NUTRITION CONVERSATION STARTER



Use this International Diabetes Center resource to help guide nutrition conversations with patients using continuous glucose monitors.

The Ambulatory Glucose Profile (AGP) Report provides information about your patient's glucose patterns. It can help you start conversations about nutrition and lifestyle modifications that may improve your patient's time in range (TIR). Guidance should be provided through shared decision-making and be individualized to the patient based on personal and cultural preferences, access to healthy food, and willingness to make changes. Remember that every 5% improvement in TIR is clinically meaningful.

Example nutrition-related questions and tips based on the AGP

AREA OF FOCUS: BREAKFAST

I notice a peak in glucose around 6-9 am.

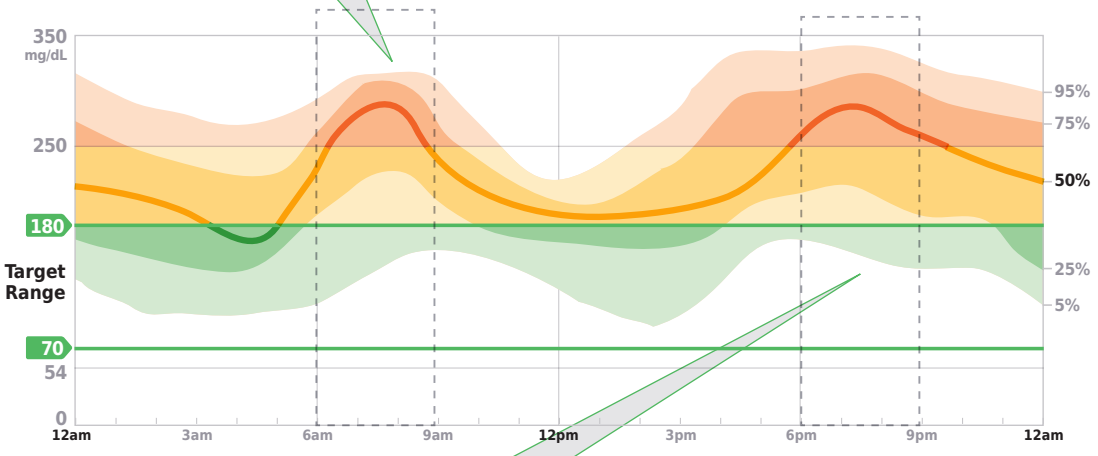
- What do you think causes this?
- Can you tell me about your morning and the types of foods/beverages you eat or drink?
- How would you feel about exploring what happens to your glucose if you add some protein, non-starchy vegetables, or higher fiber foods to your morning meal?

TIPS

- Encourage replacing sugar-sweetened beverages such as juice or sweetened coffee/tea with unsweetened or sugar-free beverages, **ideally water.**
- Suggest **reducing** the portion of foods that raise glucose above target and **replacing** with healthy foods that do not raise glucose as much (non-starchy vegetables, whole grains, lean protein).







AREA OF FOCUS: EVENING

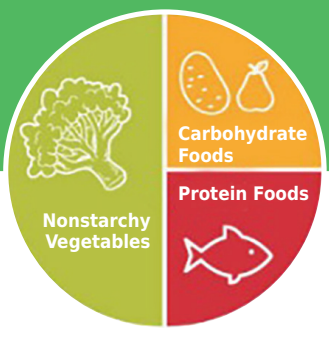
I notice a peak in glucose between 6-9 pm.

- Can you describe your evening meal or any snacks around this time?
- Would you consider substituting some of your usual foods for ½ plate of non-starchy vegetables?
- What do you think would happen if you took a walk after your evening meal?

TIPS

- Suggest replacing highly processed foods with whole foods; instead of fries or chips, **try a side salad.**
- Encourage the **healthy plate model.**
- Ask patients what changes they are willing to make to their usual food and beverage choices.





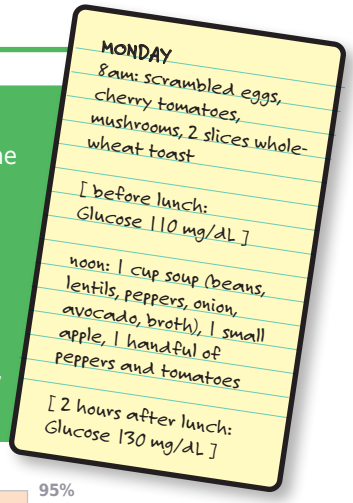
AREA OF FOCUS: MIDDAY

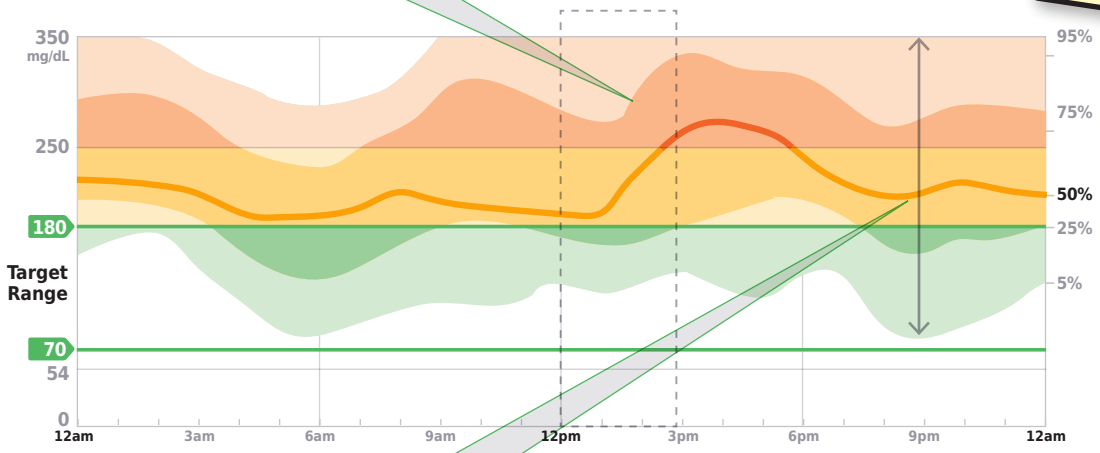
It looks like there is a consistent midday rise.

— Have you noticed particular foods and/or portions that are different during this time? Are there snacks after the meal?
— Is there a difference in your activity in the midday?
— What do you think you could change to see if you spend more time with your glucose in the target range of 70-180 mg/dL?

TIPS

- Suggest keeping a **food log** to determine which choices impact glucose the most.
- Encourage **checking sensor glucose before and 1-2 hours after a meal** to assess the change in glucose.
- Many eating patterns can work. Encourage focusing on **high-quality food choices** (whole foods, vegetables, lean protein, nuts/seeds, water).





AREA OF FOCUS: VARIABILITY

It appears there is quite a bit of variability throughout the day.

— What do you notice about the effect of your meals and snacks on your glucose?
— What do you think you could try to see more time between 70-180 mg/dL?
— Can you tell me about your activity level from day to day?

TIPS

- Reinforce taking **medications** as prescribed.
- Pick **one meal per week** to focus on; try different foods or portion sizes throughout the week. Ask your patient to identify which foods work best to keep glucose 70-180 mg/dL.







LESS highly processed food

- **Avoid sugar-sweetened beverages**
- **Limit added sugar and refined grains**



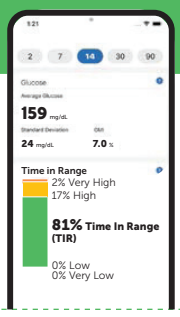




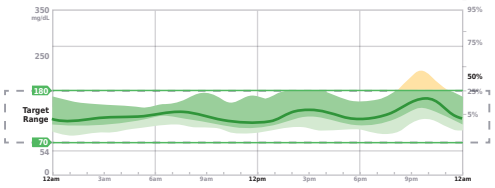
MORE whole foods

- **Consider portion sizes**
- **More physical activity**
- **Fill 1/2 your plate or bowl with non-starchy vegetables**

TIP: Encourage your patient to check **TIR** on the app or reader each week to see big-picture changes as nutrition adjustments are made.



The goal for the AGP is: **Flat, Narrow** and **In-Range (FNIR)**



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