
Graduate Certificate in Plant-Based Diet for Diabetes

Psychological Aspects of Diabetes and Nutrition

Psychological Aspects of Diabetes and Nutrition Glossary

A1C:

- Related Terms: HbA1c, Glycated Hemoglobin
- Explanation: A1C is a blood test that measures average blood glucose levels over the past three months. It is used to diagnose diabetes and monitor glucose control in individuals with diabetes. A lower A1C level indicates better blood sugar control.

Behavior Change:

- Related Terms: Lifestyle Modification, Habit Formation
- Explanation: Behavior change refers to the process of adopting new habits and making healthier choices to improve health outcomes. In the context of diabetes and nutrition, behavior change may involve adjusting eating patterns, increasing physical activity, and managing stress.

Binge Eating:

- Related Terms: Emotional Eating, Compulsive Overeating
- Explanation: Binge eating is a pattern of eating large quantities of food in a short period of time, often accompanied by a feeling of loss of control. It can lead to weight gain and may be a coping mechanism for stress or emotional distress.

Blood Glucose Monitoring:

- Related Terms: Self-Monitoring of Blood Glucose (SMBG), Continuous Glucose Monitoring (CGM)
- Explanation: Blood glucose monitoring involves regularly checking blood sugar levels to track how food, physical activity, and medication impact glucose control. It is essential for individuals with diabetes to make informed decisions about their health.

Carbohydrate Counting:

- Related Terms: Carb Counting, Carbohydrate Awareness
- Explanation: Carbohydrate counting is a method of meal planning that involves tracking the amount of carbohydrates in food to help manage blood sugar levels. It is commonly used by individuals with diabetes who take insulin to match their carbohydrate intake with insulin doses.

Complications of Diabetes:

- Related Terms: Diabetic Neuropathy, Diabetic Retinopathy, Diabetic Nephropathy
- Explanation: Complications of diabetes are long-term health problems that can arise from poorly controlled blood sugar levels. These complications may affect the eyes, kidneys, nerves, and other organs, leading to serious health issues if left untreated.

Diabetes Burnout:

- Related Terms: Diabetes Distress, Burnout Syndrome
- Explanation: Diabetes burnout is a state of emotional exhaustion and frustration that can occur when managing the demands of diabetes becomes overwhelming. It may lead to neglecting self-care tasks, such as monitoring blood sugar levels and following a healthy diet.

Emotional Support:

- Related Terms: Peer Support, Counseling, Therapy
- Explanation: Emotional support involves receiving encouragement, empathy, and understanding from others to help cope with the challenges of living with diabetes. It can come from family, friends, healthcare providers, or support groups.

Exercise:

- Related Terms: Physical Activity, Fitness, Workouts
- Explanation: Exercise is any physical activity that increases heart rate and strengthens muscles. Regular exercise can improve blood sugar control, reduce the risk of complications, and enhance overall well-being for individuals with diabetes.

Food Label Reading:

- Related Terms: Nutrition Facts, Ingredient List, Serving Size
- Explanation: Food label reading involves examining the nutritional information on packaged foods to make informed choices about portion sizes, calories, and nutrient content. It is important for managing diabetes and promoting a healthy diet.

Glycemic Index:

- Related Terms: GI, Blood Sugar Response
- Explanation: The glycemic index is a scale that ranks carbohydrate-containing foods based on how quickly they raise blood sugar levels. Foods with a high glycemic index cause rapid spikes in blood glucose, while low-glycemic foods lead to slower, more gradual increases.

Health Beliefs:

- Related Terms: Perceptions, Attitudes, Belief Systems
- Explanation: Health beliefs are individual beliefs and attitudes about health, illness, and treatment that influence behavior and decision-making. Understanding and addressing these beliefs is important for promoting positive health outcomes in individuals with diabetes.

Insulin Therapy:

- Related Terms: Insulin Injections, Insulin Pump, Basal Insulin
- Explanation: Insulin therapy is a treatment for diabetes that involves using insulin to regulate blood sugar levels. It may be prescribed for individuals with type 1 diabetes or those with type 2 diabetes who require supplemental insulin to manage their condition.

Meal Planning:

- Related Terms: Menu Planning, Food Preparation, Portion Control
- Explanation: Meal planning involves deciding what to eat and when to eat to achieve nutritional goals and

manage blood sugar levels. It may include balancing carbohydrates, proteins, and fats, as well as considering portion sizes and timing of meals.

Mindful Eating:

- Related Terms: Intuitive Eating, Eating Awareness, Mindful Awareness
- Explanation: Mindful eating is a practice that involves paying attention to the sensory experience of eating, such as taste, texture, and hunger cues. It can help individuals with diabetes develop a healthier relationship with food and make more conscious food choices.

Nutrition Education:

- Related Terms: Dietary Guidance, Nutritional Counseling, Health Coaching
- Explanation: Nutrition education provides information and resources to help individuals make informed decisions about food choices, meal planning, and dietary habits. It is an essential component of diabetes management and prevention of complications.

Portion Control:

- Related Terms: Serving Size, Plate Method, Measuring Portions
- Explanation: Portion control involves managing portion sizes to regulate calorie intake and improve blood sugar control. It can help prevent overeating and promote healthier eating habits for individuals with diabetes.

Self-Care:

- Related Terms: Self-Management, Self-Regulation, Personal Health
- Explanation: Self-care refers to the practice of taking responsibility for one's own health and well-being through daily habits and lifestyle choices. It includes activities such as monitoring blood sugar levels, following a healthy diet, and engaging in physical activity.

Social Support:

- Related Terms: Family Support, Peer Networks, Community Resources
- Explanation: Social support involves receiving assistance, encouragement, and resources from others to help manage the challenges of living with diabetes. It can provide emotional support, practical help, and motivation for self-care.

Stress Management:

- Related Terms: Relaxation Techniques, Coping Strategies, Mindfulness
- Explanation: Stress management involves using techniques and strategies to reduce or cope with stress, which can impact blood sugar levels and overall health in individuals with diabetes. It may include mindfulness practices, relaxation exercises, and stress-reducing activities.

Weight Management:

- Related Terms: Body Mass Index (BMI), Weight Loss, Healthy Weight
- Explanation: Weight management involves maintaining a healthy weight through a balance of diet, exercise, and lifestyle choices. It is important for individuals with diabetes to manage weight to improve blood sugar control and reduce the risk of complications.

Wellness Coaching:

- Related Terms: Health Coaching, Lifestyle Coaching, Behavior Change Coaching
- Explanation: Wellness coaching is a supportive, client-centered approach to help individuals set and achieve health goals, such as managing diabetes, improving nutrition, and enhancing overall well-being. Coaches provide guidance, motivation, and accountability for lifestyle changes.