LSU AgCenter Research & Extension

diabetes NEWS
Nutrition Education Works Series

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Lesson 1: Educate Yourself – Diabetes Awareness and Carbohydrates

Lesson Plan: Educate Yourself – Diabetes Awareness and Carbohydrates
PowerPoint Presentation: Diabetes Awareness and Carbohydrates
Fact Sheets:
• Carbohydrate 101: *www.foodandhealth.com*
• LSU AgCenter Publications:
Diabetes 101
Carbohydrates and Diabetes

Lesson 2: Expand Your Options, Improve Your Choices

Lesson Plan: Expand Your Options, Improve Your Choices
Power Point Presentation: Diabetes and Nutrition
Fact Sheets:
• Carbohydrate Counting Information Sheet
• Carbohydrate Counting: Focus on Consistency Information Sheet
• Advanced Insulation Management: Using Insulin-to-Carb Ratios and Correction Factors Reference Sheet
You will need to purchase these two fact sheets from www.eatright.org to supplement the lesson:
• Basic Carbohydrate Counting (Identification No. 3215) and
• Advanced Carbohydrate Counting (Identification No. 3142).

Lesson 3: Balancing Your Lifestyle

Lesson Plan: Balancing Your Lifestyle
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Fact Sheets:
• Size Matters: What Counts as a Portion
• Your Food and Activity Tracker
• Exercise Safely With Diabetes
• Activity/Exercise Recommendations for Adults
• Snacks

Lesson 4: Modifying Recipes to Manage Diabetes

Lesson Plan: Modifying Recipes to Manage Diabetes
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• Substituting Non-nutritive Sweeteners for Sugar
• Tips for Cooking with Splenda

Lesson 5: Living Well with Diabetes

Lesson Plan: Living Well with Diabetes
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• Take Care of Your Feet for a Lifetime
• Getting the Very Best Care for Your Diabetes
• Take Care of Your Heart
• Have Diabetes. Will Travel
• Disaster Preparedness Information for People with Diabetes
• Hand Hygiene in Emergency Situations
• How You Can Help Your Loved One with Diabetes
• Learning How to Change Habits
• Talking to Your Doctor: A Discussion Guide
• Food Safety for People with Diabetes
Activity Sheet: My Worst Fears

Lesson 6: Holiday Special – Healthy Holiday Eating (Optional)

Lesson Plan: Holiday Special – Healthy Holiday Eating (Optional)
PowerPoint Presentation:
Holiday Eating Survival Tips
http://rd411.com/index.php?option=com_content&view=article&id=1087:holiday-eating-survival-tips-&catid=77:slide-library&Itemid=356

Fact Sheets:

• Healthy Holiday Eating
http://rd411.com/index.php?option=com_content&view=article&id=480:healthy-holiday-eating&catid=90:dining-out,-holidays-and-special-occasions&Itemid=384

• Holiday Food Safety
http://rd411.com/index.php?option=com_content&view=article&id=1112:holiday-food-safety&catid=90:dining-out,-holidays-and-special-occasions&Itemid=384

Activity Sheet:

• Holiday Party Quiz
http://rd411.com/index.php?option=com_content&view=article&id=1113:holiday-party-quiz-prepare-for-a-healthier-holiday&catid=90:dining-out,-holidays-and-special-occasions&Itemid=384

Appendices

Appendix 1: Recipes for Demonstrations

Glazed Carrots
Southwestern Roasted Vegetables
Fruity Romaine Spinach Salad
Louisiana Okra and Tomatoes
Snackin' Cinnamon Popcorn
Lemon Avocado Dip
Creamy Peanut Dip with Fruit Wedges
Parmesan Cornbread
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Festive Chicken Roll-Ups
Broccoli-Chicken Frittata
Walnut Waffles with Blueberry Sauce
Spicy Grilled Chicken
Lady of the Sea Oven Fried Fish
Chicken Okra Gumbo
Dry Roux
Meaty Biscuit Cups
Banana Split Dessert
Tangy Fruit Salad
Luscious Lemon Cake
Hot Fudge Cake
Wonderfully Tart Cranberry Sauce
Holiday Eggnog

Appendix 2:
Suggested Recipes for Each Class and Recipes by Category

Appendix 3: Evaluation Instruments
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Survey to Administer After Participation in Program
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