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Chronic Illness Education 2023: Increasing Nutritional Literacy for Adults Living with Type II Diabetes in Detroit, MI

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Increasing Nutritional Literacy for Adults Living with Type II Diabetes in Detroit, MI

Authors: Turk, D., Gavagan, K., Pillai, S., Sumbal, N., Ilori, M., Khaliq, I.

Mentor: Jean, Z.

Learning Community: Yellow 45


Age Group: Adult (18-64 years old)

Curriculum Tie-In: Endocrine/GI



Infographic

INGREDIENTS FOR A DIABETIC DIET







Mediterranean and DASH diets, along with physical activity, have been supported to reduce risk of type II diabetes (Toi)

- Type II Diabetes is a manageable illness
- Aim for 30 min of physical activity per day
- Healthy food groups include: vegetables, whole grains, low-fat dairy products (Crandall)

Toi PL, Anothaisintawee T, Chakledkaew U, Briones JR, Reutrakul S, Thakkinstant A. Preventive Role of Diet Interventions and Dietary Factors in Type 2 Diabetes Mellitus: An Umbrella Review. *Nutrients*. 2020; 12(9):2722. <https://doi.org/10.3390/nr12092722>

Crandall JP, Knowler WC, Kahn SE, Marrero D, Ffrench JC, Bray GA, Haffner SM, Hoskin M, Nathan DM, Diabetes Prevention Program Research Group. The prevention of type 2 diabetes. *Nat Clin Pract Endocrinol Metab*. 2008; 3(4):71-82-93. doi: 10.1038/npcandmet0843. Epub 2008 May 20. PMID: 18493227; PMCID: PMC2573045

Breakfast	Toast & Egg	Oatmeal
		
		
		

1 SLICE of whole grain bread

1 boiled egg

FRONT of CLOSED FIST is equal to **1/2 cup** of Oatmeal

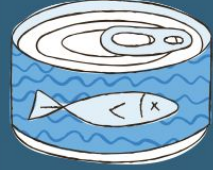


Infographic

Lunch

Tuna Sandwich

Soup



Lentil soup: **1 CUPPED HAND (1/2 cup)**
lentils with carrots, onions, spices for
taste, limit the salt!

1 can of tuna

Two slices of whole grain bread



Dinner

Chicken & Rice

Salad



A **FIST** is equal to **1 cup** of rice

PALM OF HAND is **one portion** of meat or fish

ONE THUMB is equal to a tablespoon of balsamic
vinegar dressing



Local places to grocery shop in Detroit

Fresh Prescription: *Cass Clinic, 3901 Cass Ave, Detroit, MI*

Farmer's Market: Eastern Market: *2934 Russell St Detroit, MI*

Gleaners Food Bank: *2131 Beaufait St Detroit, MI*

Joe Randazzo's: *5240 East Outer Dr Detroit, MI*



Summary and Potential Outcomes

- Patients will have increased knowledge about food options that are available and appropriate for a diabetic diet
- Improve education and treatment of adult patients living with type II diabetes
- Created an infographic for patients with diabetes to use and better understand portion sizes of healthy food items
- Increase awareness of the barriers present for diabetic patients living in urban areas who lack accessible grocery stores or produce

