

Diabetic Monthly

July 12, 2011
Volume 4, Issue 7

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

July Support Groups

It will be good to meet again in our regular support groups! I feel like I'm getting to know more of you when we meet. This month in the Gunnison group, we will be happy to have Dr. Jake Robison from the Eye Center of Ephraim join us. He will show us how high blood sugars can affect our eyes, ways to prevent damage, and keep our eyes as healthy as possible.

In Monroe this month we will discuss ideas for good foot care. We will learn some "Do's and Don'ts" when it comes to caring for our feet.

Please feel free to invite friends, neighbors, or family members to any of our support groups.

SUPPORT GROUP SCHEDULES

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Gunnison Support Group

GVHome Care Conference Room
45 East 100 North, Gunnison

July 19, 2011 3:00 pm – 4:00pm

Monroe Support Group

South Sevier Senior Center
140 West 100 South Monroe

July 26, 11:00am – 12:00pm

TIP of the Month: Navigating the Grocery Store Aisles

Information taken from Diabetic Living, Spring 2011, pgs 68-76.

“Education
is the most
powerful
weapon
which you
can use to
change the
world.”
---Nelson
Mandela

Pushing your grocery cart through the aisles of the store, can cause confusion. Labels claiming “fat-free,” “no sugar,” or “low-sodium,” can be frustrating to know what is really what.

Let’s start with the Bread aisle. Check the color of the bread. Is it darker because of the grains? Or is it due to added molasses or caramel colorings? Check the label for the truth. When looking for a whole grain bread, don’t rely on “Multi grain” or “high fiber.” These may not be whole grain.

How about the Canned Goods? While these are very convenient, they may be higher sodium than we need. Even “reduced sodium” may contain more than you eat in a fresh salad or fresh fruits. Look for canned goods that are packed in their own juice.

Now, on to the Dairy Case... The milk and cheese aisle can be a “saturated fat Land mine.” If you need cheese in an omelet or salad, consider a stronger flavored cheese, and you may be able to use less. Watch for buttery spreads that are less than 1 gram saturated fat, and usually have no trans fats.

Check the label and avoid “partially hydrogenated oils,” this means it has trans fats. Try trading the cream in creamy soup recipes with low fat milk, or a light half & half, then thicken with a bit of flour.

What’s in the meat counter? Focus in on lean choices to limit calories and saturated fats which can be linked to heart disease and insulin resistance. Consider a meat labeled 80% lean, means that it’s 20% fat. Watch for Ground meats that are 90% lean. Pay attention to ground turkey, as these are sometimes ground with the skin which will add to the fat. Skinless poultry will cut out half the fat. A healthy habit is to have fish twice a week. These are rich in omega-3 fatty acids which are good for us.

Chillin’ by the Freezer section. Prepackaged meals may be used for weight loss programs (built in portion sizes), be alert and watch the sodium and fats. Pick frozen meals with less than 400 calories, 4 grams fat, and 600 milligrams of sodium. If portion sizes leave you feeling hungry, top your frozen dinner with frozen veggies to make the serving bigger, and more nutritious.

The Cereal aisle requires careful label reading. The variety here can be very nutritious, or sugar bombs in waiting. Find Oats, check the fiber, and compare the serving sizes as they range from ½ cup to more than 1 cup.

News from our Office...

Raelyn Christensen, RN

I would like to that those who were able to attend our annual Diabetes Health Fair. There was lots of good information, and I hope all who attended felt it was worth their time.

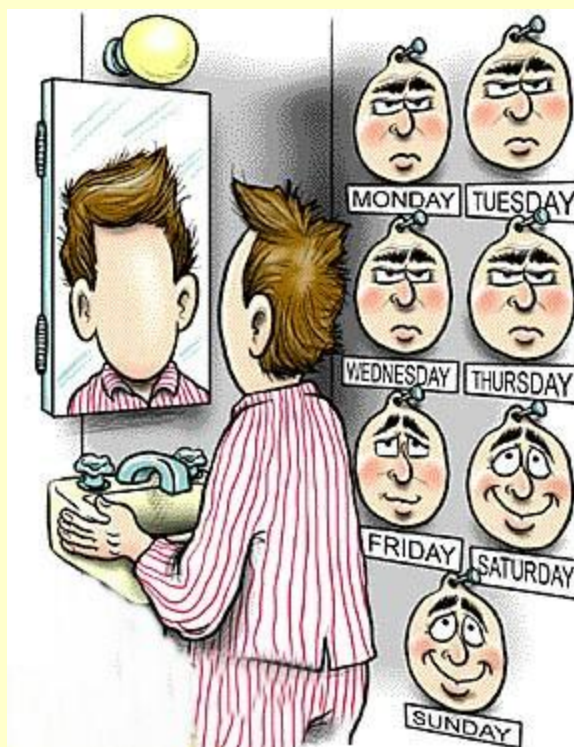
Looking ahead... Gunnison Valley Hospital's annual Health Fair is scheduled for Saturday, Sept. 24 from 10 am to 1 pm. Put this on your calendars, as it is always well organized, and full of useful information. This year it will be at the new Gunnison Valley Elementary School.

Please remember that we are here for you or those around you that might need help to keep diabetes controlled. If you have questions about your meters, testing supplies, nutrition, etc. you can call me and I will find a way to help.

Thanks!

Raelyn

For Your Smile.....



RECIPE OF THE MONTH: SPINACH ORANGE SALAD

ADA, Diabetic Meals in 30 Minutes -Of Less! 2nd Edition

Makes 6 servings. Serving size: 1 cup.

Dressing:

- 2 Tbsp Canola oil
- 3 Tbsp Orange juice
- 1 Tbsp lemon juice
- 1 tsp grated orange peel
- Fresh ground pepper and salt to taste

Salad:

- 5 cups torn fresh spinach leaves, washed and dried
- ½ cup mandarin oranges, packed in their own juice, drained
- ½ cup thinly sliced dried apricots
- 1 small red onion, thinly sliced
- 1 Tbsp roasted pine nuts

Whisk all dressing ingredients together and set aside. In a large salad bowl, toss together the salad ingredients. Add the dressing and toss to coat. Serve immediately.

Per Serving:

- Calories- 105
- Total Fat- 6 gm
- Cholesterol- 0
- Sodium- 63 mg
- Total Carbohydrates- 13 gm
- Dietary Fiber- 3 gm
- Protein- 3 gm

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