Saturday, March 19, 2016
Queen Kapiolani Park

STOP DIABETES.
American Diabetes Association.

American Diabetes Association

NATIONAL GET FIT DON'T SIT DAY

GET UP & MOVE!

MAY 6, 2015

Take a step today toward a healthier you!

The American Diabetes Association recommends that everyone, including people with diabetes, limit the amount of time they spend sitting.

Get up and get moving at least every 90 minutes.

COMPANY ACTIVITY:

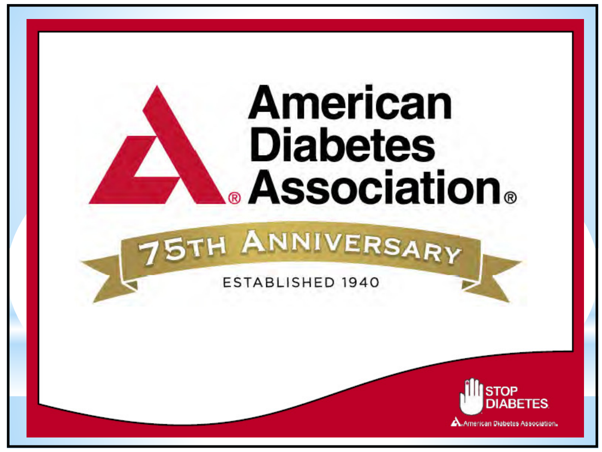
WWW.WELLNESSLIVESHERE.ORG

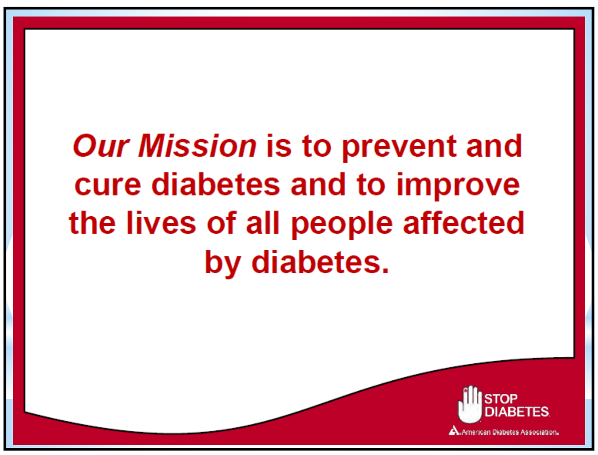
Date 47

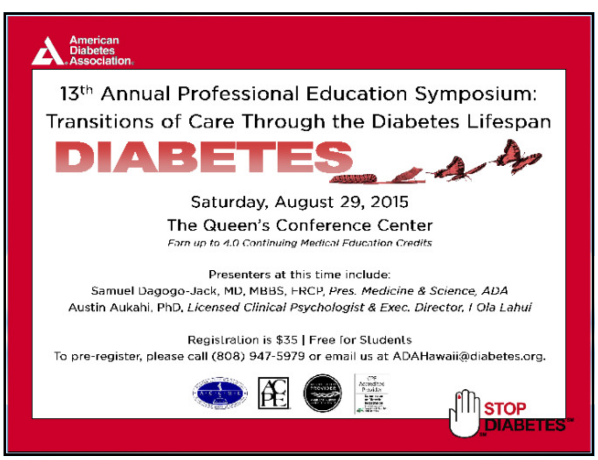
American Diabetes Association.
TourdeCure2015

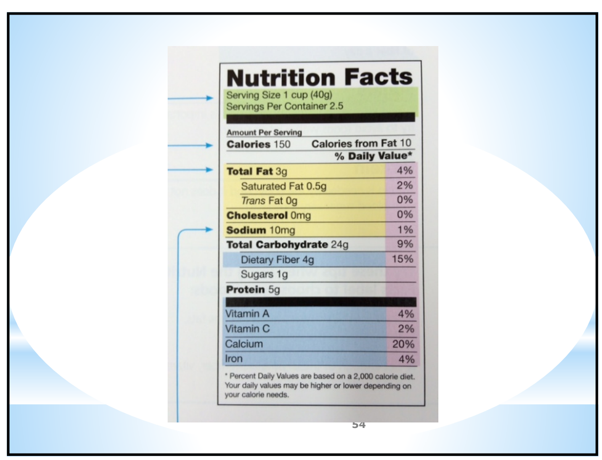
Sunday, November 1, 2015
Kapiolani Community College

STOP DIABETES.
American Diabetes Association.









Nutrition Facts

Serving Size 1 cup (40g)
Servings Per Container 2.5

Amount Per Serving	
Calories 150	**Calories from Fat** 10
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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MAHALO!

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