



Visuals



Listing of Visuals Provided

Session 1: Introduction to Food Labels

- #1 Food Label
- #2 Reading Food Labels
- #3 Food Claims for Marketing
- #4 Label Reading Worksheet
- #5 Changes I Can Make

Session 2: Introduction to Carbohydrate Counting

- #1 Carbohydrate Food Groups
- #2 Carbohydrate Serving Sizes
- #3 Free Foods
- #4 Carbohydrate in My Food (blank)
- #5 Carbohydrate in My Food (with data)
- #6 Changes I Can Make

Session 3: Introduction to Exchange Lists

- #1 Exchange Lists
- #2 Starches Exchange List
- #3 Fruit Exchange List
- #4 Milk and Yogurt Exchange List
- #5 Sugary Foods Exchange List
- #6 Vegetables (Non-Starchy) Exchange List
- #7 Meat and Meat Substitutes Exchange List
- #8 Fats and Oils Exchange List
- #9 Free Foods Exchange List
- #10 Portion Sizes You Will Understand
- #11 Changes I Can Make



Session 4: Introduction to Food Shopping

- #1 Forget the Corn! Pass the Kohlrabi!
- #2 Steps for Healthy Food Shopping
- #3 Choosing Good Foods*
- #4 Shopping List
- #5 Money Saving Tips
- #6 You Can Manage Your Budget While You Manage Your Blood Sugar
- #7 Changes I Can Make

Session 5: Introduction to Healthy Cooking

- #1 Change How You Cook to Use Less Sugar
- #2 Build a Better Recipe to Lower Sugar
- #3 Sugar Substitutes
- #4 Change How You Cook to Use Less Fat
- #5 Build a Better Recipe to Lower Fat
- #6 Change How You Cook to Use Less Sodium
- #7 Build a Better Recipe to Lower Sodium
- #8 Four Steps to Food Safety
- #9 Sample Recipes
- #10 Pumpkin Pie Makeover
- #11 Changes I Can Make

Session 6: Guidelines for Healthy Eating Away from Home

- #1 Eating Away From Home: What Affects Your Food Choices?
- #2 Eating Away From Home: Planning Ahead
- #3 Eating Away From Home: Making Healthy Food Choices
- #4 Fast Food Choices
- #5 Eating Out in Restaurants
- #6 Celebrating with Food—“Passing the Dish” in a Healthy Way
- #7 Potluck Strategies
- #8 How to Survive the Miles and the Temptation
- #9 Eating Away From Home: Things I Would Try
- #10 Changes I Can Make



Session 7: Guidelines for the Use of Alcohol

- #1 Guidelines for the Use of Alcohol
- #2 How Much Alcohol is a Serving?
- #3 When to Avoid Alcohol
- #4 Changes I Can Make

Session 8: Guidelines for Evaluating Diets

- #1 Guidelines for Evaluating Diets
- #2 Diabetes and Nutrition—Common Questions, Clear Answers
- #3 Changes I Can Make

***Denotes material available from IHS-DDTP. See *BYLD*, pp. 228-229, for IHS National Diabetes Program Publications Order Form, or go to www.ihs.gov/medicalprograms/diabetes.**



