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.

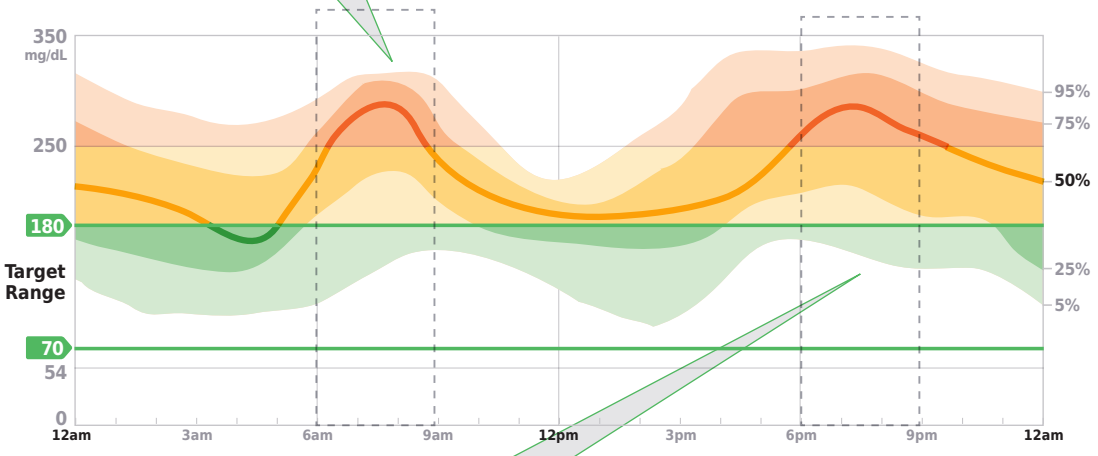
- What do you think causes this?
- Can you tell me about your morning and the types of foods/beverages you eat or drink?
- How would you feel about exploring what happens to your glucose if you add some protein, non-starchy vegetables, or higher fiber foods to your morning meal?

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

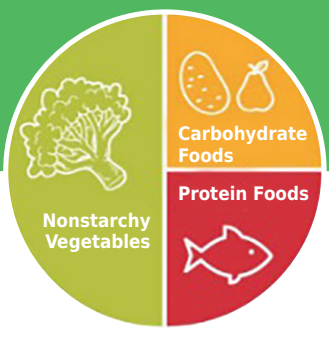
I notice a peak in glucose between 6-9 pm.

- 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.





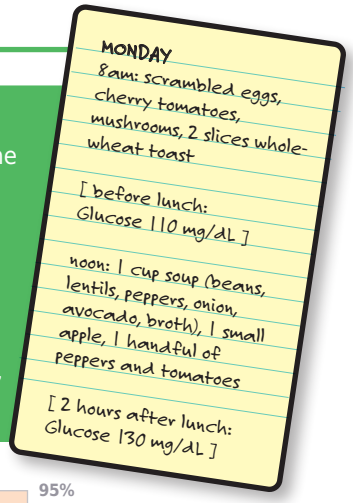
AREA OF FOCUS: MIDDAY

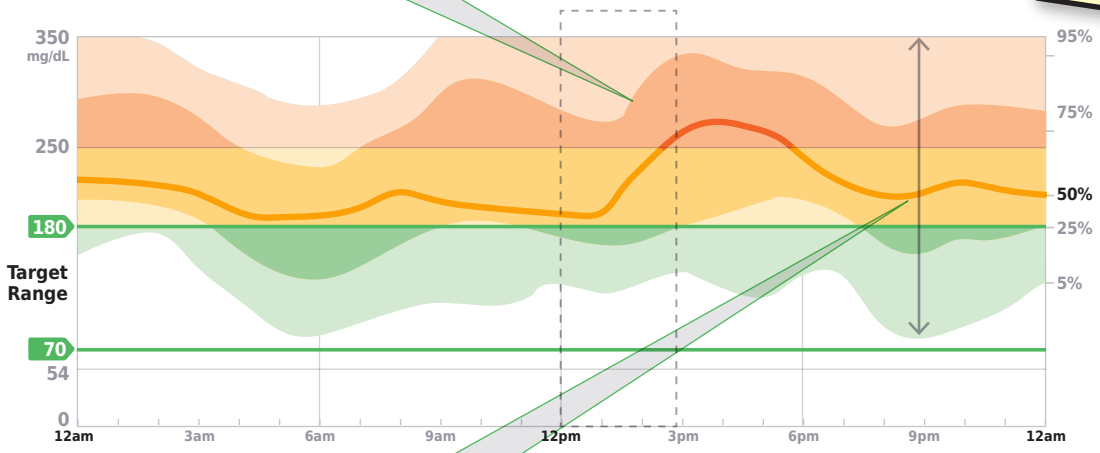
It looks like there is a consistent midday rise.

— 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**



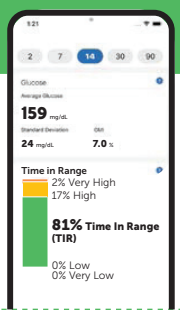




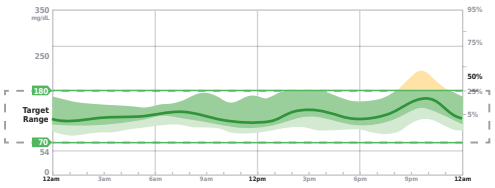
MORE whole foods

- **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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EVIDENCE-BASED ONLINE NUTRITION RESOURCES

Academy of Nutrition and Dietetics
Creating a Grocery List
https://www.eatright.org/food/planning-and-prep/smart-shopping/creating-a-grocery-list

Meal Planning
https://www.eatright.org/food/planning-and-prep/smart-shopping/3-strategies-for-successful-meal-planning

American Diabetes Association
Diabetes Plate Method, Eating Healthy on the Go, Recipes, Food Insecurity, Meal Plans
https://diabetes.org/food-nutrition

What Can I Eat?
http://main.diabetes.org/dorg/PDFs/awareness-programs/hhm/what_can_i_eat-best_foods-American_Diabetes_Association.pdf

American Diabetes Association Food Hub
Recipes, Meal Planning Tool, Information on Eating Out
https://www.diabetesfoodhub.org/

American Heart Association
Shopping Tips, Healthy Snacks, Budget Friendly Ideas, Recipes
https://www.heart.org/en/health-topics/diabetes/prevention--treatment-of-diabetes/how-to-eat-healthy-on-a-budget

Association of Diabetes Care and Education Specialists
Guides for Healthy Eating, Grocery Shopping, Holiday Eating
https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources/healthy-eating

Centers for Disease Control and Prevention
Plate Method, Carbohydrate Counting, Label Reading
https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html

Diabetes and Cultural Foods
https://www.cdc.gov/diabetes/library/features/diabetes-cultural-eating.html

Food and Fitness Trackers
Calorie Counter by Cronometer
https://cronometer.com/

MyFitnessPal
https://www.myfitnesspal.com/

MyNetDiary
https://www.mynetdiary.com/

U.S. Department of Agriculture MyPlate
Interactive Learning, Eating on a Budget, Printable Materials, Recipes
https://www.myplate.gov/

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Continuous Glucose Monitoring (CGM)

Helping you make lifestyle choices for improved glucose management

Use this guide to:

- **Know** your glucose and CGM targets.
- **Learn** what lifestyle choices affect your glucose levels.
- **Act** by choosing lifestyle changes that fit into your daily life. You'll know the changes are working when you get closer to your targets.

Knowing your targets

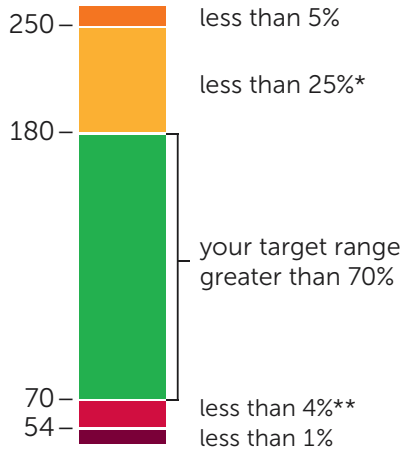
Glucose targets

Fasting and before a meal	1 to 2 hours after a meal
70 to 130 mg/dL	Less than 180 mg/dL

Glucose rises after eating and is highest 1 to 2 hours after a meal or snack.

Time in Range targets

– Glucose range (in mg/dL) targets



- Goal is to have more green and less red
- Each 5% increase in Time in Range (TIR) between 70 to 180 (green bar) reduces your risk of complications

* includes percentage of values greater than 250 mg/dL
** includes percentage of values less than 54 mg/dL

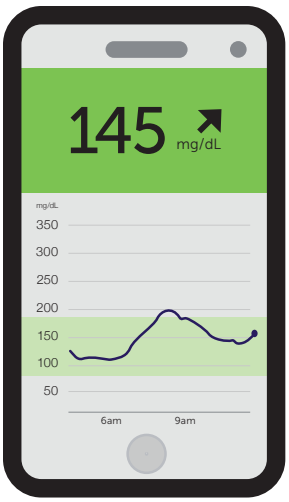
Using CGM trend arrows

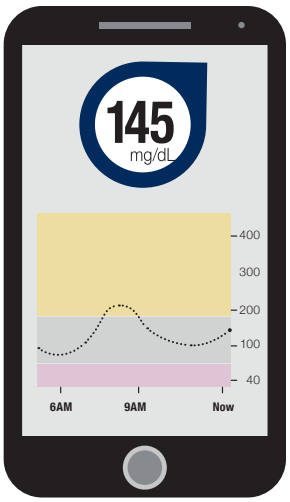
Use the trend arrows on your CGM to see if your glucose is rising ↑ or falling ↓ or staying steady →. Your trend arrows can help you make changes in your lifestyle choices and medication.

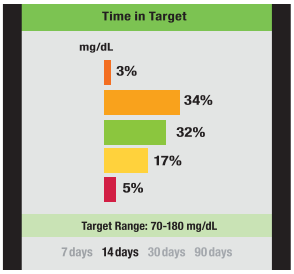
Getting started

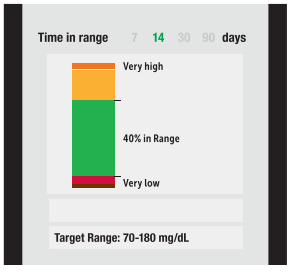
- Look at your CGM glucose readings often during the day. The more you look the more you learn. Best times include:
  - » Waking up and before bedtime
  - » Before meals and 1 to 2 hours after meals
  - » Before and after physical activity
  - » When stressed or ill, look every 2 to 3 hours
- CGM and fingerstick numbers may differ, especially when glucose is rising or falling. If your symptoms of low glucose don't match your CGM numbers, use your fingerstick number to decide how to treat.

CGM on your phone









continued

Getting in target more often—What makes a difference for you?

Below are some ideas to keep your glucose in target more often. Circle ideas to try.

Food and Beverages



- Choose whole, fresh foods for meals and snacks.
- Fill ½ your plate with nonstarchy vegetables, such as leafy greens, carrots, broccoli, bell peppers and green beans.
- Decrease portions of foods that you notice usually raise your glucose above target.
- Avoid regular soda, sweet tea, fruit juice, energy drinks and other beverages high in sugar. Choose water instead.
- Limit foods with added sugar, such as cereals, sauces and bakery goods.
- Talk to your care team if you worry your food will run out before you have money to buy more.

Physical Activity



- Walk right before or after meals that have the highest glucose peaks.
- Move more and sit less every day.
- Increase the intensity of your current activity or try a new activity.
- Walk briskly (or do other activity) for at least 30 minutes, 5 days a week.

Medications



- Put medication in an easy place to see, and take medication as prescribed.
- Talk to your care team about the need to start or adjust medication, or if you have trouble paying for your medication.

Well-Being



- Sleep 7 to 8 hours a night.
- Try relaxation activities to reduce stress, such as physical activity, yoga, listening to music, reading or playing with your pet.

Learn and take action

Compare your glucose to your targets. What's happening when you're in and out of target? Look at the examples below. Write your own example in the space provided.

What I Did	Look and Learn		What I Learned	How I'll Take Action
	Before meal 70 to 130 mg/dL	1 to 2 hours after meal Less than 180 mg/dL		
I ate 2 cups of rice with dinner.	128 mg/dL	254 mg/dL	Eating 2 cups of rice raises my glucose above target.	I'll try to eat 1 cup of rice and fill 1/2 my plate with non-starchy vegetables.
I walked after a meal.	145 mg/dL	165 mg/dL	Activity after a meal helps get my glucose in target.	I'll walk 10 minutes 4 times a week after meals.
My example:				

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