



How to Summer Barbecue with T1D

Spring and summer events and barbecue gatherings are here, celebrating sunshine and tasty foods. It's also a time when many dishes are made by family and friends to share. When living with T1D, being mindful about food choices will help you get the most out of summer gatherings.

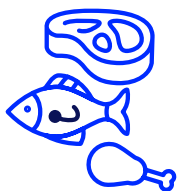
Enjoy Your Meal



Start with lean proteins and high-fiber foods. Remember the plate method, which represents half your plate being non-starchy vegetables (grilled vegetables, salads, etc.), a quarter protein (chicken, steak, burgers, fish, pork on the grill), and a quarter of your carb favorites (desserts, hot dog/hamburger buns, starchy vegetables).



At most summer outdoor gatherings, you'll find a selection of sauces and marinades to complement the variety of dishes. Some barbecue sauces may have added sugar, so consider bringing a great-tasting low-carb or sugar-free version. Some other types that have lower sugar include mustard and vinegar-based sauces.



Simple, grilled, leaner sources of protein like chicken breast, turkey, fish, lean beef, and pork taste great when grilled. Here are some of your leanest sources of protein:

- Grilled chicken
- Grilled fish (salmon, tilapia, mahi-mahi)
- Turkey or chicken sausage
- Lean beef options like sirloin, flank steak and tenderloin
- Pork tenderloin



Be mindful of higher-fat proteins and the sneaky carbs that come with sauces. Pay closer attention to these types of protein:

- Barbecued ribs
- Brisket
- Hot dogs and sausages

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit **BreakthroughT1D.org**.

Beverage busters

Hydration is essential for maintaining healthy blood sugars, so be sure to stay hydrated during these hot months. Focus on water, seltzer beverages with little to no sugar, unsweetened iced tea, or flavored sparkling water. You can even infuse your water with fresh seasonal fruit and vegetables like cucumbers, pineapples, berries, etc.

When drinking alcohol, drink in moderation and with food to avoid dangerously low blood sugar levels.

If you're having a drink or two—especially if you're in the sun—it can have an effect on your body's ability to regulate its temperature. And **some drinks can also affect your blood sugar in unexpected ways**, so beware of drinks you haven't had before, and have a chat with your doctor about what can work for you.

Movement and mindfulness

Outdoor parties and cookouts are great because movement is often built in! Whether you're spending time in the pool, playing volleyball or frisbee, or just taking a walk around the block while the burgers are cooking, you can stay active and keep blood glucose in check.

As with all activities, make sure all pump tubing is safely secured so it doesn't get caught up or pulled off while you're diving for that frisbee!

Monitor blood sugar regularly

Heat can cause your blood glucose levels to dip unexpectedly, causing hypoglycemia. This is because as the temperature rises, your blood vessels expand, which speeds up insulin absorption. Be mindful of the heat, try to keep out of the sun where you can, and wear cool clothing.



Be prepared for emergencies

Bring your T1D kit, which should include your blood glucose meter, extra insulin, and fast-acting glucose sources. If you are traveling, bring extra pump site changes and CGM sensors in case your T1D tech fails.

"Yes, I can eat that!" and "No, thank you."

Let the well-meaning "food police" know that having T1D doesn't mean you can't have the foods you love; it just takes a little more planning.

Have friendly boundaries around family offering you food you may not want.

Ask to take a few treats home instead of eating more than you want or need to feel satisfied.

Created by Breakthrough T1D

Created in partnership
with EatWellExchange



Made possible through
generous funding by the
Elevance Health Foundation

Elevance
Health Foundation



Breakthrough T1D HQ



@BreakthroughT1DHQ



@BreakthroughT1D



Breakthrough T1D



@BreakthroughT1D



Breakthrough T1D

Summer Barbecue Count Guide

Eating what you love at your next outdoor barbecue can be fun with these delicious summer staples. Remember to eat all foods in moderation and enjoy other aspects of the gathering besides food.

Proteins

any size serving, 0g

Grilled fish (salmon, tilapia, mahi-mahi), **grilled shrimp**, **grilled chicken**, **beef**, **pork tenderloin**, **hot dogs** or **sausages**

Proteins with sauce

up to 15g per serving

Brisket, **ribs**, and **chicken pieces**

Non-starchy vegetables

½c serving, 5g

Grilled vegetables:

Zucchini, **bell peppers**, **mushrooms**, **onions**, or **eggplant**

Raw veggies with salsa or **ranch dip**

Coleslaw (vinegar-based, no added sugar)

Starchy side dishes

Corn on the cob

small ear 15g

Baked beans

½c 20g

Sweet potato

small 20g

Whole wheat or white bun

medium 25g

Mac and cheese

1c 45g

Potato salad

1c 30g

French fries

½c 15g

Onion rings

½c 15g

Hushpuppies

½c 15g

Condiments and sauces

Sugar-free or low-carb barbecue sauces

2T 4g

Vinegar-based or mustard based barbecue sauces

2T 2g

Traditional BBQ sauces

2T 15g

Honey mustard

1T 5g

Beverages

Lemonade

8oz 26g

Sweet tea

(homemade, with sugar)

16oz 25g

Red or white wine

5oz 5g

Light Beer

12oz 5g

Regular Beer

12oz 15g

Margarita, Pina Colada, Daiquiri

8oz 30-45g

Liquor (vodka, tequila, whiskey, gin) **with soda water**

0g

Dessert

Grilled peaches

½ peach 10g

Dark chocolate

1 square 10g

Fresh berries with whipped cream

½c berries 10g

S'mores

1 sandwich 40g

Banana pudding

½c 25g

Peach cobbler

½c 30g

Ice cream

½c 20g

Whipped cream

0g

PRO TIP!

Sneaky sauces can pack the carbs! Monitor blood glucose closely when eating ribs, briskets, or barbecued chicken with sauce.