


# Navigating Nutrition Conversations With Your Patients With Type 2 Diabetes Receiving Incretin Therapy

When discussing healthy eating and dietary guidelines for diabetes, keep the conversation positive and encouraging. These friendly conversation starters can be helpful.



## AREAS OF FOCUS

<div><b>MEDICATION</b></div> <div><p>Since you have started on your new type 2 diabetes medication, have you noticed any change in your appetite?</p><ul style="list-style-type: none"><li>The type of medication you are taking for your type 2 diabetes is also known to be associated with an appetite-suppressing effect in many individuals.<sup>1,3</sup> When food intake is reduced, it is especially important to ensure adequate nutrient intake is being met</li><li>Explain the importance of balanced macronutrients</li></ul></div>	<div><b>MACRONUTRIENTS</b></div> <div><p>Are you aware of calories and macronutrients?</p><ul style="list-style-type: none"><li>Briefly discuss general recommendations and sources for macronutrients and minerals in people who have type 2 diabetes, and highlight the importance of focusing on these during healthy weight loss with type 2 diabetes treatment</li></ul></div>	<div><div><b>NUTRITION</b></div><div><p>Can you tell me more about the types of foods you eat for each of your main meals? What about fluid and beverage intake?</p><ul style="list-style-type: none"><li>Focusing on an appropriate balance of macronutrients including sufficient protein, healthy fats, and carbohydrates (especially non-starchy vegetables) and fiber-rich foods, can help prevent rapid rises in blood sugar and keep you full for longer<sup>4,5</sup></li><li>Encourage replacing sugary beverages with sugar-free beverages, ideally water<sup>4,5</sup></li></ul></div></div>
<div><div><b>CALORIES</b></div><div><p>Do you know that not all calories are equal? Would you consider substituting some of your usual foods for ½ plate of non-starchy vegetables?</p><ul style="list-style-type: none"><li>Emphasize that the quality of the calories we consume is also very important</li><li>Encourage focusing on high-quality food choices (whole foods over highly processed foods, non-starchy vegetables, reduced added sugars, and refined grains )<sup>5</sup></li></ul></div></div>	<div><div><b>EXERCISE</b></div><div><p>Can you tell me about your activity level from day to day? Let’s discuss the potential benefits of adding certain types of activity.</p><ul style="list-style-type: none"><li>Discuss an individualized approach tailored to each person</li><li>Highlight the importance of maintaining muscle mass during weight loss<sup>6,7</sup></li><li>Emphasize that sufficient food protein intake and resistance training can help mitigate muscle loss during weight loss<sup>8</sup></li></ul></div></div>	<div><div><div><b>MORE<sup>5</sup></b><ul style="list-style-type: none"><li>Whole foods</li><li>Non-starchy vegetables</li><li>Portion control</li><li>Water</li></ul></div><div><b>LESS<sup>5</sup></b><ul style="list-style-type: none"><li>Highly processed foods</li><li>Sugar-sweetened beverages</li><li>Refined grains</li><li>Starchy vegetables</li><li>Added sugar</li></ul></div><div><b>EXERCISE<sup>5</sup></b></div></div></div>

## “NO ONE SIZE FITS ALL - AN INDIVIDUALIZED APPROACH IS A KEY”

Consider the below questions to provide effective guidance to your patients.

<div><b>Current Eating Patterns</b></div> <ul style="list-style-type: none"><li>What do you eat in a typical day (for breakfast/lunch/snacks/dinner)?</li><li>What type of beverages do you typically reach for?</li><li>What is your monthly food budget?</li><li>How often do you cook at home?</li></ul>	<div><b>Identify Challenges</b></div> <ul style="list-style-type: none"><li>When do you find it challenging to eat healthy, and why?</li><li>What do you feel are your greatest challenges when trying to make healthy choices?</li><li>Are there foods or beverages you would like to consume less often?</li></ul>
<div><b>Help Set Achievable Goals</b></div> <ul style="list-style-type: none"><li>What is that one change you can make right away?</li><li>When/how often do you want to implement this change?</li><li>What do you need to do to make this change between now and your next visit?</li></ul>	<div><b>Track the Progress</b></div> <ul style="list-style-type: none"><li>Do you track your food intake? If so, how and when?</li><li>Since your last visit, how have you been feeling about the change you wanted to make?</li><li>Regarding the change you wanted to make, what challenges have you faced since your last visit?</li></ul>

## TIPS FOR SUCCESSFUL CONVERSATIONS<sup>9</sup>

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

- When speaking with patients, emphasize collaboration rather than criticism
- Celebrate their progress towards healthier eating habits and connect any positive outcomes to these changes
- Acknowledge the challenges of behavior change, especially with food, and offer empathy and encouragement
- Sharing personal experiences can provide inspiration and reassurance. This approach fosters a supportive dialogue that empowers patients in their health journey

## REFERENCES

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