

Diabetes

Life Lines



August/September 2008

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Diabetes - the Medical Perspective

We all know that smoking is bad for your health. Most of the bad effects are related to the lung and heart. Diabetes increases the risk of heart disease. For those that have diabetes, this risk may be increased.

Smoking affects the smaller blood vessels. So does diabetes. Together, they can make vision problems worse, raise your risk of gum disease, increase damage to your nerves, and lead to serious foot and leg problems, like infections, ulcers, and poor blood flow.

People have a hard time quitting for many reasons. Tobacco is highly addictive and it is a big part of everyday life for smokers. Before you quit, study your own smoking habits.

Here are some tips to help you quit:

1. Get ready
2. Get support
3. Talk to your doctor about counseling and any medications to help you quit
4. Learn new skills and behaviors

There are many benefits to quitting smoking. You'll save money and feel better. If you have high blood pressure, quitting smoking should help control your blood pressure. If you have high blood cholesterol levels, quitting smoking can help this as well.

Quitting smoking is hard. The American Diabetes Association suggests that counseling and helping those who smoke be part of routine care for those who have diabetes.

Additional help is available through the Illinois Tobacco Quitline. Call 1-866-QUIT-YES for help quitting.



Diabetes and Food



If you smoke, you may be worried about gaining weight when you quit. The average person who quits smoking gains about 7 pounds.

You can minimize weight gain while quitting smoking by increasing physical activity and trying to stay with your meal plan. Talk to a dietitian about including some “rewards” for yourself as you work on quitting smoking.

Tips for staying on your meal plan:

- Drink lots of water
- Watch your portion sizes
- Avoid unplanned snacking
- Don't reach for food when you used to reach for a cigarette
- Reward yourself with non-food bonuses or treats

Exercise for Living

Exercise can be an important part of quitting smoking. Exercise can distract you from your cravings, it can help you to relax, and it can help to prevent weight gain after you quit.

Quitting smoking can be very stressful. Stress in people with diabetes can alter blood glucose levels. A great way to relax when you are stressed is by moving through a wide range of exercise or body motions. You can loosen up through movement by:

- Circling
- Stretching
- Shaking

Make exercise more fun by adding music. Make sure you get your body moving every day. Think of small changes you can make to become more physically active like:

- Take a walking break at work
- Lift weights while watching TV
- Make a family walking date
- Do some household chores
- Take the bike instead of the car

Be sure to talk to your doctor before beginning an exercise program.

Recipes to Try

Caribbean Salsa Salad

10 1-cup servings

2 cups cooked brown rice
1 15-ounce can black beans,
rinsed & drained
2 cups chopped tomatoes
1 cup chopped bell pepper
2 chopped green onions

1 tablespoon chopped fresh
cilantro
1 cup frozen corn, thawed
1 cup salsa
4 ounces cubed low fat
Monterey Jack cheese

1. Combine all ingredients in a large bowl except salsa and cheese.
2. Gently stir in salsa and cheese. Serve at room temperature immediately or chill.

Total preparation and cooking time: 30 minutes.

Per serving:

Calories	134	Fat	4 grams
Protein	6 grams	Calories from fat	27%
Carbohydrate	21 grams	Cholesterol	10 grams
Fiber	25 grams	Sodium	295 mg

Strawberry Smoothies

4 6-ounce servings

8 ounces plain non-fat yogurt
1/4 cup fat-free milk
Sugar substitute to equal 1 tsp. of sugar

3 cups sliced strawberries
1 cup ice cubes

1. Combine yogurt, milk, sweetener and half the strawberries in blender container; blend for 1 minute.
2. Add remaining strawberries and blend until smooth.
3. Add ice cubes one at a time, blending until slushy.

Total preparation and cooking time: 10 minutes

Per serving:

Calories	77	Fat	1 grams
Protein	4 grams	Calories from fat	7%
Carbohydrate	15 grams	Cholesterol	1 gram
Fiber	3 grams	Sodium	50 mg

Menu Suggestion

BREAKFAST	Amount/Portion
Strawberry smoothie*	6 ounces
Whole wheat toast	2 slices
Whipped margarine	2 teaspoons
Egg	1

451 kcal, 63 gm carbohydrate, 4 carb units

LUNCH	
Caribbean salsa salad*	2 servings
Baked tortilla chips	18
Cantaloupe	1/4 melon
Non-fat milk	1 cup

532 kcal, 91 gm carbohydrate, 6 carb units

DINNER	
Healthier Swiss steak*	1 serving, 3 ounces
Two potato bake*	1 serving
Green salad with calorie-free dressing	1 cup salad
Skim milk	1 cup
Graham cracker date pudding*	1 serving

620 kcal, 85 gm carbohydrate, 6 carb units

Total: 1603 kcal, 239 gm carbohydrates, 16 carb units

Meals may also include a calorie-free beverage (diet soda, tea, coffee, etc.).

*Visit www.urbanext.uiuc.edu/diabetesrecipes/ for recipes in menu above.



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