

Diabetes

Life Lines



October-November, 2010

- **Diabetes - the Medical Perspective**
- **Diabetes and Food**
- **Medication Update**
- **Recipes to Try**
- **Menu Suggestions**

Diabetes - the Medical Perspective

For people with diabetes, the flu can be more than aches and pains. It can mean longer illness, hospitalization, even death! Diabetes can make the immune system more vulnerable to severe cases of flu. In fact, people with diabetes are almost three times more likely to die with influenza, “the flu”, or pneumonia.

So take control!

When you live with diabetes you are careful about the food and meals you eat, you try to exercise each day, and you see your doctor regularly. Now add an annual flu vaccine to your routine. Call your doctor’s office to make sure a flu shot is okay for you. Check the schedule for flu shots in your local paper or clinic.

You might also ask your doctor about a pneumonia vaccine. This vaccine protects against pneumococcal disease, which is the most common form of pneumonia. This vaccine is safe to take at the same time as the flu shot, and for most people one dose one time provides years of protection.

Can a Flu Shot Give Me the Flu?

No. Flu vaccines do not contain a live virus, so they cannot infect you. Some people coincidentally have a cold a week or two following immunization. This is not a result of their flu vaccine. The flu is not a cold.

Do I Need a Flu Shot Every Year?

Yes. Flu viruses vary from year to year, so it is important to get a shot every year to be sure.

Do I Need To Get a Pneumonia Vaccine Every Year?

No. Usually one vaccine will last years and years

Diabetes and Food

Need more recipes? The United States Department of Agriculture (USDA) recently published a listing of many recipe books and websites with recipes. Here are a few that you may enjoy:

Fruits & Veggies – More Matters

US Department of Health and Human Services, Centers for Disease Control and Prevention

Web site:

<http://apps.nccd.cdc.gov/dnparecipe/recipe/search.aspx>

Description: Recipes with fruits and vegetables as the main ingredient for every course including beverages and desserts. Nutrition facts per serving are included.

Nutrition.gov Cooking Methods and Recipes

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site:

<http://www.nutrition.gov/recipes>

Description: Links to cooking and recipe resources from various federal government agencies. Also links to the USDA's Vegetarian Recipes and Meal Planning page.

USA.gov American Recipes

USA.gov for Citizens

Web site:

<http://www.firstgov.gov/Citizen/Topics/Health/Recipes.shtml>

Description: Lists links to different types of recipe pages with topics to include kids' recipes, cooking for a crowd, and special recipe collections and publications. This site also lists recipes "From Famous Americans" for some historical American cooking ideas.

Although these recipes are not specifically for those with diabetes, they can all be worked into your meal plan by considering calories, carbohydrates and serving sizes.

Medication Update

If you have been taking Avandia and have not talked to your doctor recently, you should make an appointment. After further evaluation of drug trial data it was found that Avandia may increase the risk of heart attacks. Talk to your doctor about your risk for having a heart attack, and whether other medications to lower your blood glucose may be better for you.

Recipes to Try

Tangy Tuna Salad

1 can (5 ounces) water packed
tuna, drained
½ cup chopped onion

2 servings

2 teaspoons Dijon mustard
½ tablespoon light salad dressing
½ cup chopped green pepper

1. Combine ingredients.
2. Serve on lettuce leave or as filling for sandwich.

Nutrition facts per serving

Calories	120	Fat	3 grams
Protein	17 grams	Calories from fat	26%
Carbohydrate	4 grams	Cholesterol `	1 mg
Fiber	1 gram	Sodium	325 mg

Preparation time 10 minutes

Banana Walnut Muffins

1-½ cups flour
¾ cup chopped walnuts
½ cup toasted wheat germ
¼ cup brown sugar, not packed
¼ cup Splenda®
1 tablespoon baking powder
1 teaspoon cinnamon

12 muffins

½ teaspoon salt
¼ teaspoon nutmeg
2 ripe bananas, mashed
¾ cup milk, non-fat
4 tablespoon margarine, softened
1 egg
non-stick cooking spray

1. Preheat oven to 400°. Fit muffin pan with 12 paper liners. Spray with non-stick cooking spray.
2. Mix flour, walnuts, wheat germ, brown sugar, Splenda®, baking powder, cinnamon, salt, and nutmeg in a large bowl. Stir in remaining ingredients. Mix until just blended.
3. Fill muffin liners with mix.
4. Bake until a toothpick comes out clean, about 20 minutes.

Nutrition facts per serving

Calories	200	Fat	9 grams
Protein	6 grams	Calories from fat	42%
Carbohydrate	24 grams	Cholesterol `	18 mg
Fiber	2 grams	Sodium	257 mg

Preparation & cooking time 30 minutes.

BREAKFAST	Amount/Portion
1 cooked egg or egg substitute	1 egg
Banana walnut muffin [†]	1
Margarine, whipped	1 tablespoon
Orange juice	1 cup
Skim milk	8 ounces
536 Calories, 63 Carbohydrates, 4 Carbohydrate Choices	
SNACK	
Low fat yogurt	6 ounces
90 Calories, 15 Carbohydrates, 1 Carbohydrate Choice	
LUNCH	
Tangy tuna salad [†]	1 serving
Whole wheat bread	2 slices
Baked potato chips	1 ounce (9 chips)
Baby carrots	8
Mandarin oranges	½ cup
Iced tea	8 ounces
573 Calories, 91 Carbohydrates, 6 Carbohydrate Choices	
DINNER	
Easy pepper steak [†]	3 ounces
Noodles	1 cup
Tossed salad	1 cup
Fat free dressing	1 tablespoon
Skim milk	8 ounces
Applesauce cake [†]	1 serving
584 Calories, 99 Carbohydrates, 6.5 Carbohydrate Choices	
Total: 1783 Calories, 253 Carbohydrates, 17.5 Carbohydrate Choices	

[†] recipes from *Diabetes Lifelines* or *Recipes for Diabetes* at <http://urbanext.illinois.edu/diabetesrecipes/intro.cfm>