

Diabetic Monthly

November, 2013

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

November Support Groups: Dealing with Stress through the Holiday's

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I want to thank everyone who came to the support groups last month. We learned 20 steps to a better Doctor Office visit.

I am excited to have Carl Cox, LPC come and teach about how to deal with stress through the holidays. Stress can affect all of us, so bring a friend with you to support group this month. Remember to write down your questions and bring them with you to support group. Also make note that the Mt. Pleasant group will be meeting a week earlier than normal due to the Thanksgiving holiday.

As always, these support groups are free of charge and everyone is welcome to attend. I encourage you to bring your family or friends, as they can be a great support when they have a better understanding about Diabetes. I look forward to seeing you at support group.

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

November 19, 2013 at 3:00 – 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

November 26, 2013 at 11:00- 12:00

Mt. Pleasant Support Group

1125 Black Hawk Boulevard

November 20, 2013 at 2:00- 3:00

Tip of the Day

Taken from the ADA

Question

With dozens of blood glucose monitors on the market, how do I choose the one that's right for me?

Answer

Picking the right monitor is a little like choosing a car—you have to think of the features that matter most to you. And there are lots of features to choose from. Are you looking for the fastest monitor? There are some that complete the check in 5 seconds. Other monitors have larger screens that are easier to see if your vision is not good. Some use strips that are easier to handle if you have arthritis or nerve damage. Looking to get organized? There are monitors that have lots of data management capabilities, which can help you track your results more precisely and communicate these results to your health care provider. There are monitors that use very small drops of blood and others that let you test on your hand, arm, or leg, as well as your finger.

So you see, there are lots of options. To choose the monitor that's best for you, talk to your health care provider. Or better yet, talk to a diabetes educator; he or she will probably be up to date on all the latest models and have some available for you to see.

Tips for Fending Off Holiday Stress

Taken from the ADA

The holidays can be a very busy and stressful time of year. When stress builds up, it causes the release of “fight or flight” hormones. These hormones then cause an increase in blood glucose. Here are some tips to decrease holiday stress:

Try to simplify this holiday season. Avoid taking on extra duties or extra cooking for holiday events. Focus on spending time with people and less on the other holiday hype around gifts and food.

Stay organized and do things ahead of time. Plan diabetes-friendly meals in advance. Make a plan so you know how to deal with the pressure of indulging in holiday food. Try to get a head start on your shopping and plan time for physical activity.

Use food to your advantage. As someone with diabetes, it is easy to get caught up in choosing foods for the purpose of managing blood glucose levels. But managing blood glucose and eating healthy, nutrient-rich foods should go hand-in-hand. Don't sacrifice good nutrition during this busy time. Eating healthy and sticking to your meal plan will keep your immune system strong. Adequate rest and regular exercise can also help regulate blood glucose and strengthen your immune system.

Enjoying Thanksgiving

Taken from the ADA

Thanksgiving can be a time of great anxiety for people with diabetes because it is so focused on food.

Don't let questions about what to eat, how much to eat, and meal timing dampen your holiday. Plan in advance, so you can fully enjoy the day and keep your diabetes management on track.

General Tips

Think about the timing of your meal. Many families eat large meals at odd times on holidays. For example, Thanksgiving dinner may be served in the middle of the afternoon. Plan in advance for how you will handle making changes if your meal does not line up with your regular meal schedule.

If you take insulin injections or a pill that lowers blood glucose, you may need to have a snack at your normal meal time to prevent a low blood glucose reaction. Check with your health care team about this.

Be physically active! The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves moving around away from the food. Ideas include taking a walk with the whole family or playing Frisbee, soccer, or touch football with your children, grandchildren, or the neighborhood kids.

Have foods to nibble on while you are cooking or waiting to eat. Make sure the foods you choose won't sabotage blood glucose levels before the meal. Bring a platter of raw or blanched veggies with your favorite low-calorie dip or have a few small pieces of low-fat cheese. Don't indulge on high-calorie or fried appetizers.

Make selective food choices. Many traditional Thanksgiving foods are high in carbohydrates: mashed potatoes, sweet potatoes, stuffing, dinner rolls, cranberry sauce, pumpkin pie, and other desserts. Don't feel like you have to sample everything on the table.

Have a reasonable portion of your favorites and pass on the rest. For example, if stuffing is your favorite, pass on rolls. Choose either sweet potatoes or mashed potatoes. If you really want to try everything, make your portions smaller.

Eat smaller portions. Because high carbohydrate foods are plentiful at most Thanksgiving feasts, watch your portion sizes. If you can't decide on one or two carbohydrate foods to eat, take very small portions or "samples" of several dishes.

Overall, try to keep your total carbohydrate intake like a regular day.

Eat your vegetables. Vegetables are important for everyone! Unfortunately, the vegetable selection on holiday menus is usually limited. We all want to dress up the table with tempting treats. Why not add some colorful vegetable dishes?

Veggies come in all colors and are very nutritious. Offer to bring a green salad or a side of steamed veggies that have been seasoned. [Non-starchy veggies](#) are low in carbs and calories. They will help fill you up and keep you from over-eating other high-calorie and high-fat foods on the table.

Crispy Oatmeal-Raisin Cookies

Ingredients

Serves 22; serving size: 2 (1 1/2-in) cookies

Ingredients

1 1/2 cups old-fashioned (not quick cooking) oats
 1/2 cup all-purpose flour
 1/2 cup whole wheat flour
 2 tsps ground cinnamon
 1/2 tsp baking soda
 1/4 tsp salt
 1/3 cup 67% vegetable oil butter-flavored spread, at room temperature
 1/4 cup granulated sugar
 1/2 cup dark brown sugar
 1 large egg
 1 tsp vanilla extract
 1/4 cup raisins



Nutrition

Exchange/Choices

1 Carbohydrate

1/2 Fat

Calories: 98 g

Calories from Fat: 26 g

Total Fat: 3 g

Saturated Fat: 1 g

Polyunsaturated Fat:

Monounsaturated Fat:

Cholesterol: 10 mg

Sodium: 83 mg

Total Carbohydrate: 17 g

Dietary Fiber: 1 g

Sugars: 8 g

Protein: 2 g

Preparation

1. Preheat the oven to 350°F. Line baking sheets with parchment paper and set aside.
2. Combine the oats, all-purpose flour, whole wheat flour, cinnamon, baking soda, and salt in a medium bowl and whisk to mix well. Set aside.
3. Combine the butter-flavored spread, granulated sugar, and brown sugar in a large mixing bowl and beat at medium speed until mixture is fluffy. Beat in the egg and vanilla. Add the oat mixture and beat at low speed until moistened. Stir in raisins.
4. Drop mounds of dough, 2 level tsps each, 2 in apart on prepared baking sheets. Bake until bottoms of cookies are lightly browned but centers remain soft, 10 to 12 minutes.
5. Cool cookies on baking sheets on wire racks for 2 minutes. Remove from baking sheets and cool completely on wire racks. The cookies can be covered in an airtight container and stored at room temperature up to 2 days.

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