

Diabetic Monthly

December, 2013

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

December Support Groups:

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I want to start by wishing everyone a Merry Christmas and a very happy New Year! Thank you to everyone that comes to the support groups each month. I am sad to announce we will no longer be doing a support group in Mt. Pleasant, due to the lack of interest.

I will not be holding a support group for Gunnison or Monroe in December because everyone is so busy with the holidays. In January I will be having our regularly scheduled support groups. I will be doing the reduced cost A1C blood draws. The cost will be \$10. I hope to see you all there.

I encourage you to bring your family and friends with you, as they can be a great support to you if they have a better understanding of diabetes. These support groups are free of charge and everyone is welcome to attend.

Support Group Schedules

January
Support
group will be
A1C blood
draw.

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

No support group this month

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

No support group this month

Fitting in Sweets

Taken from the ADA

Tip of the Day

Question

What are the best foods to eat when I am sick?

Answer

Since you need to stick to your regular diabetes medication when you are sick, it's important to eat something, even when you can't eat regular food. Most people find that things like regular soda, fruit juice, sherbet, frozen juice bars, pudding, applesauce, and ice cream are the easiest to eat, but anything with calories that you can keep down will do.

Dehydration is a real risk if your blood glucose stays high for a long period of time. So fluids like soda and juice are especially good when you are sick because they help protect you from dehydration. Broth and vegetable juices are also good because they help replace the minerals you lose through vomiting and diarrhea.

If you like sweets, one of the most tempting parts of the holidays is the dessert. It is important to remember that most sweets have a lot of carbohydrate in a small portion, so keep portion sizes small.

The holidays are a special occasion, so you should enjoy a small serving of your favorite dessert. Just make sure you work it into your meal plan.

Eating high-sugar foods like cakes, candy, cookies, and pies will make blood glucose rise, so do not just add them to your diet. Instead, substitute small portions of these sweets for other carbohydrate already in your meal plan.

For example, if you want a small serving of pumpkin pie, then pass on eating a dinner roll during the main course.

Revising Recipes

There are ways to revise many dessert recipes so they are healthier and still great-tasting. Many times, you can replace up to half of the sugar in a recipe with a [sugar substitute](#).

You can also try cutting down on sugar and increasing the use of cinnamon, nutmeg, vanilla, and other sweet-tasting spices and flavorings.

Replace half of the fat in your recipe with applesauce or baby-food prunes when making chocolate brownies, cakes, or cookies.

These tricks will help you make your recipes a little bit healthier. However, you still must keep the portion small. Also, keep in mind that replacing fat with fruit ingredients increases the carbohydrate content.

Search for healthier versions of recipes using our [Recipes for Healthy Living](#) resource. When searching other places for recipes, pick recipes that give you the serving size and the amount of carbohydrate.

Desserts During the Holidays

Try these tips this holiday season. They can help you manage your sweet tooth when dessert is served:

- Decide ahead of time what and how much you will eat and how you will handle social pressure ("No thank you, I'm too full.").
- Share one portion of dessert with someone else, and scrape off any high-calorie whipped-cream topping or extra frosting.
- Volunteer to bring your favorite dessert to social functions. Some ideas are plain cookies, baked apples, or sugar-free puddings.
- Is there someone else at the party who is trying to watch what they eat? Avoid tempting sweets and ask them to join you for a walk while dessert is out on the table

Seven Holiday Tips

Taken from the ADA

Want to enjoy the holidays and the food and still stay healthy? Planning ahead is important, especially if you have diabetes.

The seven tips below can help guide you through your next holiday event:

1. **Focus on friends and family instead of food.** Remember, the holidays are a time to slow down and catch up with your loved ones. Play games, volunteer, or spend time outdoors enjoying the weather together.
2. **It's a party, but don't overdo it.** Eat slowly, and really enjoy the foods that you may only have once a year. If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course. Make sure your portions are reasonable and resist going back for second helpings.
3. **Eat before you eat.** Don't skip meals or snacks earlier in the day to "save" calories and carbs for the large holiday feast later on. If you skip meals, it will be harder to keep your blood glucose in control. Also, if you arrive somewhere hungry, you will be more likely to overeat.
4. **Bring what you like.** Don't spend time worrying about what will be served. Offer to bring your favorite diabetes-friendly dish. If you count carbs, check your recipe's nutrition facts so you know how big a serving is and how many carbs it has.
5. **Drink in moderation.** **If you drink alcohol**, remember to eat something beforehand to prevent low blood glucose levels later. Whether it's a glass of red wine or a beer, holiday drinks can add a significant amount of calories to your holiday intake. Keep it to no more than 1 drink for women and 2 drinks for men.
6. **Stay active.** One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!
 - Off from work or school? Use this extra time to do some physical activity.
 - Train for and participate in a local holiday run or walk (like a turkey trot or Independence Day run).
 - Start a game of pick-up football or play other games in the yard.
 - Go for a walk with your loved ones after eating a holiday dinner.
 - Offer to help clean up after a meal instead of sitting in front of leftover food. This will help you avoid snacking on it and get you moving around!
7. **If you overindulge, get back on track.** If you eat more carbs or food than you planned for, don't think you have failed. Stop eating for the night and focus on spending the rest of your time with the people around you. Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.

Cream of Broccoli Soup

Ingredients

- 1 ½ pounds broccoli, chopped
- 6 cups chicken stock
- 3 tablespoons olive oil
- 1 cup onions, small dice
- ¼ cup whole-wheat flour
- 1 cup fat-free half & half
- 1 teaspoon salt
- 1 teaspoon white pepper



Preparation

1. Wash the broccoli thoroughly. Using a vegetable peeler, remove the tough outer layer from the broccoli stalks. Chop broccoli and set aside 1 cup of florets for garnish.
2. Bring chicken stock to a simmer and add chopped broccoli. Cook for a few minutes or until broccoli is tender, making sure the color does not become dull.
3. Puree cooked broccoli and 1 cup of chicken stock in a food processor. Set aside.
4. Add olive oil and onions to a pot and gently cook. Sprinkle flour and stir to mix. On low heat, continue cooking, making sure flour is absorbed and slightly turns color. Slowly whisk hot chicken stock into flour mixture and bring to a simmer. Add broccoli puree and half & half; bring to a simmer, stirring to combine ingredients. Season with salt and pepper and garnish.

Nutritional Information

Serving Size: 1/8 of recipe

- Calories 110
- Carbohydrate 11 g
- Protein 4 g
- Fat 6 g
- Saturated Fat 1 g
- Sugar 3 g
- Dietary Fiber 2 g
- Cholesterol 5 mg
- Sodium 350 mg

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