

Types of Fiber

Lance learned that daily intake of fiber is important for overall digestive health and may have a positive effect on blood glucose levels. There are two types of fiber, soluble or insoluble.

Types of Fiber



Helps slow digestive process



Adds bulk to bowel movements

Good Sources of Dietary Fiber

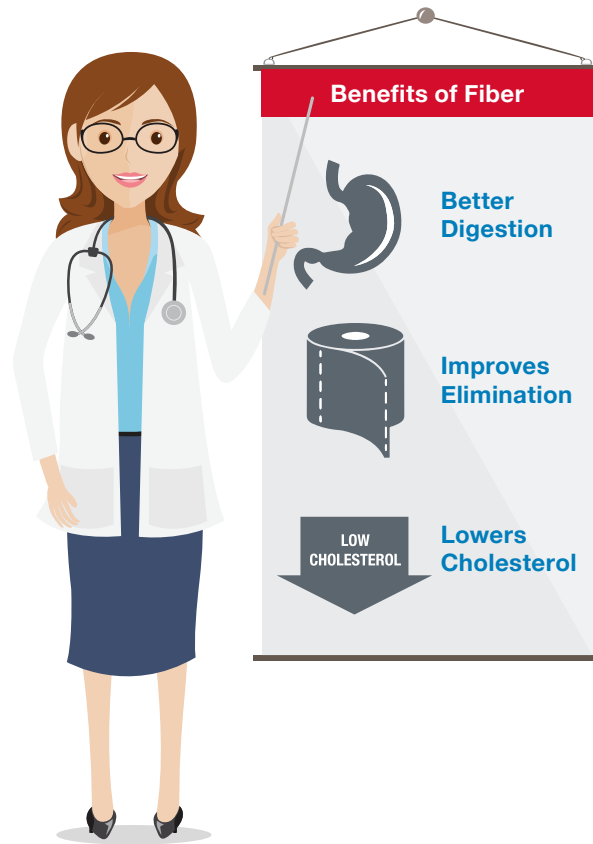


Quick Tip

General guidelines are 20 to 38 grams of fiber each day, depending on your age.

Health Benefits of Fiber

Lance's healthcare team emphasized how important it is for Lance to take his dietary fiber daily.



Quick Tip

A convenient way you can increase fiber in your nutrition plan without spoiling your daily routine is by taking a fiber supplement. Fiber supplements are available in different varieties, such as powders, pills or chewable tablets.

Fiber and Glucose

Lance met with his healthcare team and learned that the soluble fiber in oat bran, legumes, carrots and root vegetables, and pectin is extremely beneficial for anyone with Type 1 or 2 Diabetes.

How fiber helps blood glucose levels and stability:



Soluble fiber delays the emptying of the stomach, slowing the entry of glucose into the bloodstream after eating.¹



Foods with fiber typically do not cause blood glucose to rise as high as foods without fiber. A quick rise in blood glucose can cause the body to release more insulin.²



The cholesterol-lowering effect of soluble fiber may also help reduce the risk of heart disease.³

Visit www.MeetLance.com for more helpful tips!

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Information contained in this brochure was sourced through: Mayo Clinic on Managing Diabetes 2001 Mayo Foundation for Medical Education and Research. Editor in Chief, Maria Collazo-Clavell, M.D. Life with Diabetes: A Series of Teaching Outlines 4th Edition by the Michigan Diabetes Research and Training Center; lead authors, Martha M. Funnell, MS, RN, CDE, Marilyn S. Arnold, MS, RD, CDE 2009 by the American Diabetes Association. Diabetic Recipes from AllRecipes.com. Web site. 2009. 1. File, Canadian Nutrient. "Fibre." Canadian Diabetes Association, "http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/fibre" www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/fibre. 2. Gardner, Amanda. "Soluble and Insoluble Fiber: What's the Difference?" WebMD, WebMD, "http://www.webmd.com/diet/features/insoluble-soluble-fiber" www.webmd.com/diet/features/insoluble-soluble-fiber. 3. "The Facts About Carbs, Fiber, and Diabetes." WebMD, WebMD, "http://www.webmd.com/diabetes/guide/understanding-carbohydrates-fiber" www.webmd.com/diabetes/guide/understanding-carbohydrates-fiber. www.joslin.org, Joslin Diabetes Center. "Joslin Diabetes Center | Fiber & Blood Glucose." Joslin Diabetes Center Strongly Disagrees with American College of Physicians' Newly Released Guidance for Physicians Recommending Higher A1C Targets for Non-Pregnant Adults with Type 2 Diabetes | Joslin Diabetes Center, "http://www.joslin.org/info/how_does_fiber_affect_blood_glucose_levels.html" www.joslin.org/info/how_does_fiber_affect_blood_glucose_levels.html. "How to Add More Fiber to Your Diet." Mayo Clinic, Mayo Foundation for Medical Education and Research, 22 Sept. 2015, "http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/art-20043983" www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/art-20043983. "Importance of Soluble Fiber in Treating Diabetes." Importance of Soluble Fiber in Treating Diabetes, "http://www.konjacfoods.com/fiber.htm" www.konjacfoods.com/fiber.htm. Vann, Madeline R. "How Fiber Helps Control High Blood Sugar." Everyday Health, Everyday Health, 30 June 2011, "http://www.everydayhealth.com/type-2-diabetes/diet/control-high-blood-sugar-with-fiber/" www.everydayhealth.com/type-2-diabetes/diet/control-high-blood-sugar-with-fiber/. "Diabetes Home." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 17 May 2018, "http://www.cdc.gov/diabetes/managing/eat-well.html" www.cdc.gov/diabetes/managing/eat-well.html. © 2019 Trividia Health, Inc. TRUEinsight, Meet Lance and the Trividia Health logo are trademarks of Trividia Health, Inc. MKT0551 Rev. 40

Healthy Eating and Fiber

A TRUEinsight™ Education Guide

Meet Lance.™

He was just diagnosed with diabetes...



Lance learned how to manage his blood glucose levels by eating a well balanced diet. Keep reading to learn how.

Healthy Meal Planning

The goal of smart diabetes management is to keep blood glucose levels near normal or within your target range.

Healthy meal planning is the first step in regulating blood glucose levels.

Lance's glucose levels were out of his target range and he decided to start managing his glucose levels by healthy meal planning.

Benefits From Practical Meal Planning

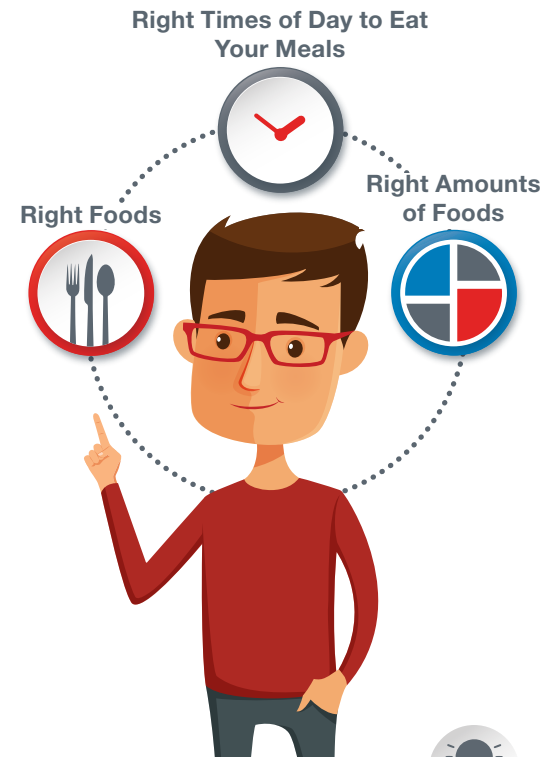
- Ensures that you are eating nutritious foods
- Helps you achieve a desirable body weight
- Maintains normal levels of cholesterol and triglycerides
- Aids in preventing the occurrence of the complications of diabetes



Helpful Meal Planning Tools

Meal planning includes selecting a variety of foods that you like to eat to provide your body with proper calories and nutrients.

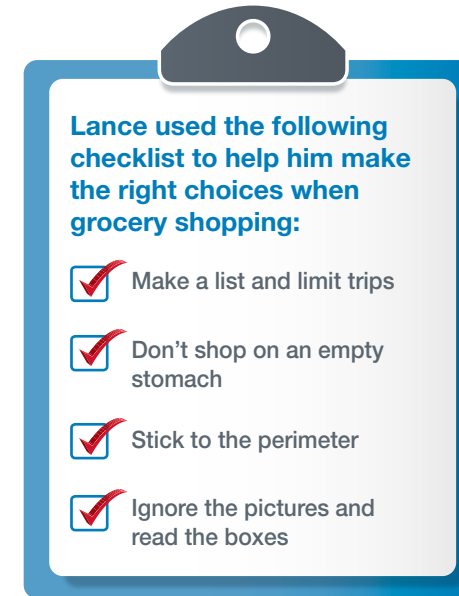
There are several approaches to meal planning. Lance worked with his diabetes healthcare team to determine which approach would work best for him. His approach included three components of healthy meal planning:



Helpful Tips For Smart Shopping

There are many resources available to help you eat healthy and improve your glucose control.

Lance's healthcare team encouraged him to make the right choices and gave him the following tips for smarter shopping at the grocery store.

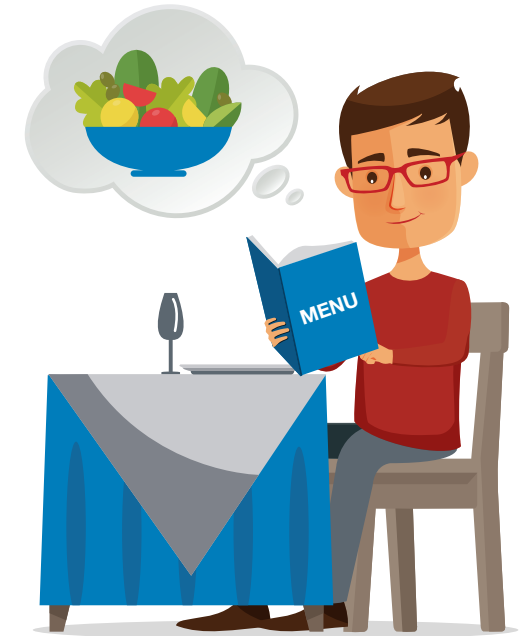


Eating Healthy

Healthy meals can make a big difference in your blood glucose levels.

After talking to his healthcare team, Lance was surprised to find out that eating out could affect the management of his diabetes.

Lance follows diabetes friendly recipes which focus on healthy eating and watches what he eats when eating out.



Quick Tip

Through regular testing and tracking, you can determine if your meal plan is helping you to achieve your target blood glucose goals.

Quick Tip

Reading and understanding food labels and using measuring tools – such as a food scale or measuring cup – are excellent ways to help you learn proper portion sizes

Quick Tip

Never skip meals and make sure you plan ahead. If your schedule does not allow you to sit down for a meal, carry a nutritious snack to prevent the occurrence of low blood glucose levels.

Quick Tip

Regular blood glucose monitoring – before and after eating – will help you identify which foods may be causing your glucose levels to be too high or low.