



General Nutrition Tips

Living with type 1 diabetes (T1D) doesn't mean that traditional dishes and family favorites are off the menu. With a little planning and awareness of how traditional indigenous dishes work together, you can enjoy all of your family's treasured recipes!

Carbohydrate Counting

Carbohydrate counting is an essential skill for individuals managing T1D as most carbohydrates turn into glucose in the body. By accurately estimating the amount of carbohydrates, or carbs, you plan to eat, you can make informed decisions about insulin dosing. For accuracy of carbohydrate counting, use tools such as measuring cups and spoons, food scales, and even food apps.



Carb-Counting for Mixed Dishes with Additional Carbohydrates

Dishes are frequently accompanied by additional carbohydrates. For example, Three Sisters soups or stews are popular dishes across various regions of the United States that incorporate a variety of local starchy vegetables, such as beans, squash, and corn, and are commonly served with fry bread, corn bread, or bannock. Wild rice soup is also typically paired with bread and may be garnished with nuts/seeds. Regional corn porridges, including nasaump, sofkee, or blue corn mush, may be enjoyed with berries, nuts, seeds, and sweetener (such as honey, maple syrup, or agave) or more savory compliments like meats. When calculating the total carbohydrate content, it is important to consider all components of the meal, including each ingredient, any toppings, and sides that will impact your blood glucose.

It's important to consider the impact of carbohydrates in meals and traditional dishes on your blood-glucose.

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**.

Pre-Meal Bolus

When consuming carbohydrates, follow your healthcare team's advice for pre-bolusing insulin before your meal. Depending on the type of carbohydrates, this could mean taking insulin 15-20 minutes ahead, or immediately before a meal, to help control post-meal blood glucose spikes.

Blood Glucose Monitoring and Pattern Recognition

Check your blood glucose before and two hours after the first bite of your meals. This will help you identify foods that raise your blood glucose quickly, like fruit dumplings or wojapi made with added sugar (maple syrup or cane sugar). Foods such as wild rice, beans, nuts, seeds, or resistant starch sources like acorns and acorn flour contain fibers that slowly increase your blood sugars. Tracking your glucose patterns helps you and your healthcare team adjust insulin doses as needed.

Watch for Delayed Glucose Spikes

Consuming carbohydrates alongside meals that are high in protein or fat can slow down rising glucose. Meals that contain high-carb foods typically cause blood glucose to rise within 1-2 hours. However, when the meal contains high protein or fat, the digestion is slowed, causing glucose absorption to be delayed. As a result, blood glucose may continue to rise 3-5 hours after eating. Examples of such meals include tamales, herring egg salad, pemmican with dried berries, or stews made with wild game.

Please Note: These guides were created to support improved understanding of traditional foods and dishes. There are tribal foods, dishes, and names that could not be captured in each regional guide. This was not meant to exclude or prioritize any specific foods or language but rather represents the knowledge available during the development of these resources.

Eating a meal when you have T1D requires extra thought. Consider taking the following steps:



KNOW

Study the menu and know your options.



STOP

Prick finger or check CGM to determine blood sugar.



THINK

Add up all the carbs for the items you plan to eat.



WAIT

Administer insulin 20 min. prior to eating.



DOUBLE CHECK

Wait 2 hours, check your numbers again.

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