

Diabetic Monthly

November 11, 2009
Volume 2 Issue 11

Gunnison Valley Homecare, 45 East 100 North, Gunnison Utah 84634
View online at gvhomecare.org

Tips for Surviving the Holidays

INSIDE THIS ISSUE

- 1 Holiday survival tips
- 1 World Diabetes Day
- 2 Healthy No cook meals
- 3 Tip of the Month
- 3 December support group
- 4 Recipe of the Month

The most important thing about managing diabetes during any holiday season is to plan ahead. The more you know about holiday meal planning, the better you can plan for good diabetes care. Support group this month will provide excellent tips to help you enjoy your holidays, but still control your blood sugars.

Like always, support groups sessions are always FREE of charge, and everyone is welcome. Support groups provide good education, and a chance to socialize with others that may be going through the same things you are. I have enjoyed getting to know all of you who have attended support group, and look forward to new faces. The support groups are held in 2 different locations to help ease travel expenses. I hope to see you there.



Happy Thanksgiving!!!

Gunnison Support Group

45 East 100 North Gunnison
November 17, 2009 at 3:00-4:00pm

Monroe Support Group

140 West 100 South Monroe
November 24, 2009 at 11:00am-12:00pm

- Try pocket pita bread and stuff it with vegetables, avocado, cheese, beans, lettuce, and tomatoes.

November 14 is World Diabetes Day

This year's theme is "Diabetes Education and Prevention." World Diabetes Day strives to engage health care professionals, individuals with diabetes, and governments to an awareness of the seriousness of diabetes and the need for us all to work together to help individuals learn to take control of their diabetes; to empower those struggling with diabetes, and to implement effective strategies and policies for prevention and management of diabetes in order to protect the health of all citizens around the world.

- Canned beans are quick and easy to prepare. Drain the beans, and add to your soup, salad or pasta dish, they will provide fiber and protein.
- A roasted chicken will provide several meals and can be served hot the first night - using the leftovers the next day in a sandwich, and with a stuffing in the oven.

Special Diabetic Support Group

Healthy Meal Suggestions for Those Who Do Not Cook

Diabetes Wellness News. Nov.2009, pg7-8.

In this time of busy schedules and the approaching holidays, it is good to know there are healthy options available when you don't have the time or inclination to cook. Grocery stores offer a wide variety of prepared meals, but are you making the best choices? These foods are pricier than if you prepared them yourself but convenience is sometimes worth it.

Milk and milk products provide calcium and protein. You should have at least one serving of milk or soy milk every day with the lowest-fat version that you can tolerate. Other options are low-fat, light yogurt (look for the ones without added fruit, the 80-100 calorie size) and various low-fat cheeses (string cheese comes individually wrapped) including cottage cheese.

Fruits and vegetables are the healthiest choices and are very important to include with meals. They are full of vitamins, minerals, and fiber that will fill you up. Choose foods that can be eaten raw: apples, bananas, grapes, oranges, strawberries, and grapefruit. These all make healthy snacks or desserts. Choose your vegetables from a variety of lettuces and greens; mix broccoli, cauliflower, carrots, peppers, cucumbers, and tomatoes with some low-fat salad dressing for a healthy dinner salad or use the veggies and dressing for dipping for a healthy snack. Frozen vegetables are easy to microwave or cook on the stove; add them to an egg and you have a tasty vegetable omelet.

Grains are a good source of fiber. There is no rule that says you can't eat cereal for dinner. Choose a high-fiber cereal, skim milk and fresh fruit and you will feel satisfied—no cooking involved. Hot cereal for those cold mornings is a quick and easy breakfast that will fill you up so you won't be tempted to snack on junk food later. Just boil some water in the microwave, add it to your oatmeal (choose the sugar-free packs) and you have a quick, healthy meal.



Whole-grain breads make a tasty sandwich; don't forget to add your favorite vegetable toppings to get your 5-7 servings of vegetables per day. Make a wrap from a whole-wheat tortilla- add some low-fat cheese, turkey, or chicken, lots of veggies and you have a great lunch or dinner. Start with Raman noodles or whole-wheat pasta, add fresh or frozen vegetables, leftover beef or chicken with some broth and you have homemade soup. What could be better on a cold fall night?

- Fresh fish contains heart-healthy protective oils and is quick and easy to bake in your conventional oven or microwave. Wrap fish in aluminum foil with cut-up onions and peppers. Add a bit of olive oil and bake for 5 minutes at 350 degrees for each half-inch of thickness. Canned salmon or tuna is easy to prepare and ready to eat in no time.

The deli can be deceiving as a healthy alternative - so BEWARE! Avoid mayonnaise or sour cream-based salads—they are heavy in calories. A serving of meat, fish, or a simple pasta dish along with your salad fixings can make a great meal, but be careful to choose small portions. You can also find low-fat entrée options with healthy vegetables in the frozen food section of your grocery store. These are no-fuss meals that just require you to pop them in the microwave. So scout out your grocery store for healthy foods and enjoy your respite from cooking!

Tip of the Month

Question:

My doctor suggested I start using insulin. Will I be able to handle this at my age?

Answer:

Yes. You may feel scared or overwhelmed, but the mechanics of drawing the insulin dose and giving an injection are simple to do. If you already have a good management plan consisting of a meal plan, exercise, and oral medications, you have experience that will help you use insulin. You will need to check your blood glucose levels more often because now they can drop too low, and you don't want that to happen. You'll need to carry snacks or glucose tablets with you at all times to bring low blood glucose back up. Along with your regular oral medications, you will probably start with a bedtime injection of intermediate- or long-acting insulin to restore normal morning glucose so your oral medications will work better during the day. If blood glucose control worsens, you'll probably move on to several insulin injections a day. No one likes injections, but they keep you healthier, and most people find them to be much less trouble than they expected. Once you face your fear and get some practice, you'll be amazed at how well you do.

Dr. Darin R. Cummings will be teaching our Gunnison December support group. Everyone is invited to come find out what diabetes does to your eyes, and what to do to prevent these complications. Dr. Cummings' presentations are always exceptional. He is excited to come back to our group, since we have such great attendance. His presentation and slides will be different from his last presentation, so please attend even if you've seen him here before. As for you in the Monroe area, this will be a presentation that you will want to be to if you can. I will still teach a class in Monroe for those of you who can't make it, but this subject is Dr. Cummings specialty.

(And he is AWESOME!!!)



I'm not sure about this.

Date: DECEMBER 15, 2009 AT 3:00–4:00PM

Recipe of the Month...Potato and Parsnip Latkes *(Serves Five)*

Ingredients:

2 ½ cups peeled and shredded baking potato
1 ¼ cup shredded parsnip
1 ¼ cup peeled and shredded sweet potato
1 teaspoon salt
¼ cup all-purpose flour
1 ¼ cups onion, chopped
½ teaspoon fresh ground black pepper
2 large egg whites
Nonfat cooking spray
Nonfat sour cream
¼ cup chopped green onion

Directions:

1. Place a colander in the sink and line with paper towels. Add the shredded baking potato, parsnip, sweet potato and sprinkle with the 1 tsp salt. Let stand for about 15-20 minutes.
2. Gather the ends of the paper towels together and squeeze the potato mixture to remove excess liquid then transfer mixture to a large bowl.
3. Add flour, onion and pepper and toss well.
4. Add egg whites and mix well.
5. Spray a large skillet with nonfat cooking spray then heat to medium-high heat.
6. Spoon 1/3 cup of the batter into the skillet and cook 4-5 minutes on each side or until browned. Repeat with rest of mixture.
7. Serve latkes with a dollop of nonfat sour cream sprinkled with chopped green onion.

Nutrition facts: Serving size: 1/5 of recipe (225g) Servings Per Recipe: 5

Amount per serving: Calories: 193, Calories from fat: 7, Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 2 g, Sodium: 516 mg, Total Carbohydrates: 39 g, Dietary Fiber: 5 g, Sugars: 1 g, Protein: 6 g.

Gunnison Valley Homecare

45 East 100 North
Gunnison, Utah 84634

Phone:

435-528-3955 or 800-324-1801

Fax:

435-528-2188

E-mail:

angiem@gvhomecare.org