

# Diabetes

## Life Lines



April-May, 2015

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

Do you know what your fasting blood sugar level is? It's an important number to be aware of as type 2 diabetes doesn't just happen overnight. Problems with blood sugar generally start well before a diagnosis of type 2 diabetes.

Prediabetes is a condition that happens when blood glucose is higher than normal, but not high enough for a diagnosis of type 2 diabetes. Insulin is a hormone that is necessary for the body to effectively use food for energy. When prediabetes is present the body is more resistant to insulin. Insulin resistance causes sugar (glucose) to build up in the blood stream rather than enter the cells to be used for energy. Over time this can lead to prediabetes and without lifestyle changes, type 2 diabetes.

Prediabetes can be diagnosed by a simple blood test. If your fasting plasma glucose is between 100-125 mg/dl you have what is known as impaired fasting glucose. Impaired glucose tolerance is

diagnosed if your blood glucose is between 140-199 mg/dl two hours after drinking an oral glucose tolerance solution. Prediabetes can also be diagnosed with an A1C blood test which reflects an average glucose reading over the last three months. An A1C between 5.7 - 6.4% is a diagnosis for prediabetes. A1C, fasting glucose and glucose tolerance are all blood test that can be used to diagnose prediabetes.

The latest statistics from the Center for Disease Control and Prevention (CDC) report 86 million American adults, or more than 1 in 3 have prediabetes. An even more alarming fact is that 9 out of 10 people who have prediabetes don't know they have it. The good news is that a diagnosis of prediabetes can serve as a warning sign. Lifestyle changes can often delay or even prevent prediabetes from progressing to type 2 diabetes. Anyone who identifies with any of the following categories should be screened for prediabetes:

1. Are 45 years of age or older.
2. Are overweight.
3. Have high blood pressure.
4. Have a family history of type 2 diabetes.

5. Had gestational diabetes or given birth to a baby weighing more than 9 pounds.
6. Are physically active fewer than three times per week.

Having prediabetes increases the risk of heart disease, type 2 diabetes and stroke. Without weight loss and moderate physical activity 15-30% of those with prediabetes will develop type 2 diabetes within 5 years. Progression to type 2 diabetes is not inevitable. Research has proven that lifestyle changes can cut the risk of developing type 2 diabetes in half. A modest and sustained weight loss and increased moderate intensity physical activity can significantly reduce the risk of developing type 2 diabetes.

### **Diabetes and Food**

A registered dietitian can help you adopt a healthier lifestyle by making better food choices, cutting portion sizes and incorporating regular physical activity. All of these changes will help in reaching your weight loss goal and lower your risk of developing type 2 diabetes. If you already have diabetes, you should follow your meal plan. If you don't have a meal plan, you should talk to your health care provider and dietitian.

Making healthier food choices can start with:

- ✓ Choosing to bake, broil or grill your foods rather than frying.
- ✓ Choosing skinless poultry and fish more often and limiting red meat to lean cuts and smaller portions less frequently.
- ✓ Trying some meatless meals with more emphasis on plant based foods.
- ✓ Including vegetable and fruits at each meal.
- ✓ Cutting back on foods with added sugars and fats which are likely low in nutrients and high in calories.
- ✓ Drinking more water and calorie-free beverages and avoiding sweetened beverages.
- ✓ Making at least half of your grains whole-grains. Look for a whole grain as the first ingredient for bread, pasta and cereals.

To learn your risk take the prediabetes risk quiz from the CDC at <http://www.cdc.gov/diabetes/prevention>

To find a registered dietitian in your area visit the Academy of Nutrition and Dietetics at <http://www.eatright.org/find-an-expert>

## Recipes to Try

### Italian Baked Cod

*4 servings per recipe*

#### Ingredients

- ¾ cup chopped onion
- 1 tablespoon sliced black olives
- 1 teaspoon minced garlic
- 1 teaspoon basil
- 1 tablespoon olive oil
- 12 oz. cod fillets
- 1 can (28 oz.) diced tomatoes



#### Directions

1. Preheat oven to 450°.
2. Sauté onions and garlic in oil. Add tomatoes, olives, basil. Simmer until thickened, about 10 minutes.
3. Place in non-stick baking dish. Top with cod fillets. Bake covered about 10 minutes until fish flakes easily.

#### *Nutrition Facts per serving:*

Calories	139	Fat	1 gram
Protein	21 grams	Calories from fat	9
Carbohydrate	9 grams	Cholesterol	47 mg
Fiber	2 gram	Sodium	724 mg

## Pecan Crusted Broccoli

### Ingredients

- ¼ cup pecan chips
- ½ teaspoon marjoram
- 1 tablespoon olive oil
- 1 pound frozen chopped broccoli, cooked
- 1 tablespoon dry bread crumbs

*6- 1 cup servings*



### Directions

1. Sauté pecans in olive oil in small skillet for 2-3 minutes. Add bread crumbs and marjoram, stirring frequently. Remove from heat when toasted. Add celery, onion.
2. Toss cooked broccoli with topping mixture.

### *Nutrition Facts per Serving:*

Calories	84	Fat	6 gram
Protein	3 grams	Calories from fat	54
Carbohydrate	4 grams	Cholesterol	0mg
Fiber	2 gram	Sodium	26 mg

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

## Sample Menu

<b>BREAKFAST</b>	<b>Amount/ Portion</b>
Vegetable Omelet red and green peppers and onion	2 eggs
Whole wheat toast	2 slices
Soft tub margarine	2 teaspoons
Fresh cantaloupe	1 cup cubed
Skim milk	1 cup
637 Calories; 62 carbohydrates; 4 carb units	
<b>LUNCH</b>	
Stuffed green peppers †	1 serving
Tossed green salad	1 cup
Vinaigrette	2 tablespoons
Fresh raspberries	1 cup
Skim milk	1 cup
512 Calories; 53 Carbohydrates; 3.5 Carbohydrate Choices	
<b>DINNER</b>	
Italian baked cod †	1 serving
Pecan crusted broccoli †	1 cup
Spinach salad	1 cup
Vinaigrette	2 tablespoons
Brown rice	2/3 cup
Non-fat Greek yogurt	6 ounces
Skim milk	1 cup
708 Calories; 70 Carbohydrates; 4.5 Carbohydrate Choices	
Total: 1857 Calories, 185 Carbohydrates, 12 Carbohydrate Choices	

† Recipes from *Recipes for Diabetes* at

<http://urbanext.illinois.edu/diabetesrecipes/>

or this newsletter



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