

Diabetes

Life Lines



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Diabetes - the Medical Perspective

An important part of your medical care plan is checking your blood glucose on a regular basis. The more you check your blood glucose at home, the better you'll understand how you react to different foods, activities, or stresses.

Checking your blood glucose before a meal tells you how well you (and your medication) are doing in a relative fasting state. A value that is too high may mean that you need more medication, or less food. A value that is too low may mean you need less medication, or more food.

Checking your blood glucose after a meal tells you how your body is

responding to that combination of foods and medication if you are taking medication. Some people react with higher blood glucose values to certain foods like pizza or spaghetti than we would expect based on the amount of carbohydrate. Knowing how you react helps to plan your medication schedule, and how much or even what other foods you may eat.

Checking your blood glucose at 2 or 3 am tells you if you are having low blood glucose at night. If you do, this may mean your medication should be reduced or you may need a bedtime snack. Having a very high early morning blood glucose may mean that you didn't have enough bedtime medication, or that your blood glucose fell and your liver tried to compensate by making more glucose itself.

Because of all these possibilities it is important to keep a record of your blood glucose readings and share them with your health care team. They can help you look at patterns and adjust your diet or medication to help keep your blood glucose at your goal value.

Diabetes and Food



Having an alcoholic drink will not effect your blood glucose if you

- Have your blood glucose in good control normally
- Don't have complications often associated with diabetes, like high blood pressure or heart disease
- Have the drink close to or with a meal

Drinking alcohol on an empty stomach is not a good idea. Alcohol on an empty stomach can make your blood glucose fall too low (hypoglycemia).

To avoid hypoglycemia if you are having an occasional alcoholic drink,

- Always eat something when you drink alcohol
- Check your blood glucose often, even before, during and after having a drink. Although the effect can be very soon after having alcohol, blood glucose may fall as long as 8 to 12 hours after you've had a drink.

The Dietary Guidelines for Americans stress that to be healthy, alcohol should be moderate: 2 drinks per day for men and 1 drink per day for women. A drink equals 12 ounces

of beer, 5 ounces of wine, or 1.5 ounces of liquor.

The calories and carbohydrates in alcoholic drinks do count – remember to work them into your meal plan and don't just “add them on.”

Exercise as a Part of Living

Flexibility is important. Something we take for granted until we don't have it anymore. As we age, developing flexibility will make us more comfortable with all our activities of daily living.

For instance, practicing flexibility exercises for the neck can make it much easier to turn and look over your shoulder when driving. Flexibility of the leg and back muscles will make it easier to put on shoes and socks.

Staying flexible helps to decrease the likelihood of hurting yourself when you need to move quickly or to move something heavier than normal. Flexibility also helps with everyday movements such as walking, standing up from a sitting position, and reaching for items in cabinets.

Ask you health care provider for flexibility exercises at your next visit!

Recipes to Try

Pecan Crusted Broccoli

¼ cup pecan chips
1 tablespoon olive oil
1 tablespoon dry bread crumbs

6 1-cup servings

½ teaspoon marjoram
1 pound frozen chopped
broccoli, cooked

1. Sauté pecans in olive oil in small skillet for 2-3 minutes. Add bread crumbs and marjoram, stirring frequently. Remove from heat when toasted. Add celery, onion.
2. Toss cooked broccoli with topping mixture.

Total preparation and cooking time: 20 minutes.

Per serving:

Calories	84	Fat	6 grams
Protein	3 grams	Calories from fat	64%
Carbohydrate	4 grams	Cholesterol	0 grams
Fiber	2 grams	Sodium	26 mg
Carbohydrate units: 0; Exchanges: 1 vegetable, 1 fat			

Italian Baked Cod

¾ cup chopped onion
1 teaspoon minced garlic
1 tablespoon olive oil
1 can (28 oz.) diced tomatoes

4 servings

1 tablespoon sliced black olives
1 teaspoon basil
12 oz. cod fillets

1. Preheat oven to 450°.
2. Sauté onions and garlic in oil. Add tomatoes, olives, basil. Simmer until thickened, about 10 minutes.
3. Place in non-stick baking dish. Top with cod fillets. Bake covered about 10 minutes until fish flakes easily.

Total preparation and cooking time: 30 minutes

Per serving:

Calories	153	Fat	4 grams
Protein	17 grams	Calories from fat	25%
Carbohydrate	12 grams	Cholesterol	37 grams
Fiber	4 gram	Sodium	144 mg

Carbohydrate units: 1; Exchanges: 2 vegetable, 2 low-fat meat



Illinois Extension offers educational programs, assistance & materials to all without regard to race, color, national origin, age, sex, or disability.

Medication Update



When people talk about insulin everyone thinks shots and pain. Insulin can be your best friend in keeping your blood glucose within your target range – and thereby avoiding or delaying complications like blindness, kidney failure and the need for dialysis, heart disease or stroke, nerve damage and difficulty walking, and possibly the need for amputations.

Try these tips for making the injections more comfortable:

- Use insulin that is at room temperature, not refrigerator temperature
- Make sure the air bubbles are out of the syringe before you inject; flick the syringe gently to get the bubbles to the tip and expel some insulin if necessary
- Try to relax your muscles at the injection site
- Use sharp needles or try a finer gauge
- Don't start and stop when you are injecting; have a smooth delivery that is quick but not jabbing
- Don't change the angle of the needle as it enters and leaves the skin; this makes the injection site larger than it needs to be.

Menu Suggestion

BREAKFAST	Total
	Amount/Portion
Wheat flakes cereal with 1% milk	1 cup cereal, 2/3 cup milk
Hard boiled egg	1 egg
Almond cranberry muffin*	1 muffin
Orange	1 orange

531 kcal, 80 gm carbohydrate
5 carb units

LUNCH	Total
	Amount/Portion
Tuna salad sandwich	1/2 sandwich
Cream of asparagus soup, prepared with milk with unsalted crackers	1 cup soup, 4 crackers
Low-fat potato crisps*	1 serving
Pink/red grapefruit	1 grapefruit

591 kcal, 80 gm carbohydrate
5 carb units

DINNER	Total
	Amount/Portion
Southwestern casserole*	1 serving
Lettuce salad with tomatoes and carrots with fat-free French style dressing	1-1/4 cup salad, 2 tbsp dressing
Cranberry raspberry juice	8 fl. oz.

681 kcal, 85 gm carbohydrate
6 carb units
Total: 1803 kcal, 173 gm carbohydrates, 16 carb units

***Visit**

www.urbanext.uiuc.edu/diabetes_recipes/ for recipes in menu above.