

Diabetes

Life Lines



April-May, 2012

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Diabetes - the Medical Perspective

While the goal in diabetes is to achieve the individual's target blood glucose range, high blood glucose readings happen. But not all high readings are the same. In general, there are 3 types of high blood glucose readings:

- Spikes that occur just once in a while;
- High values all the time;
- Blood glucose readings that drift higher and higher over time.

These 3 types of high blood glucose readings can happen regardless of type of management the person is using (diet alone; diet with oral medications; diet with insulin).

Insulin is the only medication that can bring down an acute high spike in blood glucose. If you aren't using insulin, and have a

spike, you may want to check with your health care provider, depending on how high the spike is, and drink plenty of water to prevent dehydration. Dehydration can occur as the high blood glucose spills over into the urine, drawing body water with it.

High values all the time often means the amount of food eaten, exercise, and medication are not well-aligned. With high values all the time, it is time to enroll in a diabetes education program and see your health care provider.

When blood glucose values begin drifting higher and higher over time, it usually means that the current therapy or management strategy needs to change. This may mean beginning an oral medication or insulin if diet alone was the management strategy; increasing the dose of the medication; reassessing the calories and carbohydrates eaten; and/or adding another medication to the management routine. Keep track of your blood glucose readings and take those with you to your next health care appointment.

Diabetes and Food

For people with diabetes, it is important to understand what foods are made of so that blood glucose levels can be more easily controlled. Memorizing the exact amount of carbohydrate in all the foods that we eat would be almost impossible and impractical. Fortunately there are six main food groups:

- The Starch and Starchy Vegetables Group
- The Fruit Group
- The Vegetable Group
- The Meat, Meat Substitutes, Eggs, and Cheese Group
- The Milk and Yogurt Group
- The Fats and Oils Group

It is important to eat foods from each group every day. The type and the amount of food that you chose to eat can have either positive or negative effects on your health.

These food groups are included in MyPlate, except for Fats and Oils.



The same foods will be important whether you have diabetes or not. However, the amounts may be different from MyPlate to whatever food tracking system you are using. One of the most popular is the carbohydrate counting system (carb counting). In the carb counting system, for instance, raw vegetables are not counted as long as the total number of carbs eaten is less than 20 from this food. In 1 cup of raw vegetables there is 5 grams of carbohydrate. If you ate this 5 times in 1 day, or ate 2 cups of raw vegetables 3 times a day, that would add up to more than 20 grams, and would have to be counted as part of your carbohydrate allowance. In MyPlate, the recommendation is to eat 4 to 5 servings of vegetables per day. This may not be what your meal plan tells you to eat. So, while MyPlate can be used by those who have diabetes, the diet plan discussed with you by your dietitian should guide your food choices. If you haven't talked to a dietitian, ask your doctor at your next visit, or go to <http://www.eatright.org/Public/>. At the far right of the green top bar, click on "Find a Dietitian".

Recipes to Try

Zucchini Salad with Cilantro

2 small zucchini
½ cup chopped cilantro
1 can (15 ounces) lite apricots
halves, drained

6 1-cup servings

4 green onions, sliced
1 green pepper, chopped
2 tablespoons low fat balsamic
vinegar dressing

1. Peel zucchini. Cut into slices, and then quarter the slices.
2. Cut each apricot half into quarters.
3. Combine all ingredients.

Nutrition facts per serving

Calories	84	Fat	0 grams
Protein	1 gram	Calories from fat	0%
Carbohydrate	21 grams	Cholesterol`	0 mg
Fiber	3 grams	Sodium	85 mg

Preparation time 20 minutes.

Parmesan Rice with Cilantro

1 cup rice
2 cups water

6 ½-cup servings

¼ cup cilantro, chopped
3 tablespoon Parmesan, Asiago,
Romano shredded cheese

1. Cook rice with water according to directions on rice package.
2. Stir in cilantro and cheese.

Nutrition facts per serving

Calories	165	Fat	6 grams
Protein	3 grams	Calories from fat	33%
Carbohydrate	23 grams	Cholesterol`	4 mg
Fiber	0 grams	Sodium	294 mg

Preparation time 25 minutes.

BREAKFAST	Amount/Portion
Instant cinnamon spice oatmeal	1 packet
Eggs	2
Whole wheat toast	2 slices
Margarine, whipped	2 teaspoons
Skim milk	8 ounces
569 Calories, 77 Carbohydrates, 5 Carbohydrate Choices	
LUNCH	
Roast beef sub sandwich with 1 slice Swiss cheese, 1 Tablespoon lite mayonnaise	1
Zucchini Salad with Cilantro [†]	1 serving
Skim milk	8 ounces
577 Calories, 80 Carbohydrates, 5 Carbohydrate Choices	
DINNER	
Grilled chicken breast	3 ounces
Parmesan Rice with Cilantro [†]	1 serving
Peas and carrots	1 cup
Skim milk	8 ounces
Slices peaches, own juice	½ cup
Skim milk	12 ounces
576 Calories, 75 Carbohydrates, 5 Carbohydrate Choices	
Total: 1722 Calories, 207 Carbohydrates, 15 Carbohydrate Choices	

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



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