

No.	TIME CODE	CAPTION
1	00:00:01:00	Hi, my name is Noelle Tucker
2	00:00:03:01	and I am a Quality Management Nurse Consultant with Aetna.
3	00:00:06:28	Thank you for joining me to discuss a bit about
4	00:00:09:12	controlling diabetes through the food you eat.
5	00:00:13:04	Food is a powerful tool we can use to be healthy.
6	00:00:16:10	For people with diabetes, feeling your best comes in the food you eat.
7	00:00:21:08	Today I'll be discussing the basics of diabetes and importance of eating well.
8	00:00:26:10	Here at Aetna Better Health, we're here to help you each step of the way.
9	00:00:32:00	Very simply, diabetes means you have too much sugar in your blood.
10	00:00:36:17	Our bodies change much of the food we eat into a type of sugar called glucose.
11	00:00:41:23	The body cells need glucose for energy.
12	00:00:45:00	High blood sugar problems start when our body no longer makes enough insulin.
13	00:00:50:05	Insulin moves sugar from your blood to the body's cells.
14	00:00:54:11	Some people need shots of insulin;
15	00:00:56:27	others can take pills to control their blood sugar.
16	00:01:00:07	Too much sugar in your blood can lead to health problems
17	00:01:03:15	with your eyes, your kidneys, and your feet.
18	00:01:08:22	You can prevent problems with your health from diabetes.
19	00:01:12:01	Healthy eating and exercise help your blood sugar
20	00:01:14:26	from becoming too high or too low.
21	00:01:17:19	Let's talk more about food and healthy eating.
22	00:01:22:01	A good meal plan includes a balance of carbohydrates, protein,
23	00:01:26:09	and good fats.
24	00:01:27:27	Balance is the key!
25	00:01:29:26	Carbs are the body's main source of energy.
26	00:01:32:19	About half of the calories you eat each day will come from carbs.
27	00:01:37:07	Carbs that are full of fiber, vitamins, minerals,
28	00:01:40:19	and also low in added sugar, salt and unhealthy fats are the best.
29	00:01:47:14	Examples of carbs:
30	00:01:49:11	1 slice of bread
31	00:01:51:08	½ cup of cooked beans or cereal
32	00:01:54:12	¾ cup of unsweetened cereal
33	00:01:57:22	½ hamburger or hot dog bun
34	00:02:00:25	1 cup of milk
35	00:02:02:19	½ medium potato
36	00:02:04:28	1/3 cup of cooked pasta
37	00:02:07:26	1 banana, apple, orange, or peach
38	00:02:13:18	Aim for at least one serving of vegetables with each meal.
39	00:02:17:12	A serving is ½ cup cooked or 1 cup of raw vegetables.
40	00:02:23:00	Even better, fill half your plate with vegetables!
41	00:02:26:20	Vegetables keep you feeling full longer
42	00:02:29:14	and provide what your body needs without all the calories and carbs.
43	00:02:34:06	Examples of vegetables are green beans, beets,
44	00:02:38:00	carrots, salad greens, and tomatoes.
45	00:02:43:21	Include protein as part of your food intake.

46	00:02:47:00	The best amount is 8 to 12 ounces per day.
47	00:02:50:22	Examples of protein:
48	00:02:52:19	(serving size is 2-3 oz or about the size of the palm of your hand)
49	00:02:58:11	Animal protein such as chicken, beef, pork, fish, or egg.
50	00:03:04:07	1 egg is 1 oz. of protein
51	00:03:07:12	Peanut or Almond butter – 2 tablespoons is 1 oz of protein
52	00:03:12:15	Cheese – 1 oz
53	00:03:14:11	Cottage cheese ¼ cup
54	00:03:17:10	Tuna 1 oz
55	00:03:19:12	1 oz of sandwich meat
56	00:03:22:04	Beans, hummus, lentils and other plant-based proteins are great, too!
57	00:03:29:04	Diabetics should have their blood sugar checked when they see their doctor.
58	00:03:33:01	Your doctor will do an A1C test.
59	00:03:36:01	It's used to monitor how well your diabetes treatment is working over time.
60	00:03:41:05	Your doctor will tell you how often you need an A1C test, but usually,
61	00:03:46:09	you'll have the test at least twice a year to check on how you're doing.
62	00:03:50:24	Signs of low blood sugar are:
63	00:03:53:07	irritable, sweaty, confused, hungry, dizzy, or shaky
64	00:04:01:26	Eat regular meals.
65	00:04:03:23	If you're not eating much, you may not need to take your diabetic medication.
66	00:04:08:10	Skipping meals or taking too much medicine can cause low sugars,
67	00:04:12:14	which require treatment.
68	00:04:14:10	Talk with your doctor to make sure you understand what level is best for you.
69	00:04:19:17	Ways to treat low blood sugar:
70	00:04:22:01	Drink ½ cup of juice,
71	00:04:24:12	3-4 pieces of small hard candy,
72	00:04:27:23	3-4 glucose tablets if you have them.
73	00:04:31:05	Take more if you don't feel better within a few minutes.
74	00:04:34:20	These foods will raise blood sugar quickly.
75	00:04:37:22	Foods that contain protein or fat, such as chocolate, candy bars,
76	00:04:42:13	ice cream, and cookies don't raise your level quickly enough.
77	00:04:46:25	After 15 minutes, check again.
78	00:04:49:20	If your level is still low, eat another serving.
79	00:04:53:04	Repeat until your level becomes normal.
80	00:04:58:09	As you pick up your groceries, keep the following things in mind...
81	00:05:02:24	Things to remember:
82	00:05:04:11	Choose complex starches with lots of fiber,
83	00:05:07:15	like beans, cereals, and brown rice.
84	00:05:10:25	Look for products that say "whole grain.
85	00:05:13:15	Avoid eating foods with lots of fat, like butter, cooking oil, or lard.
86	00:05:19:15	Do not eat too many sweets like cakes, candy, cookies, or fruit juice.
87	00:05:25:00	They will raise your blood sugar and cause weight gain.
88	00:05:28:14	Be aware of portion sizes.
89	00:05:30:25	Try not to skip meals.
90	00:05:33:05	Be open to trying new foods.
91	00:05:35:25	Ask friends and family for recipes using ingredients

92	00:05:39:23	with which you may not be familiar.
93	00:05:42:19	Host a healthy potluck and exchange recipes.
94	00:05:47:23	Last, but not least, move a bit more.
95	00:05:51:11	This is important for everyone, including those with diabetes.
96	00:05:55:14	Exercise is important to include in your treatment.
97	00:05:58:20	Becoming more active can help lower blood sugar.
98	00:06:02:22	Try to avoid alcohol and sugary drinks.
99	00:06:06:01	Drink as much water as you want.
100	00:06:10:17	Thank you for spending time with me today.
101	00:06:13:02	I hope you found the webinar helpful.
102	00:06:15:20	Please take a moment to answer a few questions
103	00:06:18:07	by clicking the survey link below the webinar.
104	00:06:21:11	If you have any additional questions, please contact Aetna
105	00:06:25:03	using the phone number on the back of your card.
106	00:06:28:04	Thanks again, have a great day,
107	00:06:30:14	and remember that Aetna Better Health is with you every step of the way.