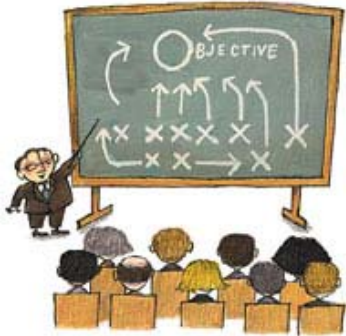


# Diabetes and Nutrition Teaching Session Outline



## Primary Objectives

By the end of the session the patient and/or significant other will be able to:

1. Identify sources of carbohydrates and verbalize which food groups they are in.
2. Describe portion sizes.
3. Demonstrate how to read a food label, focusing on total carbohydrates.

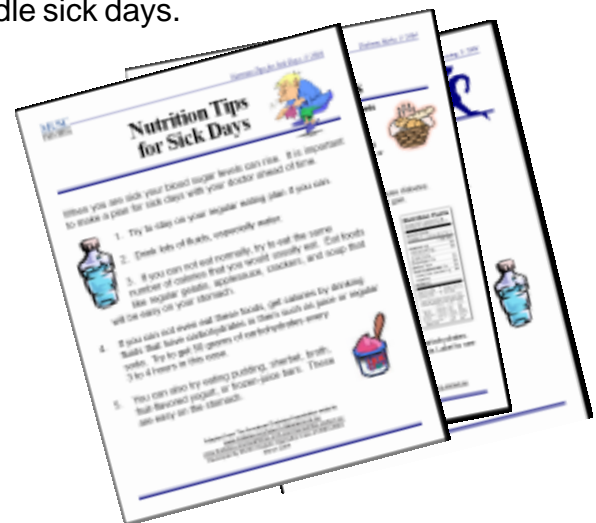
## Secondary Objectives (if time allows)

4. Discuss carbohydrate counting.
5. Identify free foods.
6. Describe myths relating to nutrition and diabetes and correct those myths.
7. Describe exercise guidelines.
8. Describe how to handle sick days.

## Handouts Needed

1. Basics of Healthy Eating for Diabetes
2. Serving Sizes
3. Reading Food Labels
4. Free Foods
5. Diabetes Myths
6. Exercise Guidelines
7. Sick Day Guidelines
8. Basics of Carbohydrate Counting\* (booklet)

\* available from RD



## Session Checklist

- Gather all necessary handouts (packet).
- Briefly review objectives with patient and/or significant other.
- Ask what is Diabetes? Clarify definition if patient is unaware.
- Review handouts as listed above.
- Ask patient to repeat back important concepts to assess understanding.
- Ask patient if he/she has any questions throughout the session and at the end.
- Complete session by telling patient whom to contact in the future if he/she should have more questions.

**Leave handouts with patient.**