

# Diabetic Monthly

Aug. 9, 2011  
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Gunnison Valley Diabetes Self-Management Education Program  
45 East 100 North Gunnison, Utah 84634

## August Support Groups

Diabetic medications.... There are a few. Not just insulin or oral medications, but how many insulins, and oh so many pills! As research learns more about the disease processes of diabetes, it also presents new ways and ideas for treatment and management. When you work with your health care provider to choose medications, you will be able to ask more informed questions if you understand more about the medication choices. Any time we learn more, we can do more. Because Diabetes Education has a focus on "Self Management," it's important to arm yourself with useful information to be a good manager.

This month in Gunnison, the GVH pharmacist Bill Tucker will discuss some medication options/benefits/advantages/disadvantages with us. Our goal is to help you know what to watch for, ask about, and be aware of when it comes to your medications.

In Monroe, we will also be discussing these same issues. Pharmacist is still pending.

## SUPPORT GROUP SCHEDULES

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### Gunnison Support Group

GVHome Care Conference Room  
45 East 100 North, Gunnison

**Aug. 16, 2011 3:00 pm – 4:00pm**

### Monroe Support Group

South Sevier Senior Center  
140 West 100 South Monroe

**Aug. 23, 11:00am – 12:00pm**

## TIP of the Month: Improving Recipes, One Step at a Time.

Information taken from [Diabetes Self Management](#) Sept/Oct 2010. Pg 46. Article by Sandy Bjerckness, RD

“I’m a great believer in luck, and I find the harder I work, the more I have of it.”

---Thomas Jefferson

Here are a few tips to help you improve some of your favorite recipes by reducing fat, sodium, and sugar. It may take some experimenting to perfect, but would be worth a try!

**Reducing fat:** When baking, the oils or fats keep foods moist and promote browning. The fiber and natural sugars in applesauce or other pureed fruits perform some of these same functions. Substitute applesauce, smashed bananas, or pumpkin puree for half of the oil, butter, margarine, or shortening in a recipe. If the batter seems too dry, add a little more puree. Another fat reducing tip is to replace 2 eggs with 2 egg whites or ¼ cup egg substitute for each egg. This will also reduce the cholesterol. Watch the way you cook foods, too. If your recipe calls for frying in oil, try non stick cooking sprays, or change the method from frying to baking, broiling, grilling, steaming, or poaching.

**Reducing sugar:** If a recipe calls for 1 cup sugar, you may be able to reduce that amount to ¾ or 2/3 cup. When you reduce the sugar you may need to enhance flavor with spices like cinnamon, cloves, allspice, nutmeg, or vanilla extract. Reduced sugar in baked goods may result in a lighter colored product. It’s not recommended to reduce sugar however, in yeast recipes, as sugar promotes yeast growth and will affect the yeast’s function. There are several sugar substitutes you may be able to try in a recipe, but for foods that require sugar for texture, such as cakes, cookies, muffins, and quick breads, replace only part of the sugar. There are many beverages, sauces, desserts, custards, puddings that you may be able to substitute all of the sugar with low-cal sweeteners.

**Reducing sodium:** Fast foods, commercially prepared foods such as frozen entrees are generally high in salt. But even home cooked foods may have added salt when you use bouillon, soy sauce, canned broths or soups, and other seasonings. For most main dishes and side dishes you can avoid sodium by using herbs, spices, or garlic instead of salt. Look for reduced sodium when you buy broth or canned soups. Try substituting fresh tomatoes instead of canned.

Of course there are some special recipes that you just have to leave alone! When these favorites contain sugar and fats, and you really NEED to enjoy the fullest flavor, just watch the portion size! AND... send the leftovers home with other family members or friends!

## News from our Office...

*Raelyn Christensen, RN*

Each month when I prepare this newsletter, I look through my stack of diabetes magazines and information that I receive each month. Usually when I decide on a recipe to share with you, it's because the picture caught my eye, and I wish you could SEE how good it looks!

Most of the information I receive is not exclusive to Diabetes Educators or nurses. It is information that anyone can have. While the internet is overloaded with information about any subject, we need to be careful which sites we use to educate ourselves. Here are two sites that are wonderful, full of info, recipes, and health tips. Check them out!

[www.eatright.org](http://www.eatright.org) (American Diabetes Assoc.)

[www.diabeticlivingonline.com](http://www.diabeticlivingonline.com) (Better Homes & Gardens Diabetic Living Magazine)

The more we KNOW.... The better we can DO!

## For Your Smile....



## RECIPE OF THE MONTH: GRILLED FLANK STEAK SALAD

*Better Homes and Gardens Diabetic Living Summer 2011  
Pg 106.*

Makes 2 servings. Prep time: 30 min. Marinate 30 min. Grill time 17 minutes.

8 oz beef flank steak  
 2 small yellow and/or red sweet peppers, halved and seeded  
 1 ear fresh corn on the cob, husked  
 2 green onions  
 2 cups torn Romaine lettuce  
 4 cherry tomatoes, halved  
 ¼ small avocado, peeled and thinly sliced  
 Cilantro dressing ( In food processor, combine 3 Tbs lime juice, 2 Tbs chopped shallot, 2 Tbs snipped fresh cilantro, 1 Tbs olive oil, 1 Tbs water, 2 tsp honey, 1 large garlic clove peeled & quartered, ½ tsp chili powder, ¼ tsp salt (optional), ¼ tsp ground cumin)

1. Prepare cilantro dressing and divide into two portions.
2. Trim fat from steak. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1 inch intervals. Place steak in re-sealable bag set in a shallow dish. Pour one portion of the dressing over steak. Seal bag. Marinate steak 30 min in refrigerator.
3. Coat sweet peppers, corn, and green onions with nonstick cooking spray.
4. On charcoal grill, grill steak and corn on rack uncovered over medium coals, until desired doneness. For steak, allow 17-21 minutes for medium rare to medium, depending on thickness of steak. For corn, allow 15-20 minutes. Add sweet pepper halves to the grill for the last 8 minutes and green onions for the last 4 minutes of grilling time.
5. Thinly slice steak. Coarsely chop sweet peppers and green onions, cut corn from cob. Divide romaine lettuce on two dishes. Place sliced steak, grilled veggies, tomatoes and avocado slices over lettuce.
6. Drizzle salads with reserved dressing.

Per Serving:

Calories- 357

Total Fat- 15 gm

Cholesterol- 47 mg

Sodium- 376 mg

Total Carbohydrates- 31 gm

Dietary Fiber- 5 gm

Protein- 29 gm

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