

Diabetes

Life Lines



October – November 2014

- **Diabetes - the Medical Perspective**
- **Diabetes and Food**
- **Recipes to Try**
- **Menu Suggestions**

Diabetes - the Medical Perspective

Be Heart Smart: Know Your ABCs of Diabetes

There is a strong link between diabetes and heart disease. Having diabetes increases your risk of heart disease or stroke 2-4 times more than someone without diabetes. Blood vessels are more at risk to the effects of high cholesterol, smoking and high blood pressure when diabetes is present.

Heart disease risk can be lessened by managing your ABCs of diabetes:

- **A for A1C test** is a blood test used to measure your estimated average blood sugar over the last two to three months. This test lets your doctor know whether your diabetes treatment plan is working. To help prevent complications of diabetes an A1C of less than 7% (estimated average glucose of less than 154 mg/dl) is recommended, although 7% may not be appropriate for everyone. Your A1C goal may be different depending on your age or if your blood glucose levels sometimes drop too low. Keeping your average estimated glucose levels less than 154 (A1C less

than 7%) can help protect your heart, kidneys, blood vessels, feet and eyes from the damage high blood glucose levels.

A1C Percent	Estimated Average Glucose mg/dL
6	126
7	154
8	183
9	212
10	240
11	269
12	298

- **B for Blood Pressure** which is the force of your blood through the blood vessels. High blood pressure can cause a stroke or heart attack and damage your kidney and eyes. The most recent blood pressure treatment recommendation for people with diabetes is less than 140/80, but a lower goal may be appropriate for younger and/or recently diagnosed individualized.
- **C for Cholesterol**, a waxy fat-like substance found in the bloodstream and the body's cells. LDL and HDL are two different types of cholesterol. LDL or "bad" cholesterol can build up plaque and clog the arterial wall causing heart attack and stroke. HDL or "good" cholesterol helps remove the "bad" cholesterol from your blood. Discuss your cholesterol goals with your physician. If you are over

40 years old and have diabetes medication may be necessary to control cholesterol and decrease heart disease risk.

- **S is for Stop Smoking.** Smoking is dangerous for everyone, but even more so if you have diabetes. Stopping smoking is one of the most positive behavior changes you can make to lower heart disease risk. Ask for help if unable to stop smoking on your own.

Diabetes and Food

A diabetes meal plan should also be heart healthy. Making a few changes in the foods you eat and how they are prepared can help keep your A1C, blood pressure and cholesterol levels within target ranges.

Having diabetes and eating heart healthy means making some of these changes within your daily carbohydrate choices.

- Increasing dietary fiber intake by eating oatmeal, oat bran, whole grain breads and cereals.
- Decrease intake of saturated fat and cholesterol by decreasing your intake of fatty meats, fried foods, sour cream, butter, lard, foods with palm or coconut oil, whole milk and whole milk dairy products.
- Eat more skinless poultry, fish,

plant-based protein and lean beef and pork.

- Albacore tuna, halibut, mackerel, salmon, trout, sardines, flaxseed, English walnuts, canola, soybean, flaxseed and walnut oils are good sources of heart healthy omega-3 fatty acids.
- Avoid foods with *trans* fats such as baked goods, crackers, candies, fried foods, solid shortenings, stick margarine, some tub margarines, coffee creamers, snack foods, and other foods made with partially hydrogenated oils.
- Substitute healthier unsaturated fats for less healthy saturated fats. Choose liquid oils such as olive, canola and peanut oil instead of solid fats for cooking and baking. Select *trans* fat- free soft tub margarines. Nuts and seeds are healthy sources of fat.
- Fill half of your plate with non-starchy vegetables. Eat whole fruit or fruit packed in its own juice within your carbohydrate choices.
- Reduce sodium intake by cutting back on processed foods.

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

Recipes to Try

Easy Chicken Bundle

Ingredients

(4-ounce) boneless chicken breast, skin removed
½ cup sliced carrots
½ cup broccoli
1 small onion sliced, ¼ inch thick
Pepper, to taste
2 tablespoons water
Cooking spray

1 serving per recipe



Directions

1. Preheat oven to 450°
2. Spray 12x18 inch sheet of heavy-duty aluminum foil with non-stick cooking spray.
3. Place chicken breast and vegetables on lower half of foil. Season with pepper (optional). Add water.
4. Fold upper half of foil over food, meeting bottom edges of foil. Seal edges together making a tight ½ inch fold. Fold again. Repeat on sides. Place on cookie sheet and bake 20-25 minutes.

Total time: 30 minutes

Preparation time: 5 minutes

Nutrition Facts per Serving

Calories	74	Fat	0 gram
Protein	1 gram	Calories from fat	0
Carbohydrate	18 grams	Cholesterol	0 mg
Fiber	1 gram	Sodium	3 mg

Apple Berry Crisp

Ingredients

1 large apple
¾ cup fresh or frozen unsweetened blueberries
4 packets Equal
¼ teaspoon cinnamon
¼ cup uncooked oats
¼ cup flour
1 tablespoon brown sugar
1 tablespoon chopped pecans
1½ tablespoons low-fat (not non-fat) margarine
Cooking spray

4 servings per recipe



Directions

1. Preheat oven to 350°.
2. Coat inside of 1-quart heat-proof baking dish with cooking spray.
3. Peel and slice apple into dish. Add fresh or frozen blueberries and toss lightly.
4. Combine cinnamon and sweeteners in mixing bowl. Sprinkle over fruit.
5. In same mixing bowl combine oats, flour, brown sugar, and pecans. Add margarine and mix with fork until crumbly. Sprinkle over fruit in baking dish.
6. Bake for 20 minutes or just until fruit juices bubble up on sides and in the middle of the dish.

Total time: 40 minutes

Preparation time: 20 minutes

Nutrition Facts per Serving

Calories	158	Fat	4 grams
Protein	3 grams	Calories from Fat	36
Carbohydrate	28 grams	Cholesterol	0 mg
Fiber	4 grams	Sodium	30 mg

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Sample Menu

BREAKFAST	Amount/ Portion
Asparagus Frittata†	1 serving
Whole wheat toast	1 slice
Soft tub margarine	1 teaspoon
Grapes	17 small
Skim milk	1 cup
523 Calories; 48 grams carbohydrates; 3 carbohydrate choices	
LUNCH	
Tangy Tuna Salad†	1 serving
Whole wheat crackers	6 crackers
Tossed Salad	1 cup
Olive oil vinaigrette salad dressing	1 tablespoon
Non-fat vanilla Greek yogurt	5 ounces
Blueberries	$\frac{3}{4}$ cup
Roasted almonds	1 ounce
Skim milk	1 cup
690 Calories; 67 grams carbohydrates; 4 carbohydrate choices	
DINNER	
Italian Turkey Casserole†	1 cup
Seasoned green beans	$\frac{1}{2}$ cup
Chopped vegetable salad	1 cup
Balsamic vinaigrette	2 tablespoons
Carrot cake	1 serving
Skim milk	1 cup
623 Calories; 72 grams carbohydrates; 5 carbohydrate choices	
Total: 1836 Calories; 187 grams carbohydrates; 12 carbohydrate choices	

† Recipes from *Recipes for Diabetes* at
<http://urbanext.illinois.edu/diabetesrecipes/> or this newsletter



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