

SESSION 22: More About Carbs



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about carbs and how they relate to a healthy diet.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO: Briefly summarize previous session.

DISCUSS: What questions do you have about our last session?

SAY: Let's talk about how things went with the action plan you made last time.

DISCUSS: What went well? What didn't go so well?

SAY: Now let's talk about how things went with the other things you tried at home.

DISCUSS: What went well? What didn't go so well?

Objectives (2 minutes)

SAY: Understanding carbohydrates can help you manage your weight and lower your blood sugar if that is a problem for you. Today, we will talk about:

- The link between carbs, blood sugar, and weight
- Types of carbs
- A healthy approach to carbs
- How to find the amount of carbs in food Finally, you will make a new action plan.

Learning about carbs, blood sugar and weight (5 minutes)

SAY: Let's start by talking about the link between carbs and blood sugar.

You need carbs to be healthy. Your body breaks down or converts most carbs into glucose.

ASK: What is glucose?

ANSWER: A type of sugar

SAY: The more carbs you eat, the higher your blood sugar will be.

In people without type 2 diabetes, sugar leaves their blood and goes into their cells. This sugar gives their cells energy.

ASK: What hormone in the body helps sugar leave the blood and enter the cells?

ANSWER: Insulin

SAY: In people with type 2 diabetes, the body doesn't make or use insulin well. So sugar builds up in their blood instead of going into their cells. That means the cells don't get enough energy.

As you know, high blood sugar can cause many health problems over time.

Types of Carbs (15 minutes)

SAY: We've discussed the link between carbs and type 2 diabetes. Now let's talk about the various types of carbs. Please look at "Types of Carbs" in this module's handouts.

DO: Use the handout to discuss the three main types of carbs: starches, sugars, and fiber.

A Healthy Approach to Carbs (10 Minutes)

SAY: We've discussed the various types of carbs. Now we'll talk about how to deal with carbs in everyday life.

Let's look at an example. Please turn to "Desmond's Story".

DO: Read (or ask a volunteer to read) the story.

SAY: Let's talk more about a healthy approach to carbs. Please look at "A Healthy Approach to Carbs".

DO: Use the handout to discuss how to make your plate, choose carbs wisely, and make healthy swaps.

Optional Activity: Sorting Carbs

DO: Bring in a variety of carbs: some healthy (oats, brown rice, lentils), and some not healthy (candy, cookies, cake). Healthy carbs are low in calories, fat, and sugar; high in fiber and water; and high in vitamins, minerals, and protein.

Put them on a desk or table.

Ask participants to sort the items by how healthy they are. Have participants work together as a class. Or break them into small groups.

Carbs by the Numbers (8 minutes)

SAY: We've discussed a healthy approach to carbs. Now let's talk about how to find the amount of carbs in food. Please turn to "Carbs by the Numbers".

DO: Use the handout to discuss reading food labels and other ways to find the amount of carbs in food. Look at some examples of one serving of carbs. If you'd like, share carb-counting apps and websites.

SAY: Ask your healthcare provider if you should count your carbs each day. If the answer is yes, ask what your daily target should be.

Setting goals: Plan for Success (5 minutes)

SAY: Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound

Decide:

Specific: What will you do and where will you do it

Measurable: How will you know that you met your goal

Achievable: Is this something you can do between now and the next session

Relevant: Does this relate to your overall goals

Time-bound: When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

ASK: Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

Summary and Closing (5 minutes)

SAY: Please look at "My Carbs" in the handouts. Between now and our next session, write some of your favorite carbs. Decide if each item is healthy. If it's not, write a healthy swap.

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we learned more about carbohydrates. We discussed:

- The link between carbs and blood sugar
- Types of carbs
- A healthy approach to carbs
- How to find the amount of carbs in food

DISCUSS: Do you have questions about anything we talked about today?

SAY: Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about _____.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.