

Diabetes News

Reading and Understanding Food Labels

When a food comes in a package, take a look at the Nutrition Facts label and ingredient list on the package.

Start with the “% Daily Value” column on the food label. A food is considered low in a specific nutrient (such as fat, saturated fat, carbohydrate, or sodium) if it has 5% or less of the daily value. A food is considered high in that nutrient if it has 20% or more of the daily value.



Here is what you should look at on a food label:

Serving size

All of the nutrition information on a food label is based on the serving size; adjust the other numbers if you eat more or less.

Carbohydrates

The grams of sugar listed are included in the “Total Carbohydrate.” Two common ways to calculate carbohydrate are counting grams and counting servings.

If you count carbohydrate servings, one serving of carbohydrate is 15 grams. But most foods will not be exactly 15 grams, and most meals will not add up to a number you can divide by 15. Use the chart to help you decide whether to round up or down.

Total grams of carbohydrates	Number of carb servings
7 to 22	1
23 to 37	2
38 to 52	3
53 to 65	4

Watch out for health claims on food labels. Just because a food has a health claim doesn't mean it is good for you. For example, some kinds of candy have no fat, but they have a lot of sugar.

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Contact Us

1-866-942-7966

Monday–Friday,
8:30 am–5:00 pm

TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief, anonymous survey at **mvplistens.com**.

All responses are 100% confidential and help create a better experience.

MVP Health Care offers a health management program for members living with diabetes. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on guidelines for adult diabetes care developed by the American Diabetes Association: A Collaborative Guideline for the Management of the Adult Patient with Diabetes.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

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(continued)

Fat

Saturated fat and trans fat are listed on the food label. These fats increase your risk of heart disease, so the lower the number of grams, the better. Aim for less than 7% of your total calories to be from saturated fats. For example, that's about 15 grams of saturated fat for a day during which a person eats 2,000 calories. A food is considered to be low in saturated fat if it has 1 gram or less of saturated fat and 0.5 grams or less of trans fat in each serving.

Try to eat mostly unsaturated fats (including monounsaturated fat and polyunsaturated fat). Not all food labels list unsaturated fat. You can subtract the saturated and trans fat grams from the total fat grams to see how much fat is healthy (unsaturated) fat.

Protein

Protein comes from foods such as meat, poultry, seafood, eggs, beans, peas, soy products, nuts, and seeds. Adding a little protein that is low in saturated fat to each meal and snack can help you feel full longer.

Sodium

Many packaged and canned foods have a lot of sodium (salt). Most people shouldn't eat more than 2,300 milligrams (mg) of sodium a day. If you have high blood pressure, limit your sodium to 1,500 mg a day. This can help lower your blood pressure.

Potassium

Some food labels list potassium, which is a nutrient that can help maintain a normal blood pressure. Healthy kidneys keep the right amount of potassium in the blood to keep the heart beating at a steady pace.



In the mood for a late night snack?

It's important to make healthy choices if you are feeling hungry at night. Late-night snacks add extra calories, which can lead to weight gain. Snacking after dinner—especially on foods with carbohydrates—may lead to a high blood sugar level the next morning.

If you're feeling hungry after dinner, try drinking a glass of water first. Thirst can mimic hunger. If you're still feeling hungry, stick with a low-carbohydrate, low-calorie snack, ideally one that's high in protein or fiber.

Some good options include:

- Greek yogurt
- Small handful of nuts
- Sugar-free frozen pop
- One light cheese stick
- One tablespoon of peanut butter (15 grams) and celery
- One hard-boiled egg
- Five baby carrots
- Light popcorn, 3/4 cup (approximately 6 grams)
- Salad greens with cucumber and a drizzle of oil and vinegar

If you take insulin or other diabetes medications, you may sometimes need to snack before bedtime to treat or prevent low blood sugar (hypoglycemia) during the night. If this happens often, talk to your doctor. Your doctor may recommend adjusting the dose of your medications to prevent the need for a late-night snack.

Source: *The Mayo Clinic*

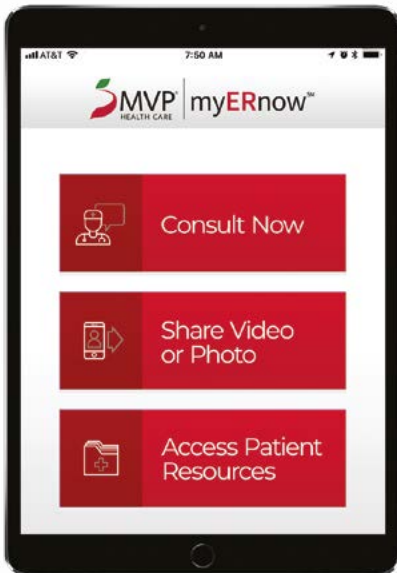


Protect yourself from COVID-19

People living with diabetes are at a higher risk for getting COVID-19 (coronavirus). Be sure to follow everyday precautions recommended by the Centers for Disease Control & Prevention to avoid being exposed to COVID-19. This includes wearing a face mask when in public, washing hands often, and keeping a safe space between yourself and others.

Access to the Care You Need. Anytime. Anywhere.

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Call 1-833-myERnow (1-833-693-7669) (TTY: 711) or **visit myERnow.com**.

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Get expert diagnosis and prescriptions, if appropriate, for a variety of non-emergency care situations and diagnoses, including:

- 24/7 online doctor visits for a range of needs, including sinusitis, upper respiratory infections/flu, pharyngitis, urinary tract infections (UTI), bronchitis, conjunctivitis, allergies, and more
- Self-scheduled appointments for behavioral health, nutrition and lactation support

Online visits are available, using a smartphone, tablet, or computer with a webcam.

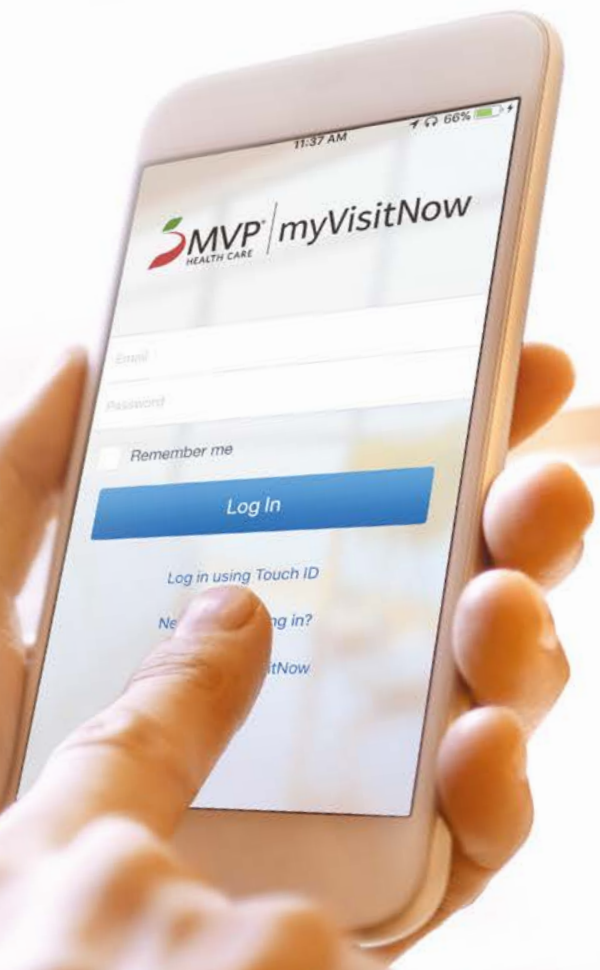
Visit **myVisitNow.com** for more information.

If you have a life-threatening medical emergency, call 911 immediately.

*If you are a self-funded plan participant, check with your employer to see if you have this benefit. MVP SmartFund MSA® members are only eligible for myVisitNow® which is subject to the deductible.

myVisitNow from MVP Health Care is powered by American Well and is not included in all plans. Regulatory restrictions may apply.

myERnow is powered by United Concierge Medicine.



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Reduce Your Risk of the Flu and Pneumonia

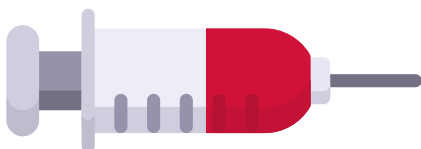
It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Simple steps to preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control, and prevent conditions like diabetes and HIV/AIDS



Get vaccinated. Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Haemophilus influenzae type b (Hib), Pertussis (whooping cough) and seasonal influenza (flu) vaccines. Talk to your doctor for more information.