



Type 2 Diabetes

Achieving a healthy weight
using The Diet Plate®

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Outline



■ Type 2 Diabetes

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 - Portion Control

■ The Diet Plate®

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- The Diet Plate®
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Type 2 Diabetes - Review




- When we eat food, our body breaks it down into nutrients, one being sugar (glucose). Insulin is necessary to be able to use this glucose for energy.
- Type 2 Diabetes occurs when the pancreas does not produce enough insulin or when the body doesn't efficiently use the insulin to help the body control blood glucose levels.¹
- Also, sometimes the liver releases sugar when it is not needed ("leaky liver").
- Over time, high blood glucose levels can lead to complications.

Type 2 Diabetes

- Complications² -

- Heart disease
- Kidney disease
- Nerve damage
- Erectile dysfunction
- Eye damage





Type 2 Diabetes – Complications

- There are 41,500 Canadians who die every year due to complications associated with diabetes.³
- With proper drug therapy, maintenance of a healthy diet, and regular exercise, patients with diabetes can live a long and healthy life by preventing or delaying the onset of the complications.¹

Type 2 Diabetes



- Achieving a Healthy Weight -

- An estimated 80 to 90% of persons with type 2 diabetes mellitus are overweight or obese.⁴
- Achieving and maintaining a healthy weight can help you better manage your diabetes.
- A healthy weight can be measured by your body mass index (BMI). A BMI of 25 or more is considered overweight. A BMI of 30 or more is obese.⁵
- To calculate your BMI: $[\text{weight}(\text{kg})/\text{height}^2(\text{m}^2)]$

Type 2 Diabetes

- Weight Loss Measures -

■ Regular physical activity

■ Recommendations⁴

- At least 150 minutes of moderate-intensity aerobic exercise each week, spread over at least 3 nonconsecutive days.
- Examples of aerobic exercises: brisk walking, running, swimming, dancing, hockey, skiing.
- Encouraged to also perform resistance exercise (such as weight training) 3 times per week.



Benefits of Regular Physical activity^{4,5}



- Improves blood pressure control
- Improves lipid profile (cholesterol)
- Improves blood glucose control
- Improves your body's sensitivity to insulin
- Increases your energy level
- Reduces your risk for heart disease and stroke
- Strengthens your heart, muscles, and bones
- Higher rates of weight loss (and the ability to keep weight off)

Type 2 Diabetes

- Weight Loss Measures -



■ Healthy eating

- Encouraged to follow *Canada's Food Guide to Healthy Eating*.⁶
- Eat three meals per day and space meals no more than 5 hours apart.¹
- Weight-loss diets must be well balanced and nutritionally adequate to ensure optimal health.⁴

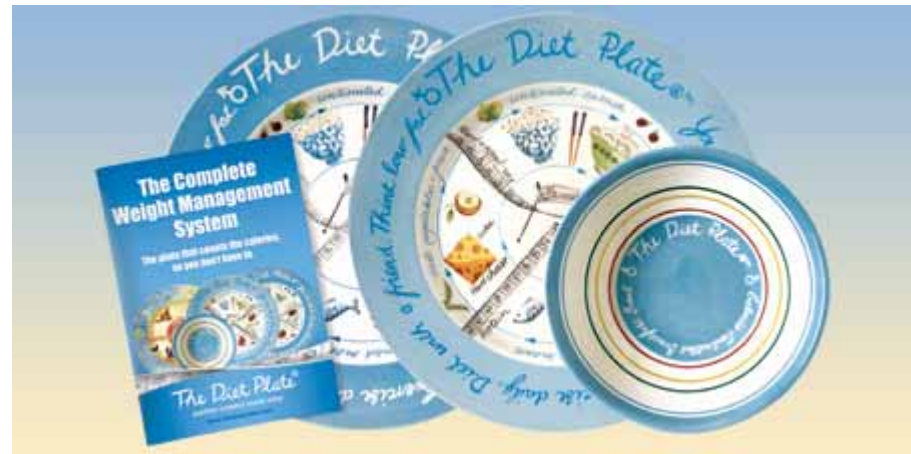
Portion Control



- Portion control is very important when trying to achieve a healthy weight.
- It does not mean you have to stop eating your favorite foods, it just means having appropriate serving sizes of them.
- If you can't be bothered to weigh your food portions and count calories, a new tool is now available to help you with portion control.
 - The Diet Plate®

The Diet Plate®

- 'Portion control made easy'
 - Distributed in Canada by Manrex Limited



The Diet Plate®

- Background⁷ -

- Kay Illingworth – inventor
- Went from a size 12 to a 26 in just 3 years after her marriage ended.
- Sought out dietician's advice.
 - Instructed to weigh out protein and starchy carbohydrates, eat lots of salad and free vegetables.



The Diet Plate®

- Background⁷ -

- Ignored weighing out her portions and settled on guesswork instead.
- Soon found out her visual perception was not accurate.
- In 1995, she invented the world's first portion control plate.



The Diet Plate®

- Innovative Weight Management System -
- A simple lifestyle tool will teach you effective "Portion Control", giving you visual control of your daily intake.⁷
- It is an innovative and highly recommended way to lose weight and keep it off.

The Diet Plate®



- Studied at the University of Calgary⁸
 - Many participants who used the plate for 6 months lost at least 5% of their body weight
 - A weight-loss goal of 5 - 10% of initial body weight over a 6-month period is recommended to improve overall metabolic and glycemic control in obese people with type 2 diabetes. ⁴
 - Some participants were even able to reduce and eliminate their medications.

The Diet Plate®

-Meal Planning⁷ -



- **Breakfast:** 2 pieces of fruit and a bowl of cereal using The Diet Plate ® Calibrated Breakfast Bowl or 2 pieces of fruit, boiled egg and 1 slice of toast.
- **Lunch:** Choose any 300-400 calorie option (women and children) or 400-500 calorie option (men) along with 1 piece of fruit
- **Supper:** Your preference but served on The Diet Plate ®

The Diet Plate®

- The Breakfast Bowl -



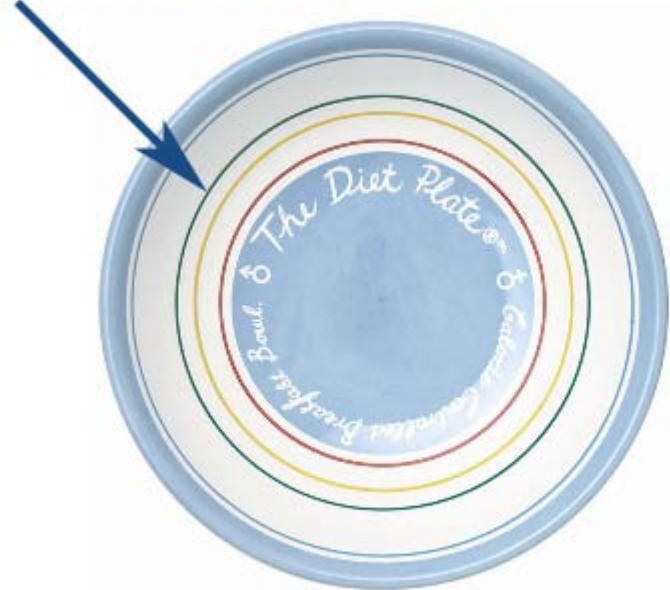
- Ideally you want about 200 calories for breakfast along with 2 pieces of fruit.
- How to use the breakfast bowl:
 - 1) Look up the cereal of choice in the provided booklet
 - 2) Check the color band for your choice.
 - 3) Fill the bowl to the color band for your cereal choice along with 125 ml (1/2 cup) of milk.
 - 4) Eat 2 pieces of fruit with your cereal, or save one for a mid morning snack.

The Diet Plate®

- The Breakfast Bowl -

- Examples from the cereal chart:
- **Green Band** – Corn Flakes, Rice Krispies, Cheerios
- **Red Band** – Frosted Shreddies, Frosted Wheat's
- **Blue Band** – Puffed Wheat
- **Yellow Band** – Golden Grahams, Honey Nut Cheerios, Special K, Corn Pops

Colour Bands To Measure Cereal Levels



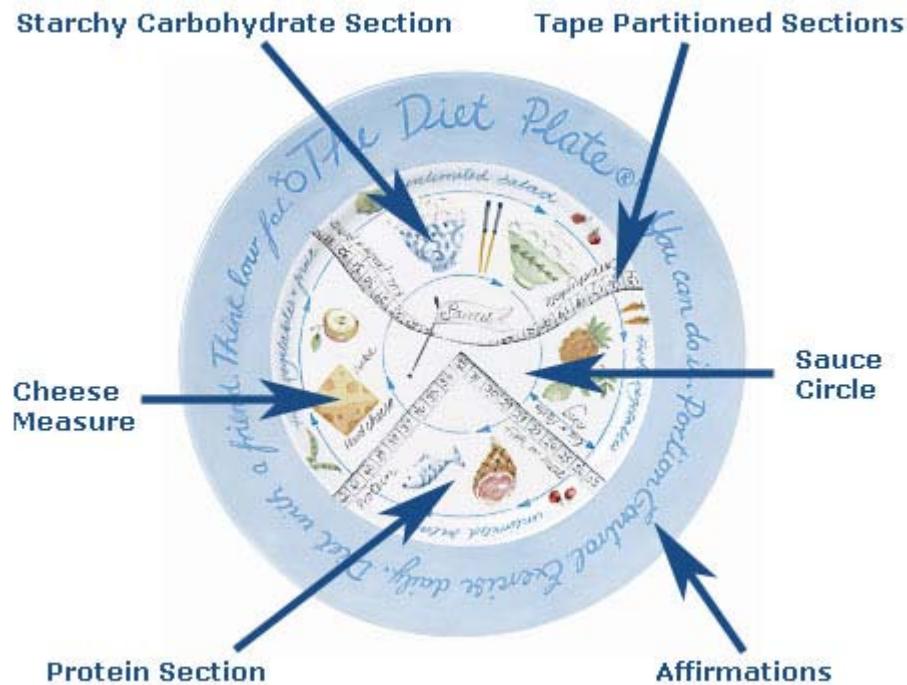
The Diet Plate⁷®



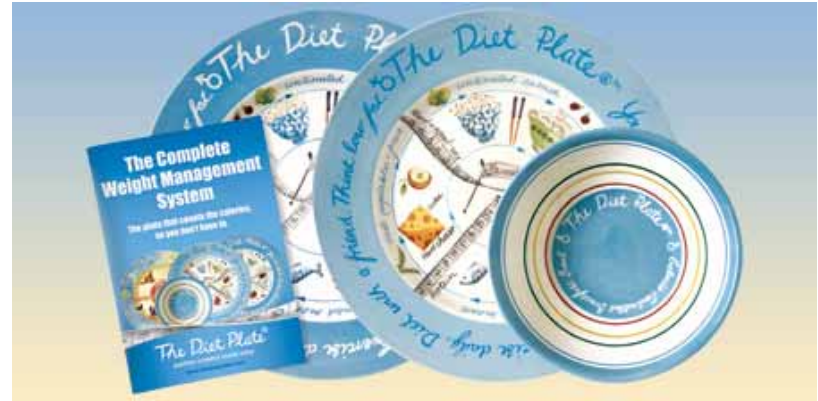
- Provides measured sections for the various types of food that make up your daily diet.
 - Protein
 - Starchy Carbohydrates (Potatoes, Peas, Corn, Noodles, Rice, Pasta)
 - Vegetables
 - Dairy
 - Fat
- Once your protein and carbohydrate portions are measured, you can add unlimited vegetables, salad and fruit.
- Ensure it stays within the measurements.
- The booklet teaches you how to portion out combination meals (Spaghetti, Noodles and Stir fry).

The Diet Plate®

- How it Works -



The Diet Plate®



■ Products Available*:

- Female Diet Plate (1350 cal/day)
- Male Diet Plate (1500 cal/day)
- The Magic Plate (for children)
- The Breakfast Bowl

*every purchase comes with a complete weight management booklet

■ You can purchase products online or at Stueck Pharmacy.

Helpful Tips



- Don't think of it as a diet - you are **managing your weight** with portion control!!
- For those hungry moments in between meals fill up on low calorie vegetable soup or other healthy snacks.
- Exercise as much as possible.
- Drink plenty of water throughout the day.

Support



- Along with your dietician and doctor, use The Diet Plate® as a tool to achieve a healthy weight.
- Your doctor may need to adjust your medications as you lose weight, so it is very important to work very closely with your healthcare team.
- Talk to your doctor before starting any exercise program.



Where to get more information about The Diet Plate®

- Website:

www.thedietplatecanada.com

- Stueck Pharmacy – Leader, SK

www.stueckpharmacy.com



References

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Questions??