

Diabetes

Life Lines



February-March 2011

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Diabetes - the Medical Perspective

Type 2 diabetes often runs in families. This means that there is a genetic influence on who could develop diabetes. It is common to hear of grandparents, then parents, and finally children having diabetes. Your children have a greater chance of developing diabetes if you were diagnosed before age 50 with the condition.

But having diabetes run in your family does not mean that all the family members will develop the disease. It is very important that those whose family members have diabetes understand that they can lower their risk for developing diabetes.

Being overweight or obese increases the risk for diabetes. For those who have family members

with diabetes, maintaining or achieving a healthy weight can lower their own risk for the disease. Having a healthy diet and balancing calories with exercise are important lifestyle choices if diabetes runs in your family. If you are overweight, even losing 10% of your body weight could help. For instance, if you weigh 200 pounds, losing 20 pounds could help lower your risk for diabetes.

Not being very physically active is also a risk factor for developing diabetes. Regular physical activity improves insulin sensitivity. This means that the glucose gets into the cells rather than staying high in the blood.

The American Diabetes Association has a diabetes risk factor test that you can take. Online it is available at www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test.

Diabetes and Food

Many people are relying on food pantries for food these days. What do you do if you have diabetes and are relying on food pantries?

Think about your basic food groups: protein, starches, fruit, vegetables and dairy. Non-fat dry milk may be available from your food pantry and can be used instead of fluid milk. Few other dairy products are non-perishable. Look for starches that are calcium fortified, including crackers, breakfast bars and cereal to make up for not having milk and its calcium.

Vegetables and fruits are both available canned. Choose fruits canned in their own juice and vegetables with lower sodium, if possible.

Protein foods are more difficult to find from your food pantry. Peanut butter is fairly high in calories, so use sparingly. Dry beans and peas are good choices. Canned tuna in water and canned chicken may also be available.

Many main dishes can be created used the chunky soups with rice or noodles.

For recipe and meal planning ideas, visit Making the Most of Your Food Donations at

<http://urbanext.illinois.edu/foodbaskets/default.cfm>.

Medication Update

The Food and Drug Administration (FDA) has issued a public notification concerning Fruta Planta, a supplement promoted to help with weight loss. One death and several cases of heart problems were reported. The FDA laboratory found the supplement contained sibutramine. Sibutramine (Merida) was taken off the market in October, 2010 because of health concerns.

The FDA recommends consumers who have used this supplement to consult with their doctor, to throw away any remains of the supplements, and to report any adverse events to the FDA.

The FDA has also taken action against manufacturers and marketers of acai berry supplements. These supplements have been marketed to promote fast weight loss. The FDA claims these are misleading claims. Moreover, “free” samples have been followed with repeated billing to the customer.

For more information on these and other FDA actions, visit <http://nccam.nih.gov/news/alerts/>.

Recipes to Try

Philly Steak Quesadilla

2 servings-3 slices each

1 green pepper, thinly sliced
½ medium onion, thinly sliced
6 tablespoons shredded part-skim
Mozzarella cheese

4 slices deli-sliced roast beef
2 low-fat 10 inch flour tortillas
Cooking spray

1. Cook peppers and onion on medium heat in a non-stick skillet until onions tender, stirring occasionally. Remove from skillet.
2. Spray skillet with cooking spray. Add 1 tortilla. Sprinkle with 3 tablespoons cheese. Top with 4 slices beef. Add vegetables. Top with tortilla.
3. Cook on medium heat about 3 minutes. Use spatula to flip the quesadilla. Cook additional 3 minutes. Slide from skillet onto cutting board. Cut into 6 slices.

Nutrition facts per serving

Calories	213	Fat	4 grams
Protein	13 grams	Calories from fat	18%
Carbohydrate	30 grams	Cholesterol	18 mg
Fiber	10 grams	Sodium	642 mg

Preparation time 20 minutes

Scalloped Apples

4 servings

5 cups sliced, peeled tart apples
(about 4 medium)
1/2 cup Splenda®
1 tablespoon cornstarch

1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 tablespoon reduced-fat margarine

1. Place apple slices in 1-quart, microwave-safe bowl.
2. Combine sugar, cornstarch, cinnamon, and nutmeg.
3. Sprinkle mixture over apples and toss to coat.
4. Dot with margarine.
5. Cover and microwave on high for 15 minutes or until apples are tender, stirring every 5 minutes.

Nutrition facts per serving

Calories	126	Fat	1 gram
Protein	0 grams	Calories from fat	14%
Carbohydrate	29 grams	Cholesterol	0 mg
Fiber	4 grams	Sodium	62 mg

Preparation & cooking time 25 minutes.



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BREAKFAST	Amount/Portion
Waffle, low-fat whole grain	2
Margarine, whipped	1 tablespoon
Maple syrup, lite	4 tablespoons
Turkey sausage	1 patty
Skim milk	8 ounces
510 Calories, 58 Carbohydrates, 4 Carbohydrate Choices	
SNACK	
Low-fat yogurt	6 ounces
Graham crackers	1 2.5-inch squares
209 Calories, 40 Carbohydrates, 2.5 Carbohydrate Choice	
LUNCH	
Philly Steak Quesadilla [†]	1 serving
Baked tortilla chips	1 ounce (9 chips)
Salsa	3 tablespoons
Tossed green salad	1 cup
Fat-free Catalina dressing	½ tablespoon
Sliced pear	1
Iced tea	8 ounces
484 Calories, 87 Carbohydrates, 6 Carbohydrate Choices	
DINNER	
Pork chop, pan fried, no fat added	3 ounces
Mashed potatoes	1/2 cup
Gravy, fat-free	2 tablespoons
Green beans	1 cup
Scalloped apples [†]	1 serving
Skim milk	8 ounces
562 Calories, 69 Carbohydrates, 4.5 Carbohydrate Choices	
Total: 1765 Calories, 253 Carbohydrates, 17 Carbohydrate Choices	

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