

Preparing for Nutrition Conversations With Your Healthcare Professional

It is important to discuss your nutrition and physical activity when you have type 2 diabetes and are trying to lose weight.



When discussing healthy eating and dietary guidelines for type 2 diabetes, it is helpful to approach the conversation with optimism and readiness to start with small, manageable changes.

Here are some friendly conversation starters and questions to help you get the most out of your appointment.

TRY USING THESE CONVERSATION STARTERS

 FOOD AND EATING HABITS	 EXERCISE AND PHYSICAL ACTIVITY	 SETTING GOALS AND TRACKING PROGRESS
<ul style="list-style-type: none">What changes should I make to my eating habits?Do you recommend a specific eating plan for me?How many calories should I be eating each day?How much calories should I reduce to reach my weight management goals?Should I increase or decrease the consumption of any specific foods or beverages?When taking a treatment that helps lower my blood sugar levels and reduces my appetite, are there any specific foods I should focus on?	<ul style="list-style-type: none">What kind of physical activities should I do?How much exercise should I do each week?Are there any types of physical activities that I should avoid because of my medical conditions?	<ul style="list-style-type: none">What is that one change I can make right away?When/how often should I implement this change?What steps do I need to take to make this change between now and my next visit?Do I track my food intake? If so, how and when should I do it?

RESOURCES FOR FURTHER SUPPORT

- When available, ask your healthcare professional for referrals to dietitians, nutritionists, or fitness professionals
- Look for community programs or online resources to help you stay on track

Remember, it is never too late to start eating healthy, and it is important to individualize your plan to your needs.

So, start simple and make a small change in your eating habits today. Every person’s journey towards the betterment of health is unique. Work with your healthcare professional to create a plan that fits your lifestyle and health needs.

Some people may feel judged or criticized when their eating habits are brought up.

- **Be Open and Honest:** Share your current eating habits and physical activity levels. The more your healthcare professional knows, the better they can help you
- **Set Realistic Goals:** Discuss one or two small changes you can make immediately and plan how to implement them
- **Track Your Progress:** Keep a food and exercise diary to share with your healthcare professional during your next visit. This will help you both to understand your progress and to address any challenges
- **Stay Positive and Encouraged:** Remember, making changes can be challenging. Celebrate your successes and stay motivated by acknowledging the positive outcomes of your efforts

Each person’s medical situation and care plan may vary. Consult your doctor for a specialized/individualized plan and more resources to help manage your condition.

Notes