

Diabetic Monthly

August 6, 2010
Volume 3 Issue 6

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

Acute Diabetic Complications: **Hypoglycemia/Hyperglycemia/Sick Day Management**

By Angie Merchant

I want to invite everyone to Support Group this month. We will be learning about the Acute Diabetic Complications, which include Hypoglycemia, Hyperglycemia, and Sick Day Management. It's important to be educated on what Hypoglycemia or Hyperglycemia looks like, and how to treat it. There are several things you can do to prepare for these situations. Sick Day Management is also an important part of proper diabetic care that often gets overlooked. We will learn how to plan for sick days, and what we should always have on hand in case of those days. Proper knowledge and preparation can help keep you as healthy as possible.

This support group would be an excellent one to share with a friend or family member. Reasoning for this is that when we are having problems with these things, we are often too sick to make proper choices for ourselves. It is always a good thing to have others around you educated on what signs and symptoms to watch for, and how to help you.

Thanks to everyone who participated in support groups last month. I would also like to thank Bill Tucker, Pharmacist and Pat Sehorn, LPN for their help with the groups.

Diabetic Support Groups are always FREE of charge and EVERYONE is welcome to attend. I look forward to seeing you there.

August Support Groups:

Gunnison Support Group

Gunnison Homecare Building

45 East 100 No Gunnison, Utah

August 17, 2010 at 3:00 to 4:00pm

Monroe Support Group

South Sevier Senior Citizens Center

140 West 100 South Monroe, Utah

August 24, 2010 at 11:00am to 12:00pm

INSIDE THIS ISSUE

- 1** August Support Group
- 1** Healthy Eating Tips
- 2** Fitting an Article into a Tight Space
- 3** Inserting Your Own Art
- 4** The Elements of a Newsletter



Healthy Eating Tips

Diabetes Wellness News, Aug 2010, Vol. 16 No.8, pg 6.

Do you have a favorite recipe handed down in your family? Are you struggling with weight loss but find it difficult to avoid those high calorie favorites? Does your spouse need to lose weight? Here are some suggestions on how you can make those favorite recipes healthier. You may be surprised to find that your loved ones don't even notice the slight changes in the recipes, and you are well on your way to helping them become healthier and well.

Consider some of these basic ingredients and the alternatives you can use for a healthier outcome.

- 1. Salt:** Replace with fresh herbs and spices. This is the season for fresh basil, oregano, dill, cilantro, and garlic. Eliminate salt, garlic salt, onion salt or any herb-salt combinations. Herbs and spices are a potent source of antioxidants. Fresh herbs and spices contain more antioxidants than the dried version. Fresh herbs can be dried and stored for use during the winter months. When preparing your dish, rub dried herbs and spices between your fingers to release the oils that offer beneficial properties. Keep herbs and spices in a cool, dry place and replace them when the color and aroma has faded. Plant a windowsill herb garden so you have fresh herbs on hand year-round.
- 2. Sour Cream:** Replace with fat-free yogurt. This will greatly reduce the fat content and calories of your dish and there will be no noticeable change in the texture or flavor.
- 3. White Rice:** Replace with brown rice or wild rice. They provide more fiber and nutrients than traditional white rice.
- 4. Ground Beef:** Replace with extra-lean ground beef, ground turkey, or ground chicken for making burgers, chili, meatballs, or any casserole. Choosing these lower fat meats will reduce the saturated fat and calories of your dish.
- 5. Pasta:** Replace with whole-wheat pastas for a tasty and nutritious main dish. Read the label; you may find the product has added omega- 3 fatty acids- an essential heart healthy fat.
- 6. White All-Purpose Flour:** Replace with whole-wheat flour. This will increase your fiber intake. Make this change gradually by using $\frac{1}{2}$ whole-wheat and $\frac{1}{2}$ white flour in your recipes; for a total conversion use $\frac{7}{8}$ cup whole wheat flour for every one cup of white flour.
- 7. Cheese:** Replace with reduced-fat cheeses. They are readily available and most are quite tasty. There are many types of low-fat cheese available; if you don't like one brand try another. Low-fat versions will reduce the amount of saturated fat, calories, and guilt you take in. Also shred your cheese instead of cutting it into chunks—shredded cheese results in a smaller portion size.
- 8. Cream:** Replace with fat-free skim milk when baking. When making soups, substitute a clear broth base or low-fat yogurt to reduce saturated fat and calories in your recipe.
- 9. Eggs:** Replace one egg with $\frac{1}{4}$ cup of an egg substitute or two egg whites. This will cut down on both calories and cholesterol.
- 10. Oil:** Use unsaturated oils such as olive, canola, safflower, and corn oil. In brownie or cake recipes substitute applesauce for half of the oil called for in the recipe. Oils are high in calories so it is important to reduce the quantity in order to reduce calories. Choose healthy oils to mix with flavored varieties for salad dressings and use smaller portions as a tasty way to reduce calories and saturated fats.

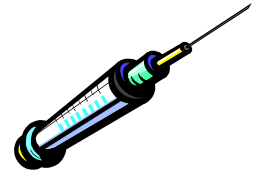
Tip of the Month:

Question:

Where should I inject my regular insulin to get the most consistent absorption?

Answer:

We recommend you use your abdomen. Insulin injected into the abdomen is absorbed quickly and predictably so you know how it will affect your blood glucose time after time. In general, there are three places to inject insulin: the abdomen, the arms, and the legs. Several factors affect the way your body absorbs insulin. If you exercise the muscles of your arms or legs vigorously after an injection, more insulin will be absorbed more quickly. It will be difficult for you to predict how this insulin will affect your blood glucose. Warm temperatures also increase the speed at which insulin is absorbed. Because your abdomen is usually covered by clothing and stays warm, insulin is absorbed more rapidly from this area.



Quote of the Month:

“Your whole life comes alive when you have the courage to follow your dream, to create change and to do what is right over what is easy.”

Laugh and Enjoy Life

Recipe of the Month... Overnight Nacho Bake

(This recipe should give you a great chance to try some of our Healthy Eating Tips from page 2

Prep Time: 30 min., Baking Time: 1 hour, Chilling Time: 6 hours

Ingredients:

1 pound extra-lean ground beef
 ¾ cup diced onion
 1 can (4.5 oz) diced green chilies
 1 cup frozen corn
 1 envelope (1.25 oz) reduced-sodium taco seasoning mix
 1 jar (8 oz) taco sauce
 Cooking Spray
 1 can (16 oz) fat-free refried beans
 2 cups (about 3 oz total) coarsely broken baked tortilla chips
 2 oz finely shredded, reduced-fat mild Cheddar cheese
 2 oz finely shredded Pepper Jack cheese
 Shredded lettuce, diced tomatoes, fat-free sour cream (optional)

Nutrition Facts:

Yield: 8 servings
Serving size: 1/8 casserole
Per Serving:
 Calories: 398
 Carbohydrates: 42 g
 Protein: 26 g
 Fat: 14 g
 Saturated fat: 5 g
 Sodium: 1,061 mg
 Fiber: 3 g

Exchanges per serving:
 3 starch, 2 lean meat, 1 fat
Carbohydrate Choices: 3

Directions:

1. Brown and drain ground beef. Add onion, chilies, corn, taco seasoning mix, and taco sauce; stir to combine. Cook over medium heat until onion is tender (about 5 minutes); stir frequently. Remove from heat and set aside to cool slightly.
2. Coat a 2-quart baking dish with cooking spray. Spread refried beans in the bottom of baking dish. Spoon half of beef mixture evenly over beans. Top with 1 cup broken chips. Sprinkle with half of each cheese. Top evenly with remaining beef mixture then sprinkle with remaining cheeses. Cover tightly with plastic wrap and refrigerate at least 6 hours, or overnight.
3. To bake, preheat oven to 350 F. Remove plastic wrap. Spray a piece of foil with cooking spray and place over baking dish, sprayed side down. Bake for 1 hour, or until cheese is melted and casserole is heated through. Remove from oven and sprinkle evenly with remaining 1 cup broken chips.
4. If desired, top each serving with shredded lettuce, diced tomato, and fat-free sour cream. (Remember that lots of non-starchy vegetables are great for you.)

Gunnison Valley Homecare DSME

45 East 100 North
 PO Box 759
 Gunnison, Utah 84634

Phone:
 (435) 528-3955

Fax:
 (435) 528-2188

E-mail:
angiem@gvhomecare.org