

# Diabetes

## Life Lines



April-May, 2011

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

Stress is so many things it is sometimes hard to define exactly. Stress can be physical, like an injury or illness. Stress can also be mental or emotional, like problems in relationships, problems with your job or money, or feelings of frustration or anxiety.

When you are stressed, your body gears up to take action. Levels of many hormones increase to make stored energy—glucose and fat — available to cells. However, the cells still need insulin for the glucose to get in. For those with diabetes, this may mean that blood glucose levels increase when they are stressed, either physically or emotionally.

In addition, people who are stressed often do not take good care of themselves. They might

exercise less than they normally would, or miss meals. They might drink more alcohol, or forget to check their blood glucose levels.

Just having diabetes and working on changing a lifetime of behaviors may be stressful! Instead of eating what you want, when you want it, you have to plan your meals. You may have to count the carbohydrates you are eating, or decrease how often you can eat favorite foods.

It is clear that some stress will always be in your life. Some stress will not always make your blood sugar too high. However, many stressful things can be “too much”.

If you feel that way, the stress level might be affecting your blood glucose. Talk to your health care provider so that he/she knows your blood glucose might be too high because of too much stress. Ask about support groups. Even if you do not like sharing your problems, knowing other people in your same situation can help. You might also learn some tips that work for other people!

## Diabetes and Food

Many people eat too much when they feel stressed. For people who feel stressed often, or all the time, this overeating will result in weight gain. The weight gain itself can make you feel stressed. And then it becomes a spiral effect.

Some people quit eating when they are stressed. They have more nervous energy, and may feel nauseous or just not hungry. Taking medication to lower blood glucose in these situations may be risky. Talk to your health care provider if this sounds like you. If you are taking insulin, be sure to match your insulin dose with the carbohydrates you are going to eat. If you are not sure how to do this, talk to your dietitian or nurse.

Better choices for eating when stressed include fresh fruit and vegetables or unbuttered popcorn. If portion control is a problem for you when you are stressed, choose single serve containers. For instance, if ice cream is a stress-relieving food, do not keep half gallon or gallon containers. Choose ice cream bars or single serve containers instead.

Remember that exercise often helps to reduce stress. Talk to your doctor about how to check your

blood glucose when exercising, and make plans to have a 15-gram carbohydrate snack at hand in case your blood glucose goes low.

## Medication Update

Abbott Diabetes Care recalled 359 lots of glucose test strips. You can check the lot numbers by visiting Abbott's website: <http://www.precisionoptiuminfo.com>

The lot numbers are on the bottom of the test strip box and on each foil-wrapped test strip packet.

These test strips may give falsely low readings. The strip is not absorbing enough blood to give you a true reading. So you may think your blood glucose is fine when it is really too high. Or you may think your blood glucose is too low when it is really fine.

Abbott Diabetes Care will replace the strips at no charge. Call Abbott Diabetes Customer Care Service at 1-800-448-5234 to find out how to exchange the strips.

There is no problem with the meters. If you have questions or concerns you can contact the Food and Drug Administration (FDA) at 1-800-332-1088 or call Abbott Diabetes Care at the number above.



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## Recipes to Try

### Red Apple Spinach Salad

6 servings

1 pound fresh spinach,  
trimmed and cleaned  
1 un-peeled red apple  
3 slices bacon, fried crisp, crumbled

1/4 c. frozen unsweetened  
orange juice concentrate,  
thawed  
1/3 c. light mayonnaise

1. Dice apple.
2. Mix orange juice and mayonnaise.
3. Mix apple and spinach.
4. Pour dressing over salad and top with crumbled bacon.

#### *Nutrition facts per serving*

Calories	98	Fat	5 grams
Protein	3 grams	Calories from fat	46%
Carbohydrate	10 grams	Cholesterol`	7 mg
Fiber	7 grams	Sodium	212 mg

*Preparation time 15 minutes*

### Southwest Chicken

4 Servings

2 tablespoons margarine  
2- 6 oz. chicken breasts, halved & skinned  
1/2 teaspoon tarragon  
2 tablespoons lime juice

2 tablespoons water  
1/2 teaspoon Tabasco sauce  
dash of pepper

1. Melt margarine in skillet. Place chicken in skillet. Season with pepper & tarragon.
2. Brown chicken over medium heat- about 10 minutes. Turn, season, & brown other side.
3. Mix lime juice, water, & pepper sauce; pour on chicken. Cover & simmer until tender, about 10 minutes. Suggested to be served with rice.

#### *Nutrition facts per serving (without rice)*

Calories	195	Fat	9 grams
Protein	27 grams	Calories from fat	42%
Carbohydrate	1 gram	Cholesterol`	72 mg
Fiber	0 grams	Sodium	134 mg

*Preparation & cooking time 30 minutes.*



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# Menu Suggestions

<b>BREAKFAST</b>	<b>Amount/Portion</b>
Eggs, poached	2
Whole wheat toast	2 slices
Margarine, whipped	1 tablespoon
Banana	1 medium
Skim milk	8 ounces
664 Calories, 88 Carbohydrates, 6 Carbohydrate Choices	
<b>LUNCH</b>	
Red Apple Spinach Salad <sup>†</sup>	1 serving
6-inch ham and Swiss cheese sub sandwich	1
Skim milk	8 ounces
Ginger snaps	4
698 Calories, 90 Carbohydrates, 6 Carbohydrate Choices	
<b>DINNER</b>	
Southwest Chicken <sup>†</sup>	1 serving
Rice	1 cup
Steamed broccoli	1 cup
Skim milk	8 ounces
Banana Pineapple Pie <sup>†</sup>	1 serving
628 Calories, 112 Carbohydrates, 7.5 Carbohydrate Choices	
Total: 1990 Calories, 290 Carbohydrates, 19 Carbohydrate Choices	

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