

NUTRITION CONVERSATION STARTER



Use this International Diabetes Center resource to help guide nutrition conversations with people with diabetes who are using continuous glucose monitors.

The Ambulatory Glucose Profile (AGP) Report provides information about glucose patterns for a person with diabetes. It can help you start conversations about nutrition and lifestyle modifications that may improve someone's time in range (TIR). Guidance should be provided through shared decision-making and be individualized based on someone's personal and cultural preferences, access to healthy food, and willingness to make changes. Remember that every 5% improvement in TIR is clinically meaningful.

Example nutrition-related questions and tips based on the AGP

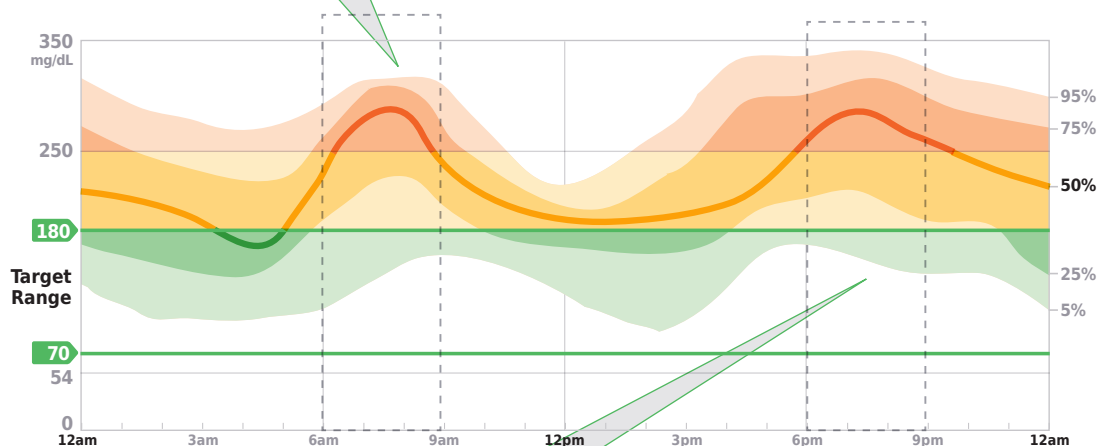
AREA OF FOCUS: BREAKFAST

I notice a peak in glucose around 6-9 am.

- What do you think causes this?
- Can you tell me about your morning and the types of foods/beverages you eat or drink?
- How would you feel about exploring what happens to your glucose if you add some protein, non-starchy vegetables, or higher fiber foods to your morning meal?

TIPS

- Encourage **replacing** sugar-sweetened beverages such as juice or sweetened coffee/tea with unsweetened or sugar-free beverages, **ideally water**.
- Suggest **reducing** the portion of foods that raise glucose above target and **replacing** with healthy foods that do not raise glucose as much (non-starchy vegetables, whole grains, lean protein).



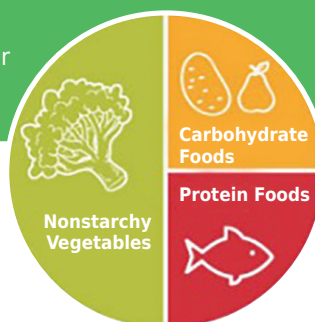
AREA OF FOCUS: EVENING

I notice a peak in glucose between 6-9 pm.

- Can you describe your evening meal or any snacks around this time?
- Would you consider substituting some of your usual foods for ½ plate of non-starchy vegetables?
- What do you think about trying to take a walk after your evening meal?

TIPS

- Suggest replacing highly processed foods with whole foods; instead of fries or chips, **try a side salad**.
- Encourage the **healthy plate model**.
- Ask: What changes to your usual food or beverages would you be willing to try?



AREA OF FOCUS: MIDDAY

It looks like there is a consistent midday rise.

- Have you noticed particular foods and/or portions that are different during this time? Are there snacks after the meal?
- Is there a difference in your activity in the midday?
- What do you think you could change to see if you spend more time with your glucose in the target range of 70-180 mg/dL?

TIPS

- Suggest keeping a **food log** to determine which choices impact glucose the most.
- Encourage **checking sensor glucose before and 1-2 hours after a meal** to assess the change in glucose.
- Many eating patterns can work. Encourage focusing on **high-quality food choices** (whole foods, vegetables, lean protein, nuts/seeds, water).

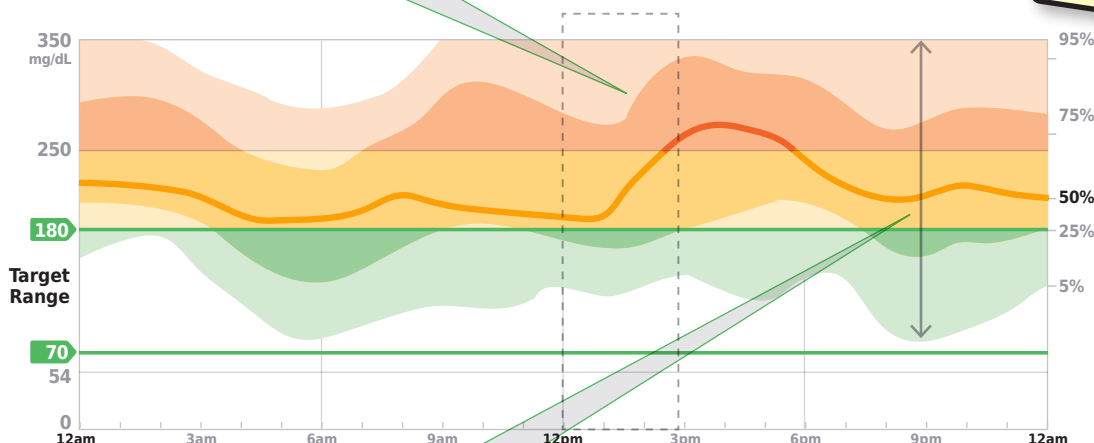
MONDAY

8am: scrambled eggs, cherry tomatoes, mushrooms, 2 slices whole-wheat toast

[before lunch:
Glucose 110 mg/dL]

noon: 1 cup soup (beans, lentils, peppers, onion, avocado, broth), 1 small apple, 1 handful of peppers and tomatoes

[2 hours after lunch:
Glucose 130 mg/dL]



AREA OF FOCUS: VARIABILITY

It appears there is quite a bit of variability throughout the day.

- What do you notice about the effect of your meals and snacks on your glucose?
- What do you think you could try to see more time between 70-180 mg/dL?
- Can you tell me about your activity level from day to day?

TIPS

- Reinforce taking **medications** as prescribed.
- Pick **one meal per week** to focus on; try different foods or portion sizes throughout the week. Ask: In the week ahead, can you identify which foods work best to keep your glucose between 70-180 mg/dL?



LESS highly processed food

- Avoid sugar-sweetened beverages
- Limit added sugar and refined grains



MORE whole foods

- Consider portion sizes
- More physical activity
- Fill $\frac{1}{2}$ your plate or bowl with non-starchy vegetables



TIP: Encourage checking **TIR** on the app or receiver each week to see big-picture changes as nutrition adjustments are made.

The goal for the AGP is: **Flat, Narrow and In-Range (FNIR)**

