Diabetes & food safety

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Hidden dangers
Eating with diabetes: the basics
Prevention

From Consumers to Chefs
FOOD SAFETY EDUCATION MATTERS

cfsec2019.fightbac.org
#foodsafty2019
Prevention

**FIGHT BAC!® LIKE A PRODUCEPRO**

Fight BAC!® at home to enjoy safe and healthy fresh fruits and vegetables!

- **CHECK** For Bruising or Damage
- **CLEAN** Hands, Surfaces and Utensils
- **RINSE** Fresh Fruits and Vegetables
- **SEPARATE** From Contaminants
- **CHILL** Cut Produce Below 40°F
- **THROW AWAY** If in Doubt, Throw It Out

*From Consumers to Chefs*

**FOOD SAFETY EDUCATION MATTERS**

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#foodsecurity2019
Why does diabetes increase risk?

• Digestion (gut)
• Blood sugar (glucose)
• Immune Response
• Kidneys
From Consumers to Chefs

Special Considerations
What to do if the bug gets you!
Prevention

• Cook at home more
• Avoid RAW foods
  – Fish
  – Beans
  – Meat
  – Poultry
  – Cheese
  – Sprouts
• Also
  – Over easy eggs
  – Lunch meat
ADA Resources

Powered by the American Diabetes Association® and built on evidence-based nutrition science, Diabetes Food Hub™ helps people affected by diabetes feel confident about making healthy food choices they'll love.

**Features**

- Hundreds of recipes that meet the ADA’s nutrition guidelines, with new content published weekly
- An interactive Meal Planner that lets home cooks build out a week of meals, complete with nutrition information
- Automatic and editable shopping lists
- Advanced search capabilities, including filters and ingredient search
- Dynamic profiles that learn user likes and dislikes over time
- Advice and cooking tips from diabetes nutrition and cooking experts
- Much more!
Thank you!