**Chapter 2 Learning App: video outline – Discussing healthy nutrition for people with diabetes**

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| Chapter: Lifestyle management for people with diabetes | Presenter: HCP with strong knowledge of diabetes management |
| Lesson: A low-carbohydrate diet is often advised for people with diabetes, but any diet based on healthy nutrition principles can be beneficial | Video type: Expert commentary |
| Video title: Discussing healthy nutrition for people with diabetes | Video shot: faculty straight to camera. Animations to appear over shoulder and/or as full screen overlay where appropriate. |
| Video objective: To discuss how HCPs can help people with type 2 diabetes to implement sustainable, healthy nutrition plans | Video setting: Self-recording; HCP clinic office |
| Video length: Approx 4-5 minutes | |

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| **Topic 1: Why are dietary interventions a key part of T2D management?**  **Duration of topic: 2 minutes** | | |  |
| **Talking points/script** | **Animation (if applicable)** | **Timings** |  |
| * Lifestyle changes are very important in helping people with diabetes to achieve their goals. Dietary interventions are an important aspect of lifestyle changes. The goals of dietary interventions are to help people with diabetes to:   + achieve **optimal blood glucose** levels   + achieve **optimal blood lipid** levels   + provide **appropriate energy for reasonable weight**, normal growth and development including during pregnancy and lactation where appropriate   + **prevent, delay and treat complications** of diabetes * Most people with type 2 diabetes can benefit from dietary interventions. This is because such interventions are associated with improvements in blood glucose, cholesterol, blood pressure and weight. * Despite the benefits of dietary interventions, evidence suggests that **most people with diabetes**, especially in resource poor settings, **are not educated about nutrition** and leave clinic after their diagnosis with medications and perhaps just a printed menu of suggested foods. * In this video, we’ll go through the components of a healthy diet for people with diabetes and how to help individuals make meaningful changes to their diet to improve their health. | Keywording: text screens depicting keywords highlighted in blue on the left | TBC in post-production | <https://pubmed.ncbi.nlm.nih.gov/23364002/> |
| **Topic 2: What constitutes a healthy diet for individuals with diabetes?**  **Duration of topic: 3 minutes** | | |  |
| **Talking points/script** | **Animation (if applicable)** | **Timings** |  |
| * There are now countless diets and healthy eating plans to choose from, and it can be difficult for individuals (and their healthcare providers) to know which one to follow or recommend. * Additionally, **many individuals struggle with the idea of being put on a “diet”**, especially one they feel is not their choice, or one that is required for the management of a lifelong chronic condition such as diabetes, where there is no set endpoint. * Therefore, rather than emphasising a specific diet it may be helpful to adapt an individual’s preferred eating habits to focus on:   + controlling portion sizes to ensure weight loss or maintenance as needed   + reducing consumption of saturated fat   + ensuring daily consumption of fruits and vegetables   + consuming low fat dairy products   + including whole grains, legumes and tree nuts   + minimizing consumption of red meat, prioritising poultry and fish (where appropriate)   + avoiding sugar-sweetened beverages   + maintaining low-to-moderate alcohol consumption * Overall energy, or calorie consumption, should also be considered, especially where weight loss is a priority. General recommendations for calorie intake for weight maintenance is around 2,000 calories per day for women and 2,500 for men. * Some recommendations for individuals with overweight and obesity suggest the ideal energy intake is between 800 and 1,500 calories per day. * People who are underweight (including growing children and adolescents) should consume at least 2,500 calories per day. * An appropriate daily calorie target should be considered when advising people with diabetes about healthy eating. | Keywording: text screens depicting keywords highlighted in blue on the left  Suggest a simple infographic to be drawn up using highlighted text  Suggest a simple table with reference calorie intake for different populations |  | [**https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3977406/**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3977406/)  [**https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5998736/**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5998736/) |
| **Topic 3: The plate model for healthy eating**  **Duration of topic: 2 minutes** | | |  |
| * While calorie counting has its merits, many people find that tracking their food to gain an accurate picture of calories consumed is burdensome or unsustainable, and it may not be possible in some settings. * To make it easier to control portion sizes and eat the right types of food, many people find it useful to have a more tangible guide. The plate model for healthy eating is often considered an effective way to help people balance their meals and achieve their dietary goals. * The plate model recommends dividing up a plate into either a **T- or Y-shape depending on an individual’s goals**. The plate model is used to teach individuals how to appropriately portion certain foods based on their goal. It can also help people with diabetes to monitor their carbohydrate intake. * According to the T-shape model, an individual focusing on weight loss should divide their plate so that approximately 50% consists of vegetables, 25% of protein and 25% of carbohydrates. * An individual looking to maintain their weight should follow the Y-shape model, so that their plate is divided equally between vegetables, protein and carbohydrates. * The plate method is simple to apply and is therefore an **easy way to manage energy intake** and ensure a healthy balance of nutrients in an individual’s diet. * As with any goal, when giving recommendations for healthy eating it’s important to consider what is achievable by the individual considering their personal circumstances and abilities. * For many people, **cost is a barrier to healthy eating** and this should be considered when discussing nutrition with individuals. For instance, eating 3 servings of vegetables and 2 portions of fruit per day amounts to 52%, 16-18%, and 2% of household income in low-, middle-, and high-income countries, respectively. For many people, especially in low-income countries, this is simply impossible. | Suggest simple bar graph to illustrate this data |  | [**https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5998736/**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5998736/) |
| **Topic 3: A low carbohydrate diet may be beneficial for type 2 diabetes management**  **Duration of topic: 1 minute** | | |  |
| * Although diets should be tailored to the individual’s preferences and current eating choices, one diet that is known have good effects in people with diabetes is a low-carbohydrate diet. * **Carbohydrates are the food group with the largest impact on blood glucose levels.** Lowering dietary intake of carbohydrate, most of which is absorbed as glucose or fructose, may improve blood glucose control in people with diabetes. * A diet is typically considered low carbohydrate if there are **fewer than 150g carbohydrates per day**. Some consider <130g as the cut-off point. * Data suggest that low-carb diets are associated with **greater HbA1c reduction, weight loss, and rates of diabetes remission** at 1-year than low-fat/low calorie diets * In one study individuals with type 2 diabetes who followed a low-carb diet were 32% more likely to have an HbA1c of <6.5% and lost 7.41 kg more weight versus those on a low fat/low calorie diet. * Low-carbohydrate diets are a good option for diabetes management if they align with an individual’s preferences and if the individual believes it will be possible to sustain long-term. |  |  | [**https://pubmed.ncbi.nlm.nih.gov/33441384/**](https://pubmed.ncbi.nlm.nih.gov/33441384/) |
| **Topic 4: Summary**  **Duration of topic: 1 minute** | | |  |
| * **Helping individuals with type 2 diabetes to make sustainable changes to their eating habits can have great health benefits**. This includes helping people to lose weight, where relevant, and helping them to achieve their glycaemic target. * **Many people with diabetes do not want to feel they are being put on a diet for the rest of their life**, and guidance should focus on helping people to make healthy food choices in line with their preferences and abilities. * **There is no perfect diet that should be prescribed to all people with diabetes,**  although lower-carbohydrate diets are associated with certain health benefits in people with diabetes. * Ultimately,all dietary interventions should work with, rather than against, an individual’s wishes and preferences. |  |  |  |