

Diabetic Monthly

April 8, 2010
Volume 3 Issue 4

Gunnison Valley Diabetes Self-Management Education Program
45 East 100 North Gunnison, Utah 84634

Proper Nutrition and Meal Planning with Diabetes

This is the support group you have all been waiting for... **Proper Nutrition and Diabetes.** We will be exploring the basics of proper nutrition and meal planning. My goal is to help you learn how much, what, and when to eat. Meal Planning is a very individual experience. The method that works well for one person may not work well for another. Meal planning can be very confusing, but this support group will give you valuable information that will help you plan your meals properly. Proper meal planning can make an enormous difference in your diabetic control, and help prevent the complications of diabetes. Proper nutrition is not as difficult as most people believe. Both support groups will be taught by Angie Merchant, RN, Diabetic Educator. I am excited about this support group and hope to see you there.

As always, this support group is **free** of charge and **everyone** is welcome to attend. Family and friends are also welcome, as they can offer a lot of support and encouragement when it comes to proper nutrition.

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

April 20, 2010 at 3:00pm - 4:00pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

April 27, 2010 at 11:00am - 12:00pm

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Food for thought!!!

Most barriers to your success are man-made. And most often, you're the man who made them. Frank Tyger

Creating Support for Weight Management

By Richard R. Rubin, PhD, CDE. *Diabetes Wellness News*, April 2010, Pg 1-2

Controlling your weight is really important when you have diabetes; it can reduce your risk of heart attack and stroke- the leading causes of death for people with diabetes - and it can also help you sleep better, cut the amount of medication you have to take, and improve your mood.

Those are pretty impressive benefits, but weight control is a real challenge so its great when your family, friends, and other people encourage you. Practical support from family and friends - preparing and eating healthy foods in reasonable portions, and not tempting you to eat too much or to eat things you should not eat - can also help you reach your weight-loss goals. In this column I will talk about the benefits of support for weight management, and how to increase the amount of support you get from family and friends.

The Benefits of Support for Weight Management

People who participate in weight-loss programs that include help and encouragement from others lose more weight. Here are the results of a few studies:

- 80% of those who maintained their weight loss and only 30% of those who regained weight said they had support from others.
- People who attended Weight Watchers (and got support from others at their meetings) lost more weight than people using a self-help weight loss method.
- People lost more weight and maintained weight loss better when they joined a weight management program with a friend than when they joined on their own.

Bottom line: creating support for weight management can really help you reach your weight-loss goals. Here are some tips for creating and maintaining that support.

1. Let people know what you are doing.

Tell family and friends that you are trying to manage your weight. Tell them your weight goal and what it will take to reach it, including your efforts to eat well and to exercise regularly. You will get more support for weight management if people close to you understand what you are trying to do.

Creating support for weight management can really help you reach your weight-loss goals.

2. Let people know what they can do to help.

What can people close to you do to help you manage your weight? Would it help if someone went with you on your walks? Would you appreciate it if your family avoided bringing home foods you shouldn't eat but can't resist? Would you like people to stop tempting you to eat more? Or would you appreciate more encouragement for the hard work you put into managing your weight, and more compliments for your success? Once you have thought of something that would help, let people close to you know what it is.

3. Talk about your progress.

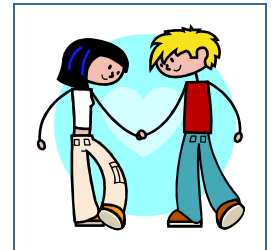
You are more likely to get encouragement for your weight management efforts if you let people know how well you are doing and how good you feel about it. So talk about your progress: when you are eating healthy, exercising regularly, and losing weight or keeping off the

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weight you have lost. Pointing out your successes should get you some positive comments from your family and friends, and that's a good thing. Letting people know how you feel when you are sticking with your weight management plan should bring even more encouragement. Many people tell me that this kind of support really makes a difference.

4. Be appreciative.

Thank family and friends when they do something that makes it easier for you to manage your weight. That way they will know they are doing the right thing and your appreciation will help them do the right thing more often. Just as their encouragement helps you stick with your plan, your encouragement helps them stick with theirs.



*Ask for the support you need. Then
THANK them for it.*

5. Keep your eyes on the prize.

We all have good reasons for wanting to control our weight. Never lose sight of yours. Whether it's wanting to be able to keep up with your grandchildren, wanting to keep doing the things you need to do, or wanting to enjoy your life more fully, keep your reason in mind. That makes it easier to do the hard work it takes to manage your weight. And also remember how good it feels to know you are taking the best possible care of yourself.



Tip of the Month

Question: How much exercise do the experts say I need?

Answer:

The Dietary Guidelines for Americans suggest how much activity Americans should do. Keep in mind they are goals, not the place to start.

- People with pre-diabetes, diabetes, or the general adult public should aim for a minimum of 30 minutes most days. Walking, gardening, doing yard work, swimming, or cleaning house will all work to meet this goal. Anything that increases your heart rate and causes you to break a light sweat.
- Children and teens should aim for at least 60 minutes most days.

In addition, the Diabetes Prevention Program– a large study done in people with pre-diabetes, showed that 150 minutes of physical activity a week (30 minutes, five times a week) helped prevent or delay type 2 diabetes. In this study, people also lost 10 to 20 pounds by making changes in their eating habits.

Do these guidelines seem hard to fit into your busy life? It's not easy to find the time. You won't go from zero to thirty or sixty (minutes), in a day or a week. Take one step at a time. Slowly build up to your goal.

Recipe of the Month... Sugar-Free Strawberry Jam (yummy)

I know I've used this recipe before, but it is so good and easy to make. Strawberries are cheap right now, so I thought you might like to try this if you haven't already. I think you'll really enjoy it!!!

Ingredients:

¾ cup diet lemon-lime soda
1 package (.3 ounce) sugar-free strawberry-flavored gelatin
1 cup mashed fresh or unsweetened frozen strawberries
1 ½ teaspoons lemon juice

Yield: 1- ¾ cups.

Diabetic Exchanges:

One Serving (1 Tablespoon)
equals a free food; also, 4
calories, 9 mg sodium, 0
cholesterol, 1 gram
carbohydrate, trace protein,
trace fat

Instructions:

In a saucepan, bring soda to a boil. Remove from the heat; stir in gelatin until dissolved. Stir in strawberries and lemon juice. Pour into jars or plastic containers, cover and refrigerate up to 3 weeks. DO NOT freeze.

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