

# Diabetic Monthly

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

## April Support Groups: *Meal Planning can be a Picnic!*

One of the fastest ways to frustrate me with a “diet” plan, is to tell me I have to *count* things! This has been my personal hang up for years. But as I have trained in Diabetic Education, I have learned some simple and quick tips to eliminate the frustration, and assist with meal planning for good nutrition on a daily basis. This month our support groups will focus on meal planning and healthing eating habits for all, diabetic or not. By learning a few simple, basic steps, the ability to “count” carbs will become a way of life. Variety is often called the “spice of life,” and eating a good variety of healthy foods is no different! Remember, Carbohydrates are not “bad.” They are the body’s main source of energy. The trick is learning to select healthy carbs in appropriate portion sizes to give out bodies what they need. With this information, my wish for you is to enjoy times with good friends and good food during this summer season!

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## Support Group Schedules

### Gunnison Support Group

Gunnison Homecare Building at 45 East 100 North Gunnison

April 19, 2011 at 3:00 – 4:00pm

### Monroe Support Group

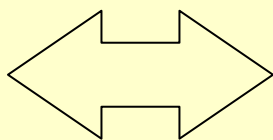
South Sevier Senior Center at 140 West 100 South Monroe

April 26, at 11:00am – 12:00pm

## Healthy Snacking Tips

*Diabetes Wellness News. April 2011, Vol 17, No 4. Pg. 6*

If you are trying to lose weight, your efforts can easily be thwarted if you choose unhealthy snacks. Grabbing that “quick and easy” snack could be your downfall. Here are some tips to help:



*“If you don't know where you are going, any road will get you there.”*

-----Lewis Carroll

- \* Prepare snacks in advance. By preparing your own snacks, you control the ingredients as well as portion sizes.
- \* Keep plenty of fresh fruits and veggies on hand. Cut them up and package them in baggies so you can easily grab them on the go.
- \* Bring your own snacks with you. This will help you resist going to the vending machine for chips, cookies, or a candy bar.
- \* Make your snacks interesting and appetizing. Having a variety of choices will ensure that you will eat the healthy snack.
- \* Read “serving size” information. Even though it may be a small package, it might be considered two servings.
- \* Choose carefully if you do after-dinner munching. Rather than ignore cravings for a sweet snack, choose a whole wheat fig bar, a rice cake, air-popped popcorn, a piece of fruit, or low fat yogurt.

Here are some ideas for Healthy Snacks:

- ❖ Add sliced apples, berries, or whole-grain cereal to low-fat plain yogurt.
- ❖ Put a slice of low-fat cheese on a few whole-grain crackers.
- ❖ Fill up a whole-wheat pita pocket with lettuce, tomato, or cucumbers.
- ❖ Use a hot air popper, and make some popcorn.
- ❖ Microwave or toast a soft tortilla with low-fat cheese, sliced peppers, and mushrooms as a mini burrito or quesadilla.
- ❖ Blend low-fat milk or yogurt with a banana and/or strawberries and ice for a smoothie.
- ❖ Top whole-grain crispbread with cottage cheese.
- ❖ Rice cakes.
- ❖ Small amounts of dried fruits like raisins, apples rings, apricots.
- ❖ Fresh vegetables like baby carrots, cucumbers, zucchini, tomatoes
- ❖ Low-sugar whole-grain cereal with low-fat milk.
- ❖ A handful of nuts.

## For Your Smile...

### From Our Office...

We are all feeling the squeeze from today's economy. Diabetic Education is no different. One measure to try to keep our budget in check is to review our mailing list for this newsletter. Beginning in May, we will use an updated list with more current clients. If you, or someone you know stops receiving the letter, and would like to be added back on, please call us (435-528-3955). Diabetic Monthly is also available on our website ([www.gvhomecare.org](http://www.gvhomecare.org)) and can be viewed, and/or printed from there. Another option is to receive the newsletter by *email* each month. Please call the office and give us your email address, if this option will work for you. It's not our desire to eliminate anyone who is benefiting from the monthly information, but postage can add up, and we want to be sure we are efficient. Thank you for understanding!

Raelyn Christensen, RN

## Recipe of the Month: Baked Salmon Dijon

Ingredients: (makes 2 servings)

1 c. fat free sour cream, (or try low-fat plain yogurt)  
2 tsp. dried dill  
3 Tbsp. finely chopped scallions  
2 Tbsp. Dijon mustard  
2 Tbsp. lemon juice  
1 ½ lb salmon fillet with skin, cut in two  
½ tsp garlic powder  
½ tsp black pepper

Preheat oven to 400F. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. Lightly oil baking sheet with cooking spray; place salmon skin-side down on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.

Bake salmon until just opaque in center, about 20 minutes.

### Nutrition information/per serving:

Calories 196  
Total fat 7g  
Saturated fat 2g  
Cholesterol 76mg  
Sodium 229 mg  
Fiber, less than 1 g  
Protein 27 g  
Carbohydrates 5g

Just an idea... would be yummy served with fresh asparagus, and steamed red potatoes.

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