

Diabetes

Life Lines



June-July, 2013

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Diabetes - the Medical Perspective

Most hearing loss is “sensorineural”—meaning that a nerve, or the inner ear containing the nerve, or the part of the brain receiving that message through the nerve is not working well.

Many think of hearing loss as part of growing older. It is true that more older adults suffer hearing loss than younger ones. Repeated exposure to loud noise, some infections, and chronic diseases like heart disease and diabetes may also increase risk for hearing loss. It is not known whether diabetes by itself increases hearing loss risk, or whether the increased risk for heart disease when you have diabetes is what really influences the hearing loss.

Insurance and Medicare often covers a hearing evaluation every several years. The American

Association of Retired Persons (AARP) has a brochure available online that covers how to select someone to test your hearing, explains how you hear, all about hearing aids, and where to get more information. That brochure is available at

http://assets.aarp.org/www.aarp.org/articles/health/docs/hearing_guide.pdf

Being able to hear warning or instructions is important. Also important is being able to enjoy the people around you; the sounds of nature; your favorite music. Although having diabetes means you may have to change some habits to stay healthy, it shouldn't mean you have to give up hearing the sounds of people, things and nature. Talk to your health care provider if you feel your hearing is not what it once was.

Diabetes and Food

Breakfast can be a frustrating meal whether you have diabetes or not. It is a time when most of us don't feel like cooking. Many of us aren't particularly hungry. And yet, fueling your body in the morning is a must if you have diabetes and a good idea for the rest of the world as well.

Traditional breakfast foods include toast, cereal, pancakes, waffles, eggs, and omelets. Often coffee or tea, juice and milk are added as beverages. This can be a lot of carbohydrates if eggs or egg substitutes are eaten. This can be a lot of fat if the waffles or pancakes are not low fat versions. Then there is the spreads for toast that can be high both in fat or carbohydrates.

To add protein to breakfast, some foods that are not traditionally "breakfast foods" can be helpful. Think about low fat cheeses, low fat yogurt, low fat smoothies, or low fat cottage cheese. Made the night before, a quiche can add both carbohydrates and protein.

Medication Update

Buying medications by mail is sometimes advertised as less expensive and more convenient. Be careful to look closely at the mail order business before choosing this route to get your medications. A report in 2012 looked at Medicare-paid diabetes testing supplies. The report concluded that there was a trend for people to move away from mail order and towards in-person pharmacies.

Three things to remember for mail order medications: 1) it may not be for you if you need interaction with a pharmacist or if you need your doctor to talk to your pharmacist about certain unusual or non-regular medication or prescription dose 2) sometimes medications or medical supplies are "auto-shipped", which may end up costing you more if you don't need that much, and 3) it often is more expensive than advertised. Keep track of all your expenses if you decide to use mail orders for your prescription or medical supplies.

Recipes to Try

Spanish Omelet

Ingredients

- 1 tablespoon chopped onion
- 1 tablespoon chopped green pepper
- ½ tablespoon olive oil
- 3 eggs or egg substitutes, lightly beaten
- ¼ cup chopped tomato



Directions

1. In a medium non-stick sauté pan, cook onion and pepper in olive oil. Remove from pan and add tomato.
2. Add eggs or egg substitutes, gently moving eggs to center to allow even cooking for omelet.
3. Add onions, pepper, and tomato to one half of egg mixture. Fold other half over, covering vegetables.

Nutrition Facts per serving; 1 serving per recipe

Calories	283	Fat	21 grams
Protein	19 grams	Calories from fat	182
Carbohydrate	6 grams	Cholesterol	645 mg
Fiber	1 gram	Sodium	175 mg

This and other recipes available at
<http://urbanext.illinois.edu/fiesta/>

Salmon and Asparagus Salad

Ingredients

- 4 cups water
- 6 salmon fillets, 4 ounces each
- 1 tablespoon margarine
- 2 cups asparagus, cut in 1-inch pieces
- 3 cups cooked rice
- 1 cup thawed frozen peas
- ½ teaspoon salt
- ¼ teaspoon pepper



Directions

1. Use 4 cups of water in a skillet to steam or poach salmon until salmon flakes with a fork. Remove salmon and discard water.
2. Heat margarine in a skillet and add asparagus, cooking until tender.
3. Stir in rice, peas, salmon, salt, and pepper.
4. Cook about one minute, just to heat, stirring to prevent sticking.

Nutrition facts per serving; makes 6 servings

Calories	380	Fat	16 grams
Protein	29 gram	Calories from fat	144
Carbohydrate	28 grams	Cholesterol	71 mg
Fiber	3 gram	Sodium	419 mg

This and other recipes available at
<http://urbanext.illinois.edu/diabetesrecipes/intro.cfm>

Sample Menu

BREAKFAST	Amount/ Portion
Spanish Omelet [†]	1 serving
Whole wheat toast	2 slices
Whipped margarine	1 tablespoon
Orange juice	12 ounces
554 Calories; 54 Carbohydrates; 3 Carbohydrate Choices	
LUNCH	
Salmon and asparagus salad [†]	1 serving
French bread	2 slices
Whipped margarine	1 tablespoon
Plum	1 medium
Skim milk	1 cup
604 Calories; 71 Carbohydrates; 5 Carbohydrate Choices	
DINNER	
Chicken, skinless, baked	3 ounces
Mashed potatoes	1 cup
Fat free chicken gravy	.25 cup
Carrots, grated, steamed	1 cup
Skim milk	1 cup
709 Calories; 75 Carbohydrates; 5 Carbohydrate Choices	
Total: 1967 Calories, 200 Carbohydrates, 13 Carbohydrate Choices	

[†] Recipes from *Fiesta of Flavors* at
<http://urbanext.illinois.edu/fiesta/intro.cfm>