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

Morolayo Ilori  
*Wayne State University School of Medicine, hl6795@wayne.edu*

Katherine Gavagan  
*Wayne State University School of Medicine, go7028@wayne.edu*

Izma Khaliq  
*Wayne State University School of Medicine, hm4502@wayne.edu*

Srikanth Pillai  
*Wayne State University School of Medicine, hn2647@wayne.edu*

Nabeel Sumbal  
*Wayne State University School of Medicine, fp1381@wayne.edu*

*See next page for additional authors*

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Authors
Morolayo Ilori, Katherine Gavagan, Izma Khaliq, Srikanth Pillai, Nabeel Sumbal, Derya Turk, and Zechariah Jean

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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
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)

**Breakfast**

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**
  - 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**
  - 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 Beaufort 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