

JULY 2013

Diabetic Monthly Newsletter

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

July Support Groups: Sleep Apnea

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Inside This Issue

- 1 **Support Group Topic**
- 1 **Support Group Schedule**
- 2 **Diabetes A to Zzzz**
- 2 **Tip of the Month**
- 3 **Carb Counting**
- 4 **Carb Counting Continued**
- 5 **Recipe of the Month**

This month's support group in Gunnison and Mt.

Pleasant will be on sleep apnea and diabetes taught by Celestial Gahley from Lincare. I will be teaching carbohydrate counting in Monroe. We will be having our annual diabetic health fair in August date and times to be announced. I will give you more information at the support group.

Remember you don't need to be a diabetic to come to support group so bring a friend, a neighbor, or a family member. They can be a great support in helping you with your goals. As always support group is free of charge. I look forward to seeing you at our support group.

There will be no support group for August. We will be having our annual Diabetic Health Fair in August.

Support Group Schedule

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

July 16, 2013 at 3:00 – 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

July 23, 2013 at 1100-1200

Mt. Pleasant Support Group

1125 Black Hawk Boulevard

July 25, 2013 at 2:00- 3:00 pm

Sleep apnea can be dangerous to your health.



Diabetes: A to Zzzz

Many men with diabetes also suffer from obstructive sleep apnea or OSA, a breathing disorder where the airway is blocked when the mouth and throat relax during sleep, often for more than 10 seconds.

Are you ever jolted awake by the sound of your own snoring? Loud snoring is a sign that you may have OSA. Your family or partner may make jokes about snoring at your expense but sleep apnea is no laughing matter. Sleep apnea can be dangerous to your health. Untreated sleep apnea can increase your risk of having high blood pressure and even having a heart attack or stroke. Sleep apnea can also increase the risk of diabetes and the risk for work-related accidents and driving accidents.

Although anyone can have sleep apnea, the greater risk factors include:

- Being male
- Smoking
- Being overweight or obese

If you fit this profile, you should talk to your health care provider about taking a test to determine if you suffer from sleep apnea.

Diabetic Tip

Question

Will fiber in my diet help me?

Answer

High-fiber diets may be beneficial to you, particularly if you have high blood fats or impaired glucose tolerance. Fiber is found primarily in fruits, vegetables, beans, and cereals, such as wheat and oats. Insoluble fibers like cellulose, found in wheat bran and celery, are dense and chewy. Soluble fibers, in whole oats and green peas, are soft and rather gel-like when mixed with water. Most fiber is not absorbed by the body, so it passes out in the stool. Any compounds that are bound by fiber in the intestine are also not absorbed. Many studies have been done to determine whether fiber is beneficial. Most studies show a positive (although limited) effect on blood fats. That's why high-fiber diets usually lower blood cholesterol. Some studies (primarily in type 2 diabetes) have also shown an improvement in blood glucose levels, but this improvement is usually small. You can add high-fiber foods, such as whole grains and beans, to your meals. Another way to increase the fiber in your diet is to take a tablespoon of pseudophilin (Metamucil) before you go to sleep.

Carbohydrate Counting

Taken from the ADA

Carbohydrate counting, or "[carb counting](#)," is a meal planning technique for managing your blood glucose levels.

Foods that contain [carbohydrate raise blood glucose](#). By keeping track of how many carbohydrates you eat and setting a limit for your maximum amount to eat, you can help to keep your blood glucose levels in your target range.

Finding the right amount of carbohydrate depends on many things including how active you are and what, if any, medicines you take. You may also be interested in our book, [Diabetes Carbohydrate & Fat Gram Guide](#).

How Much Carb?

A place to start is at about 45-60 grams of carbohydrate at a meal. You may need more or less carbohydrate at meals depending on how you manage your diabetes. You and your health care team can figure out the right amount for you. Once you know how much carb to eat at a meal, choose your food and the portion size to match.

What Foods Have Carbohydrate?

Foods that contain carbohydrate are:

- starchy foods like bread, cereal, rice, and crackers
- fruit and juice
- milk and yogurt
- dried beans like pinto beans and soy products like veggie burgers
- starchy vegetables like potatoes and corn
- sweets and snack foods like sodas, juice drinks, cake, cookies, candy, and chips

Non-starchy vegetables have a little bit of carbohydrate but in general are very low.

How Much Carbohydrate is in These Foods?

Reading food labels is a great way to know how much carbohydrate is in a food. For foods that do not have a label, you have to estimate how much carbohydrate is in it. Keeping general serving sizes in mind will help you estimate how much carbohydrate you are eating.

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For example there is about **15 grams of carbohydrate** in:

- 1 small piece of fresh fruit (4 oz)
- 1/2 cup of canned or frozen fruit
- 1 slice of bread (1 oz) or 1 (6 inch) tortilla
- 1/2 cup of oatmeal
- 1/3 cup of pasta or rice
- 4-6 crackers
- 1/2 English muffin or hamburger bun
- 1/2 cup of black beans or starchy vegetable
- 1/4 of a large baked potato (3 oz)
- 2/3 cup of plain fat-free yogurt or sweetened with sugar substitutes
- 2 small cookies
- 2 inch square brownie or cake without frosting
- 1/2 cup ice cream or sherbet
- 1 Tbsp syrup, jam, jelly, sugar or honey
- 2 Tbsp light syrup
- 6 chicken nuggets
- 1/2 cup of casserole
- 1 cup of soup
- 1/4 serving of a medium french fry

Protein and Fat

With carbohydrate counting, it is easy to forget about the protein and fat in meals. Always include a source of protein and fat to balance out your meal.

Using Food Labels

Carbohydrate counting is easier when food labels are available. You can look at how much carbohydrate is in the foods you want to eat and decide how much of the food you can eat. The two most important lines with carbohydrate counting are the serving size and the total carbohydrate amount.

- Look at the **servicing size**. All the information on the label is about this serving of food. If you will be eating a larger serving, then you will need to double or triple the information on the label.
- Look at the **grams of total carbohydrate**.
 - Total carbohydrate on the label includes sugar, starch, and fiber.
 - Know the amount of carb you can eat, figure out the portion size to match.
- If you are trying to lose weight, look at the **calories**. Comparing products can be helpful to find those lower in calories per serving.
- To cut risk of heart disease and stroke, look at **saturated and trans fats**. Look for products with the lowest amount of saturated and trans fats per serving.
- For people with high blood pressure, look at the **sodium**. Look for foods with less sodium.

Recipe of the Month

Pure Via® Broccoli and Turkey Bacon Salad

Serves: 8

Serving Size: 1 cup

Ingredients

6 cups broccoli florets
1 small red onion, halved and thinly sliced
1/2 cup raisins
1/3 cup chopped pecans or sunflower seeds
3/4 cup light salad dressing or mayonnaise
1/2 cup granulated Pure Via® sweetener*
2 tablespoons fat-free milk
2 tablespoons white vinegar
Salt and pepper, to taste
4 slices cooked turkey bacon, cooked crisp and crumbled

*May substitute 12 packets Pure Via® sweetener

Preparation

Mix together broccoli florets, onions, raisins and pecans in a large bowl.

Blend salad dressing, Pure Via®, milk and vinegar until smooth. Pour dressing over salad. Add salt and pepper to taste. Refrigerate, covered, overnight.

Top with turkey bacon bits before serving.



Nutrition Information

Calories: 166
Total Fat: 9 g
Saturated Fat: 1 g
Cholesterol: 12 mg
Sodium: 488 mg
Total Carbohydrate: 17 g
Protein: 4 g
Fiber: 3 g

Food Exchanges: 3 Vegetable, 2 Fat

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