



HOW TO BE REFERRED FOR THE OUTPATIENT DIABETES NUTRITION PROGRAM

If you have been told by your doctor that you are borderline diabetic (Pre-Diabetes), are Diabetic or have Gestational Diabetes, ask your doctor to fax your referral to 336-527-6002.

You may request the following appointment options:

Option A: Telehealth Counseling through the ZOOM app (requires an email address and smartphone or computer access).

Option B: In-person Counseling (requires COVID-19 screening and is subject to Hospital's or Physician's office visitor policy).

Appointment times will vary depending on the option you select.

WHO WE ARE

About Us

Hugh Chatham Memorial Hospital Nutrition Services is committed to promoting quality of life and well-being to patients in the hospital and to our clients from the local community.

Contact Us

Phone: 336-527-7591

Fax: 336-527-6002

www.HughChatham.org

Our qualified dietitians and nutritionists are contracted by



180 Parkwood Drive | Elkin, NC 28621

Diabetes Nutrition



WHAT IS DIABETES?

Insulin is a hormone that is required to manage your blood sugar. The body can make its own sugar but predominantly sugar comes from the carbohydrates (breads, pastas, potatoes, sodas, etc.) in our diet. Because our body can make its own sugar, it is not essential to get our sugar through diet.

A Type 1 Diabetic does not make insulin, therefore needs to take insulin via injection.

A Type 2 Diabetic makes insulin but their body is extremely insulin resistant.

Both types of Diabetics have intolerance to carbohydrates, therefore they need to limit their intake of this food group while their blood sugar is elevated.



WHAT FOODS HAVE THE BIGGEST IMPACT ON YOUR BLOOD SUGARS?

Carbohydrates get broken down into sugar and will make your blood sugar go up.

Since carbohydrates (aka “carbs”) are a big food group, some carbs may have a greater impact on your blood sugar compared to others.

*“Let food be thy medicine and medicine be thy food.”
– Hippocrates*

Carbs with the biggest impact on your blood sugar include high sugar drinks such as sodas, sweet tea, fruit juices and smoothies.

The next biggest culprit would be foods with wheat flour as a main ingredient, like ALL breads and cereals regardless if they are labeled “healthy” or “high fiber.”



A big step in improving your blood sugar would be to remove the above foods and drinks from your diet for a period of time, if you are eating these foods regularly.

WHAT WOULD BE THE BEST CARBS TO EAT?

Carbs with the least impact on your blood sugar would be non-starchy vegetables (broccoli, cauliflower, green beans, tomatoes, mushrooms, leafy greens, collard, mustard greens, spinach, etc.) and high fat fruits (avocados and olives).



WHAT ABOUT PROTEINS AND FATS?

Good news! Proteins (beef, chicken, pork, seafood, eggs) and fats (butter and cheese) do not become sugar when broken down, so eating these foods (as long as your meat remains un-breaded/not floured) will not make your blood sugars go up.

