

# Diabetes

## Life Lines



December 2008, January 2009

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### **Diabetes - the Medical Perspective**

Most everyone has had their blood pressure checked. You roll up your sleeve and the cuff goes around your arm. Air is pumped into the cuff and a measure of your blood pressure is taken. This measurement helps not only to see if your blood pressure is in the range it should be, but also to see if you are at risk for heart disease or stroke.

Another very helpful test is called the Ankle Brachial Index (ABI). For the ABI, blood pressure is measured both in the arm and also at the ankle. The ABI gives the doctor a ratio of the arm to ankle systolic blood pressure.

The ABI is used to determine if you have peripheral arterial disease – a condition where the circulation in the legs is poor.

However, it may also help determine if you have a high risk for stroke, since there is a link between peripheral arterial disease and stroke.

The ABI may also be used to determine the risk of future leg problems, such as pain in the legs at rest, poorly healing ulcers, or the need for leg bypass surgery.

A normal ABI is .95 to 1.2. If you have had this test, ask your doctor what your results were. A lower value indicates peripheral vascular disease. If your value is low, you'll want to be very careful of protecting your feet and avoid any foot injuries. You may also need to visit a vascular specialist for the best care of your vascular condition.

Remember to keep track of all your blood pressure readings as well as your ABI. Sometimes a trend in results is more helpful than just one reading.

If you have additional questions about your blood pressure or vascular health, talk to your health care provider.

## Diabetes and Food



The holiday season is once again upon us. All those high-calorie favorites will be difficult to ignore! One very simple solution is to eat more slowly.

Sounds simple but if you eat more slowly and think about what you are eating, you are less likely to unknowingly keep eating.

Some tips to help you eat more slowly:

- Count to 30 between bites;
- Have a conversation before and after eating a certain item;
- Put your fork or spoon down after each mouthful;
- Chew your food a set number of times – count the chews and make it last;
- Make sure you've swallowed and at least looked around the room before picking up your fork or spoon again;
- Try mentally spelling the food you're eating before taking a second bite of it.

You can come up with many time-wasting tricks, tips or games. The important thing is to eat slowly, think about what and how much you're eating, and enjoy what you do eat.

## Medication Update

If you have diabetes and are thinking about using a dietary supplement to treat yourself, make sure you talk to your health care provider first. Your doctor or other health care provider needs to know all about your health and self-treatment so they can understand what may or may not be working to manage your blood glucose values.

It is not recommended to substitute your prescribed medications for diabetes with supplements. If you want to try a supplement for a while, talk to your doctor first and make sure you monitor your blood glucose level as prescribed.

The National Center for Complementary and Alternative Medicine within the National Institutes of Health has several funded studies to look at supplements and diabetes. They are specifically looking at chromium and ginkgo. To find out more about this research visit [nccam.nih.gov/health/diabetes](http://nccam.nih.gov/health/diabetes)

## Recipes to Try

### Tandoori Chicken

**6 servings**

- |                                               |                            |
|-----------------------------------------------|----------------------------|
| 1.6 pounds chicken breast, boneless, skinless | 1 tablespoon minced garlic |
| 1 cup no fat-plain yogurt                     | 1 teaspoon ground cumin    |
| 1 tablespoon curry powder                     | 1 tablespoon minced ginger |
| 1 tablespoon paprika                          | 1/2 teaspoon pepper        |

1. Cut chicken into strips, about 4 inches by 2 inches.
2. Combine all other ingredients in a container large enough to marinate chicken. Add chicken, cover, and refrigerate overnight.
3. Discard marinade. Coat skillet with cooking spray. Cook over medium-high heat, turning often, about 20 minutes.

*Total preparation and cooking time: 30 minutes. Chill time: overnight.*

*Per serving:*

Calories	218	Fat	6 grams
Protein	36 grams	Calories from fat	25%
Carbohydrate	3 grams	Cholesterol	93 grams
Fiber	0 grams	Sodium	77 mg

### Cranberry Biscotti Bread

**12 servings, 1 slice each**

- |                               |                                  |
|-------------------------------|----------------------------------|
| Nonstick cooking spray        | 3/4 cup unsweetened orange juice |
| 2 cups flour                  | 1/2 cup water                    |
| 1 cup Splenda®                | 1 tablespoon grated orange peel  |
| 1 1/2 teaspoons baking powder | 3 tablespoons oil                |
| 1/2 teaspoon baking soda      | 1/2 cup chopped walnuts          |
| 1/2 teaspoon salt             | 2 cups chopped fresh cranberries |
| 1 egg                         |                                  |

1. Spray loaf pan lightly with cooking spray. Preheat oven to 350°F.
2. Combine flour, Splenda, baking powder, baking soda, and salt.
3. Combine remaining ingredients except nuts and berries. Make a well in dry ingredients and add egg mixture, mixing until just moist. Stir in nuts and berries.
4. Pour into pan, bake until crust is brown, 55-60 minutes.

*Total preparation and cooking time: 80-90 minutes*

*Per serving:*

Calories	149	Fat	6 grams
Protein	3 grams	Calories from fat	34%
Carbohydrate	21 grams	Cholesterol	18 grams
Fiber	1 grams	Sodium	207 mg



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## Menu Suggestion

BREAKFAST	Amount/Portion
Cranberry biscotti bread*	2 slices
Banana	1
Milk, fat-free	1 cup

492 kcal, 83 gm carbohydrate, 5.5 carb units

LUNCH	
Black bean & vegetable soup, low sodium, fat free	2 cups
Rye bread	1 slice
Margarine	1 teaspoon
Milk, fat-free	1 cup
Gingersnaps	6

597 kcal, 108 gm carbohydrate, 7 carb units

DINNER	
Tandoori Chicken*	1 serving
Brown rice	1 cup
Green beans	1 cup
Holiday broccoli tomato salad**	1 serving
Milk, fat-free	1 cup
Pineapple tidbits	1/2 cup

736 kcal, 92 gm carbohydrate, 6 carb units

Total: 1825 kcal, 283 gm carbohydrates, 18.5 carb units

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

\*Recipe in this issue or \*\*at

[www.urbanext.uiuc.edu/  
diabetesrecipes/](http://www.urbanext.uiuc.edu/diabetesrecipes/).



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