

# Diabetes

## Life Lines



February-March, 2012

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

Good dental health is important whether you have diabetes or not. However, if you have diabetes, good dental health may be more of a challenge. Having pre-diabetes or diabetes, and certain medications, may cause your mouth to be dry. Dry mouth can make it more difficult to clear bacteria after eating. Saliva is needed not only to moisten food but also because it can start the food breakdown. This happens with food that is swallowed and also with food that may be stuck in your teeth.

Dry mouth can also increase the risk for enamel demineralization. This can increase the risk for tooth decay. It is important to brush often with a soft brush. Toothpaste that has fluoride and plaque fighting properties is a good choice.

If your gums are red, sore, or swollen you may have a gum disease. This can lead to infections of the gums and bone that holds your teeth in place. This condition is called periodontitis. Make an appointment to see your dentist if your gums hurt or bleed when you brush your teeth.

To keep your teeth and gums healthy:

- Keep your blood glucose close to your goal value
- Floss your teeth at least once per day
- Brush your teeth after each meal and snack
- Use a soft toothbrush
- If you wear dentures, keep them clean
- Make sure your dentist knows you have diabetes
- See your dentist at least twice per year.

Smoking can increase the risk of infection of the gums and bone and may lengthen the time for gum diseases to heal.

## Diabetes and Food

### *Why Whole Grains?*

Whole grain starches, fruits and vegetables should be included for a healthy diet because they are good sources of fiber. Whole grains have the whole grain – nothing is removed. That means that the whole kernel must still be in the food - bran, germ, and endosperm- although it may be cracked or rolled. Whole grains that you may recognize include:

- Barley
- Buckwheat
- Corn, including whole cornmeal and popcorn
- Oats, including oatmeal
- Rice, both brown rice and colored rice
- Rye
- Sorghum (also called milo)
- Wheat
- Wild rice

Others that you may not recognize include:

- Amaranth, more common to Mexico and Peru
- Millet, eaten in India but more often fed to birds in the US
- Quinoa, more common in South America

- Teff, more common in Ethiopia, India and Australia
- Triticale, a hybrid of durum wheat and rye

Foods made with whole grains are usually wheat, such as 100% whole wheat bread, pasta, tortilla, and crackers.

While whole grains are part of the general recommendations for healthy eating, there is not a specific recommendation for those with diabetes. So, why bother? Well, whole grains are a good source of fiber. The current recommendation for healthy adults is to consume 14 grams fiber per 1000 calories eaten. So for 1500 calories eaten, that would be 21 grams of fiber. For 2000 calories eaten, it would be 28 grams of fiber. The Dietary Guidelines for Americans encourage eating at least half the recommended servings of grains as whole grains.

If you are looking on the front of a food package, and a food is labeled as “high fiber” it must have 5 or more grams of fiber in a serving. A “good source of fiber” must have 2.5 to 4.9 grams of fiber.

## Recipes to Try

### Chicken Enchiladas

9 ounces cooked chicken, chopped  
1 small onion, chopped  
½ cup part skim shredded  
mozzarella cheese  
2 cups shredded cabbage

### 5 servings

5 8"-lower-fat flour tortillas  
1 can (14.5 ounces) diced tomatoes,  
with green chilies, lightly drained  
¼ cup Parmesan cheese

1. Heat oven to 350°.
2. Cook chopped chicken in a non-stick skillet with onions. Cover to steam while cooking, stirring often to prevent sticking. Cook until chicken done, about 10 minutes.
3. Add chicken, onions, cabbage to open tortilla, sprinkle with mozzarella. Roll, and place in 8 by 10 inch baking dish, seam side down. Repeat for remaining tortillas.
4. Pour tomatoes over tortillas. Sprinkle with Parmesan cheese. Bake 30 minutes, covered.

#### Nutrition facts per serving

Calories	306	Fat	9 grams
Protein	21 grams	Calories from fat	26%
Carbohydrate	32 grams	Cholesterol	45 mg
Fiber	3 grams	Sodium	868 mg

Preparation time 20 minutes; baking time 30 minutes.

### Filled Squares

1 cup margarine, softened  
2 cups flour  
½ teaspoon baking powder  
1 package (8 ounces) fat-free  
cream cheese

### 30 cookies, 1 serving = 1 cookie

1 jar sugar-free light preserves,  
any flavor  
½ cup chopped pecans

1. Heat oven to 375 °
2. Mix first 4 ingredients together. Form a ball and chill for 3 hours.
3. To make filling, mix jam and nuts together.
4. Roll one-fourth of dough out and cut into 2-inch squares. (You should have 15 squares per one-fourth of dough to come up with total of 30 cookies of 2 squares each- if you have fewer, calories per serving may be higher.)
5. Place a spoonful of filling on square, top with another square and seal by pinching edges. Repeat until all of dough is used.
6. Bake at 375° for 15 to 20 minutes.

#### Nutrition facts per serving

Calories	114	Fat	7 grams
Protein	2 grams	Calories from fat	57%
Carbohydrate	10 grams	Cholesterol	1 mg
Fiber	1 gram	Sodium	79 mg

Preparation time 20 minutes; total time 40 minutes



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<b>BREAKFAST</b>	<b>Amount/Portion</b>
Veggie-cheese omelet with egg substitute	1
Apple juice, light	6 ounces
Multi-grain toast	2 slices
Margarine, whipped	2 teaspoons
Skim milk	8 ounces
627 Calories, 63 Carbohydrates, 4 Carbohydrate Choices	
<b>LUNCH</b>	
Chicken enchiladas <sup>†</sup>	1
Salsa, chunky	2 tablespoons
Tossed salad	1 cup
Fat-free Ranch dressing	1 tablespoon
Mixed fruit, tropical	½ cup
755 Calories, 70 Carbohydrates, 4.5 Carbohydrate Choices	
<b>DINNER</b>	
Roast beef	3 ounces
Potato, baked	1 medium
Sour cream, fat-free	1 tablespoon
Broccoli, steamed	1 cup
Filled squares <sup>†</sup>	2
Skim milk	8 ounces
703 Calories, 74 Carbohydrates, 5 Carbohydrate Choices	
Total: 2085 Calories, 207 Carbohydrates, 14 Carbohydrate Choices	

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



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