

# DIABETIC MONTHLY

Oct. 4, 2012



## October Support Groups - Weight Management

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Weight management is so important when it comes to preventing and treating Type 2 Diabetes as well as many other diseases. It's often difficult for most people to know what they need to change in order to decrease their weight. You don't need to lose a large amount of weight to improve your blood sugar. We will discuss behaviors that will help you lose weight and maintain it.

Reaching and maintaining a healthy weight is important for overall health and can help with prevention and control of many diseases and conditions. If you are overweight, you are at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. Maintaining a healthy weight will improve your overall health as well as give you more energy!

Please remember this is a non-judgemental environment. I am here to help you, not to make you feel bad. Weight management is something that many of us struggle with. Support group is FREE of charge and everyone is invited to attend.



### Gunnison Support Group

**Homecare Building 45 East 100 North  
October 16, 2012 at 3:00 pm - 4:00 pm**

### Monroe Support Group

**140 West 100 South , Monroe, Utah**

**October 23, 2012 at 11:00 am - 12:00 pm**

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*"Don't step on it... it makes you cry."*

## Making Healthy Food Choices

Knowing what to eat can be confusing. Everywhere you turn, there is news about what is or isn't good for you. Some basic principles have weathered the fad diets, and have stood the test of time.

Here are a few tips on making healthful food choices for you and your entire family.

- Eat lots of vegetables and fruits. Try picking from the rainbow of colors available to maximize variety.
- Eat non-starchy vegetables such as spinach, carrots, broccoli or green beans with meals.
- Choose whole grain foods over processed grain products. Try brown rice with your stir fry or whole wheat spaghetti with your favorite pasta sauce.
- Include dried beans (like kidney or pinto beans) and lentils into your meals.
- Include fish in your meals 2-3 times a week.
- Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin. Remove the skin from chicken and turkey.
- Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
- Choose water and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.
- Choose liquid oils for cooking instead of solid fats that can be high in saturated and *trans* fats. Remember that fats are high in calories. If you're trying to lose weight, watch your portion sizes of added fats.
- Cut back on high calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.
- Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes. (American Diabetes Association/Food and Fitness)

## Low Blood Sugar - a Dementia Risk for Diabetics

This is an article from Dr. Norman Swan, an editor for “Alzheimer’s Weekly”

Type 2 diabetes is a form of diabetes that comes on in adulthood and - with the obesity epidemic - increasingly in adolescents.

Now, since the obvious manifestation of type 2 diabetes is high blood sugar, the temptation is to really aggressively treat the blood sugar and bring it down.

Trouble is, the more aggressively you keep a lid on your blood sugar, the more likely you are to overshoot and cause hypoglycemia. That's LOW blood sugar. That can cause collapse and maybe even raise the risk of dementia. That dementia risk is already raised by your diabetes.

A study followed over 16,000 people with type 2 diabetes who had an episode of hypoglycemia serious enough to cause hospital treatment. What they found was that one or more episodes of hypoglycemia did indeed raise the risk of dementia.

Now, it is possible that people had dementia that came before the diabetes and that made them bad at looking after themselves.

Researchers did not think that was the case. Nor did they think that people were more likely to have "hypos" (episodes of hypoglycemia) if they had more severe diabetes, which in turn would have increased the risk of dementia.

So they thought it was a cause-and-effect: "hypos" causing increased risk of dementia.

It reinforces the Australian Recommendations, which are that people with type 2 diabetes need to: Exercise, Lose weight, Watch their diet, Get their blood pressure down, as well as their cholesterol, Sugar control, which is not too aggressive, but keeps to recommended targets.

\*For more details, please go online to “The Journal of the American Medical Association.” Rachel Whitmer, a Kaiser research scientist discusses this research study in more depth. The study was performed by researchers at Kaiser Permanente in Oakland, California. They looked at more than 2 decades of data and over 16,600 patients with Type 2 Diabetes.

\* There is another article in “Diabetes Forecast” magazine on this topic. The website is [forecast.diabetes.org](http://forecast.diabetes.org). Type in “low blood sugar a dementia risk for diabetics”

**\*\* Normal fasting blood sugar for a diabetic is between 70-130. This article reflects severely low blood sugar levels. It is critical to manage glucose levels to prevent the many complications of high and low glucose levels.**

# Apple Crisp

There's nothing like this old-fashioned apple dessert recipe to top off a good dinner. It's low in calories and can be made even lower if prepared with sugar substitute.

## Nutrition Facts Per Serving:

Servings Per Recipe: 8

Serving Size: 1/2 cup

Calories: 142

Protein(gm): 1

**Carbohydrate(gm): 24**

Fat, total(gm): 5

Cholesterol(mg): 12

Saturated fat(gm): 2

Dietary Fiber, total(gm): 2

Sodium(mg): 33



## Ingredients

5 cups sliced peeled cooking apple

2 tablespoons sugar or sugar substitute equivalent to 2 tablespoons sugar\*

1 teaspoon lemon juice

1/2 teaspoon apple pie spice

1/2 cup regular rolled oats

1/4 cup sugar or sugar substitute\* equal to 1/4 cup sugar

3 tablespoons all-purpose flour

1/4 teaspoon apple pie spice

3 tablespoons butter

Frozen light whipped dessert topping, thawed (optional)

**1. For filling:** Preheat oven to 375 degrees F. In a large bowl combine apples, 2 tablespoons sugar or sugar substitute, lemon juice, and 1/2 teaspoon of the apple pie spice. Transfer apple mixture to a 2-quart square baking dish.

**2. For topping:** In medium bowl, combine oats, 1/4 cup sugar or sugar substitute, flour, and 1/4 teaspoon apple pie spice. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping over filling.

3. Bake for 30 to 35 minutes or until apple is tender and topping is golden brown. Serve warm. If desired, top with whipped topping. Makes 8 (1/2-cup) servings.

### Tip:

**\* Sugar Substitutes: Choose from Splenda® Granular, Equal® Spoonful or packets, or Sweet 'N Low® bulk or packets. Follow package directions to use product amount that's equivalent to 2 tablespoons sugar.**