



W.E. H.E.L.P.

(Wellness Education-Helping Each other Learn Prevention)

Coastal AHEC
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This edition is dedicated to **Diabetes Awareness**

Top 10 Benefits of Being Active



- **Americans are overweight!** Being overweight can cause type 2 sugar diabetes.
- **30 million Americans are either being diagnosed or on the verge of being diagnosed with type 2 diabetes, as a direct result of overeating.**
- **To prevent diabetes, the commonsense way is just to reduce your portion sizes and the number of calories you take in.**

"A Minute For Your Health" 2003

What is the Hemoglobin A1C Test?

If you have diabetes, you need to make sure your doctor is ordering the Hemoglobin A1C test for you 4 times a year. People with diabetes also check the blood level of their sugar several times a day by pricking their finger, drawing a drop of blood, and using a small glucose meter to measure the sugar level in the drop of blood. This sugar level tells you what is happening with your blood at the time you are measuring it, but it doesn't tell you what your average blood sugar was for the past 3 months. The Hemoglobin A1C test establishes the average over a 90 day cycle.

"A Minute For Your Health" 2003

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1. **Improve blood glucose management.** Activity makes your body more sensitive to the insulin you make. Activity also burns glucose (calories). Both actions lower blood glucose.
2. **Lower blood pressure.** Activity helps your heart pump stronger and slower.
3. **Improve blood fats.** Exercise can raise good cholesterol (HDL) and lower bad cholesterol (LDL) and triglycerides. These changes are heart healthy.
4. **Take less insulin or diabetes pills.** Activity can lower blood glucose and weight. Both of these may lower how much insulin or diabetes pills you need to take.
5. **Lose weight and keep it off.** Activity burns calories. If you burn enough calories, you'll trim a few pounds. Stay active and you'll keep the weight off.
6. **Lower risk for other health problems.** Reduce your risk of a heart attack or stroke, some cancers, and bone loss.
7. **Gain more energy and sleep better.** You'll get better sleep in less time and have more energy, too.
8. **Relieve stress.** Work out or walk off daily stress.
9. **Build stronger bones and muscles.** Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as lifting light weights (or even cans of beans), make muscles strong.
10. **Be more flexible.** Move easier when you are active.

Source: www.diabetes.org



Thanksgiving



Thanksgiving is a perfect time to spend time with family and friends. It can also be a time of great anxiety for people with diabetes and their families. Don't let questions on what to eat, how much to eat, and meal timing dampen your holiday. Plan in advance, so you can fully enjoy the day and keep your diabetes management on track.

General Tips

1. **Think about the timing of your meal.** Plan in advance how you will handle making changes if your Thanksgiving dinner is at an "off" time to your regular meal schedule. If you take insulin or a pill that lowers blood glucose, you may need to have a snack at your regularly scheduled meal time to prevent a low blood glucose reaction. Check with your health care team if you have any questions.
2. **Be physically active!** The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves being physically active and away from the food. Ideas include taking a walk with the whole family or playing Frisbee, soccer, or touch football with your children, grandchildren, or the neighborhood kids.
3. **Have foods to nibble on while you are cooking** – or waiting – that won't sabotage blood glucose levels before you sit down to eat. Try setting out a platter of raw or blanched veggies with your favorite low-calorie dip.
4. **Make selective food choices.** Don't feel obligated to sample everything on the table. Whether it is the mashed potatoes, rolls, cranberry sauce or pumpkin pie that you enjoy the most, your favorites and pass on the rest. For example, if stuffing is your favorite, pass on rolls. Choose either sweet potatoes or mashed potatoes.
5. **Eat smaller portions.** Because high carbohydrate foods are plentiful at most Thanksgiving tables, watch your portion sizes. If you can't decide on one or two carbohydrate containing favorites to eat, have very small portions or "samples" of several dishes. Overall, try to keep your total carbohydrate intake like your everyday meals.



Meal Preparation Tips

- **Turkey is a great addition to your diet.** It's low in fat and high in protein, and a good source of iron, zinc, phosphorus, potassium and B vitamins.
- **Buy and freeze your turkey.** A frozen turkey can be bought months in advance and stored in the freezer section of the refrigerator. Allow about 24 hours of defrost time for every 5 pounds of turkey. A 20-pound turkey will take 4-5 days to thaw! Never thaw turkey at room temperature.
- **Stuff your turkey just before you place the bird in the oven.** Allow $\frac{1}{2}$ to $\frac{3}{4}$ cup stuffing per pound of turkey, and do not over-stuff. The stuffing must be cooked to a minimum temperature of 165 degrees to be safe.
- **Use a shallow pan to roast your turkey to perfection.** Insert a meat thermometer into the inner thigh of the bird and roast it in a pre-heated oven set at 325 degrees. Your turkey is cooked when the thermometer in the inner thigh reads 180 degrees, and the juices run clear. Be sure the thermometer is not touching any bones.

For more information visit www.diabetes.org

ENJOY THANKSGIVING!

- The holidays can be a tough time for families, especially families dealing with diabetes. But there's no reason you can't take it all in stride. With a little preparation and some diabetes know-how under your belt, you'll be ready to face any holiday head-on.
- The most important thing about managing diabetes during any holiday season is to plan ahead. The more you know about what's going to happen, the better you can plan for good diabetes care.

Schedules



What does your family schedule look like for the holiday season? Are you going out of town? Having visitors stay with you? Do your plans usually include a lot of parties and food-oriented events?

Or are your holidays more active, with events such as the annual family Thanksgiving football game? Getting a handle on what your schedule will look like ahead of time will help out a great deal as you tackle each day.

Menus



Once you know what your day will consist of, you should then examine your menus. Do you have traditional dishes that you make every year? There's no need to completely rework your menu just because of diabetes, but you may want to fine-tune it a bit.

Planning ahead can help. For example, maybe there are some ways you can make your traditional holiday foods a bit healthier.

Will that casserole taste just as good with fat-free or light sour cream instead of regular? Can you steam the green beans this year instead of sautéing in butter?

There are plenty of ways to lower fat, sugar, and carbohydrate counts in your favorite foods while still keeping the taste and texture you love.

If your family looks forward to Aunt Selma's Heavenly Fudge every year—go ahead and make it, but first talk to your diabetes educator or dietitian about ways to work a piece or two into the meal plan. It may mean eating less of other treats, getting more exercise, increasing insulin doses, or a combination of all three. But you can do it!

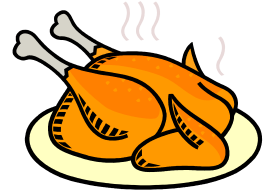


Six Holiday Tips

Food is often the center or at least a part of every holiday celebration. An evening get together with friends is no different. Finding healthy and delicious appetizers used to be a challenge, but not anymore! Check out the recipes above for a full-flavored spin on higher fat and calorie items. The tips below can help guide you through your next evening event.

1. **Eat what you like.** Instead of worrying about what will be served, offer to bring an appetizer or dish that you know you and others will enjoy.
2. **It's a party, but don't overdo it.** Plan to enjoy the food! If the food will be available near your usual meal time, you're in luck. Try to eat about the same amount of carbohydrate that you normally would for a meal. If you plan to have a sweet, watch the starchy foods and allow for a small piece of your favorite. Keep the portions small.
3. **Eat before you eat.** It's best to have a little something to eat before the party so you aren't famished when you arrive, and tempted to really overdo. This can also serve as a snack at your usual meal time if the party is later in the evening.
4. **Focus on reconnecting with friends and family instead of the food.** Once you've eaten, station yourself away from the tempting bowl of chocolates or nuts.
5. **Drink in moderation.** If you drink alcohol, remember to eat something first to prevent low blood glucose levels later. Keep it to no more than 1 drink for women and 2 drinks for men.
6. **If you overindulge, get back on track the next morning.** Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits.

Featured Recipe



Per Serving

Calories:	380
% Calories from fat:	17
Fat (gm):	7.1
Saturated fat (gm):	2.1
Cholesterol:	65.5
Sodium:	284
Protein (gm):	32.8
Carbohydrate: (gm):	45.1

Exchanges

Milk:	0.0
Vegetable:	0.0
Fruit:	0.0
Bread:	3.0
Meat:	3.0
Fat:	0.0

TURKEY POT PIE

So tasty, your family will never realize you're disguising the leftovers from Thanksgiving dinner! Vary the vegetables for this versatile dish according to your family's preferences.

Ingredients:

- Vegetable cooking spray
- 1 cup chopped onion
- ½ cup chopped green bell pepper
- 2½ cups reduced-sodium chicken broth
- 1 cup cubed potato, turnip, or parsnip
- 1 cup sliced carrots
- 1 cup broccoli florets
- ¾ cup small mushrooms
- ½ cup frozen whole-kernel corn
- ½ cup frozen peas
- 1 pound cooked turkey breast, cubed
- ½-¾ teaspoon dried rosemary leaves
- ¼ teaspoon dried thyme leaves
- 6 tablespoons all-purpose flour
- ½ cup fat-free half-and-half or fat-free milk
- Salt and pepper, to taste
- Pot Pie Crust
- Fat-free milk
- 1 tablespoon grated parmesan cheese

Steps

1. Spray large saucepan with cooking spray, heat over medium heat until hot. Sauté onion and bell pepper until tender, about 5 minutes. Add chicken broth, remaining vegetables, turkey, and herbs. Heat to boiling; reduce heat and simmer, covered, until vegetables are tender, about 10 minutes.
2. Heat mixture to boiling. Mix flour and half-and-half; stir into boiling mixture. Boil, stirring, constantly, until thickened, 1 to 2 minutes. Season to taste with salt and pepper. Pour into 2-quart casserole or soufflé dish.
3. Roll pastry on floured surface to fit top of casserole; place on casserole, trim, and flute. Cut steam vents in top of pastry. Bake at 425 degrees for 20 minutes. Brush with milk and sprinkle with cheese; bake until golden, 5 to 10 minutes longer. Cool 5 to 10 minutes before serving.

Pot Pie Pastry

- 1 cup all-purpose flour
- 2 tablespoons grated Parmesan cheese
- 2½-3 tablespoons vegetable shortening
- 3-4 tablespoons ice water

Combine flour and Parmesan cheese in medium bowl. Cut in shortening with pastry blender until mixture resembles coarse crumbs. Add water, a tablespoon at a time, mixing with fork just until dough holds together. Refrigerate until ready to use.