Diabetes Group Visit Curriculum:
Reading Labels

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) All handouts to be given at the beginning of class. Will be referenced to throughout session. NutritionFactsLabelEN_Clinica NutritionFactsLabelSP_Clinica
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Tool Box: Teaching Tools for Healthy Eating (contains wrappers and containers that include nutrition facts label from a variety of foods and beverages (for example: table salt, sea salt, cooking cubes, dried herbs, popular snacks likes Cheetos, Doritos, soda, fruit juice, energy drinks, sugar free candy, regular candy, regular canned food and no salt added version) Measuring cups and spoons to help visualize serving size Labels to practice label-reading (ideal to have laminated copies) • Nutrition Data-Dole Juices • Nutrition Data-Soft Drinks • Nutrition Labels-Chips • Nutrition Labels-Tortillas
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	Registered Dietician can serve as Auxiliary Facilitator
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Fun Ball: Purchase a soccer ball and in each hexagon write a question. In the circle, toss the ball around to each person and then answer the question right underneath either of your thumbs.
5. Completion of Self-Assessment Sheet (SAS)	N/A
6. Questions to ask group participants	• Why is label reading important? • Who is currently reading food labels? What is the first thing you look at on a nutritional label?

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to begin facilitated group discussion	• To establish impact of a specific food on your blood sugars do you look at total carbs, sugars or both? • What types of fats are you familiar with? • Are "sugar free" foods good for a person with diabetes? • What is the daily recommended sodium intake? • Is salt same as sodium? • Is sea salt a better option compared to regular salt? • What is percent daily value?
7. List important topics to cover – takeaways for group participants	• Reading food labels helps you identify the nutrition of a particular food • Label reading makes it easier to compare foods, this allows you to make healthier choices • Always start identifying serving size and establish number of serving sizes you are consuming • All information on the nutrition label is based on one serving size, if you eat more than one serving then you will have to multiply nutritional content on label times the number of servings you are consuming • To establish impact of a specific food on blood sugars one must look at "Total carbs" not "Sugars" only. Sugars are already included in total carbs • Identify different types of fats listed on nutritional label • Choose foods with the least amount of ingredients possible • Choose foods with more fiber, Vitamin A, Vitamin C, Calcium, and iron • Limit foods high in sat and trans fats, sugars, cholesterol and sodium • "Sugar free" foods/beverages are not necessarily "carb free" foods, always look at Total carbs • You can tell if a food is high or low in a particular nutrient by taking a quick look at the percent daily value: a 5% or less means that a serving size of a specific food is low in that nutrient, if it is 20% or more, it is high. Of note: daily values are based on a 2000 calorie diet .
8. Goal setting	I will go home and research one label of my favorite food to make sure I have the portions appropriately. SMG Goal Sheet: English or Spanish

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9. Hand out group visit assessment or survey (sessions XX)	Inform patients that the survey will be issue twice a year for the life of the group (session #2 and #4) GV Patient Satisfaction Survey Recommend distributing survey at the end of the session
10. Remind group participants of next group time/follow-up that is needed	Group will meet every 3 months Reminder of any homework/patient handouts Notify patients of next session topic any guests attending next session
11. Closing Activity	Stretching Exercises:

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