

# THE DIABETIC'S DIET: An Endocrinologist's Perspective

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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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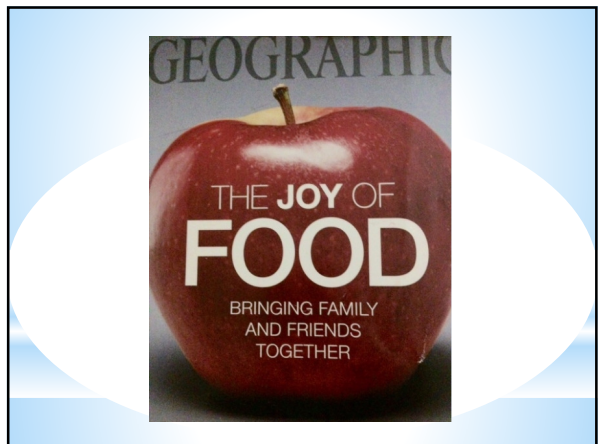
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### PATIENT QUOTES

“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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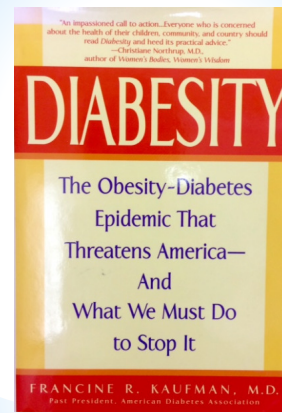


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### PATIENT QUOTES

“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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American Diabetes Association

**TODAY:** Diabetes will claim **200 LIVES** and **200 LIMBS**

**4,660** AMERICANS WILL BE DIAGNOSED WITH **DIABETES**

**8.1 million** don't know they have diabetes

**86 million** Americans have prediabetes (from the prevalence of the disease from Connecticut to Georgia)

**Diabetes will cost America \$671 MILLION** in the next 26 hours

Join the Millions\* **STOP DIABETES**

American Diabetes Association

**STOP DIABETES**

American Diabetes Association

**\$245 BILLION**

TOTAL COST OF DIAGNOSED DIABETES IN THE UNITED STATES IN 2012.

Direct costs	\$176 billion
Indirect costs (absenteeism, lost & reduced productivity, etc)	\$69 billion

**STOP DIABETES**

**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

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**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

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**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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 A collage of several photographs showing a large group of people participating in a walk event. They are wearing blue and white shirts, some with the 'STOP DIABETES' logo.
 

**STEP OUT TO STOP DIABETES** Saturday, March 19, 2016  
Queen Kapiolani Park

American Diabetes Association.

**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](http://WWW.WELLNESSLIVESHERE.ORG)

Date 47

 A collage of several photographs showing cyclists participating in a cycling event. They are wearing red and white cycling gear, some with the 'STOP DIABETES' logo.
 

American Diabetes Association.

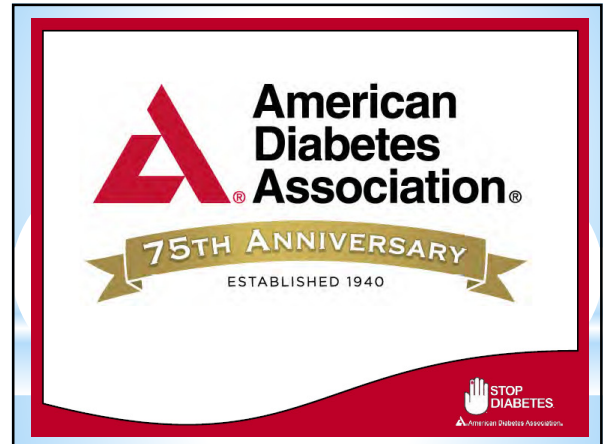
**Tour de Cure 2015**  
Sunday, November 1, 2015  
Kapiolani Community College

**STOP DIABETES**  
American Diabetes Association.





**STOP DIABETES**  
American Diabetes Association



**STOP DIABETES**  
American Diabetes Association



**Our Mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.**

**STOP DIABETES**  
American Diabetes Association



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**American Diabetes Association**

**13<sup>th</sup> Annual Professional Education Symposium:**  
Transitions of Care Through the Diabetes Lifespan

**DIABETES**

Saturday, August 29, 2015  
The Queen's Conference Center  
*Form up to 4.0 Continuing Medical Education Credits*

Presenters at this time include:  
Samuel Dagogo-Jack, MD, MBBS, FRCP, Pres. Medicine & Science, ADA  
Austin Aukahi, PhD, Licensed Clinical Psychologist & Exec. Director, I Ola Lahui

Registration is \$35 | Free for Students  
To pre-register, please call (808) 947-5979 or email us at ADAHawaii@diabetes.org.

**STOP DIABETES**  
American Diabetes Association

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

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

\* Percent Daily Values are based on a diet of other people's misdeeds.

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**Healthy Hawaii Daily Food Guide**  
For Diabetes Meal Planning

Developed by The American Association of Diabetes Educators, P.O. Box 500, Honolulu, HI 96809

The plate is divided into sections: Grains, Protein, Vegetables, Fruit, and Milk.

- Grains: 1/2 cup cooked rice or pasta
- Protein: 3 oz cooked salmon
- Vegetables: 1/2 cup broccoli, 1/2 cup green beans, 1/2 cup tomatoes
- Fruit: 1/2 cup strawberries
- Milk: 1/2 cup milk

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**MAHALO!**

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