

Diabetic Monthly

December Diabetic Support Group

Hello everyone !! It's time for another support group meeting. It has been great to see so many of you take advantage of these learning opportunities. I've enjoyed getting to know each of you, and look forward to meeting those who have not made it yet. The support group meetings are **free** of charge to anyone who wants to attend. It is not a requirement that you have Diabetes. There are many who attend for their spouse or families sake. I would also like to invite those who have been told they are "Pre-diabetic." These meetings provide excellent information that can prevent those with Pre-diabetes from actually getting the disease. Proper education is an important step to good health. **Everyone is welcome!!!**

December Diabetic support group will focus on proper/safe exercise and how to begin. There are certain precautions that need to be taken by someone with Diabetes when beginning an exercise program. We will learn about those precautions, and how to prevent complications. The benefits of exercise are incredible. They include helping to control blood sugar, helping to maintain ideal weight, helping to improve quality of life, and helping to avoid developing Diabetes complications. Exercise can also enhance self-concept, self-esteem, and body image. The advantages of regular exercise are countless. This support group will provide the **tools** that you need to begin an exercise program. The guest speaker this month will be Dallas Overly, Physical Therapist. He will demonstrate proper stretching and good exercises for everyone. It's always difficult to get started with exercising, but this class may be just what you need!!! There will be good company and yummy snacks!!

Diabetic Support Group

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December 16, 2008 at 3:00 – 4:00

Gunnison Valley Homecare office

45 North 100 East Gunnison (Just across from hospital)

For questions call 435- 528-3955

Holiday Meal Planning Tips

The holidays can be a tough time for families, especially dealing with diabetes. But there's no reason you can't take it all in stride. With a little preparation and some diabetes know-how under your belt, you'll be ready to enjoy your holiday season.

Holiday Preparation:

The most important thing about managing diabetes during the holidays is to plan ahead. The more you know about what's going to happen, the better you can plan for good diabetes care. Let's look at a few specifics.

Schedules: What does your family schedule look like for the holiday season? Are you going out of town? Having visitors stay with you? Do your plans usually include a lot of parties and food-oriented events? Or are your holidays more active, with events such as the annual family New Years Day football game? Getting a handle on what your schedule will look like ahead of time will help out a great deal as you tackle each day.

Menus: Once you know what your day will consist of, you should then examine your menus. Do you have traditional dishes that you make every year? There's no need to completely rework your menu just because of diabetes, but you may want to fine-tune it a bit. Planning ahead will help. For example, maybe there are some ways you can make your traditional holiday foods a little healthier. Will that casserole taste just as good with fat-free or light sour cream instead of regular? Can you steam the green beans this year rather than sautéing in butter? Would a snack tray full of veggies, crackers, and cheese help you stay away from all the sweets? Could you try using Splenda or another artificial sweetener in some of your recipes?

There are many ways to lower fat, sugar, and carbohydrate counts in your favorite foods while still keeping the taste and texture you love. If your family looks forward to Aunt Suzie's Heavenly Fudge every year—go ahead and make it, but first talk to your diabetes educator or dietician about ways to work a piece or two into your meal plan. It may mean eating less of other foods, getting more exercise, increasing insulin doses, or a combination of all three. But you can do it!!!

Happy Holidays... Enjoy your meals, just be smart about them!!!

More helpful hints on the next page...

Sugar and Diabetes: The Myth That Won't Die



Years ago, John Bantle, MD, gave brownies to people with diabetes. Brownies made with real sugar. And their blood glucose levels... did NOT skyrocket.

Bantle and his colleagues were comparing two meal plans. Both plans had the same amount of carbohydrate. In one, much of the carb was from sugar. In the other, the carb came mainly from starches. Participants ate one meal plan for 28 days, then switched to the other.

Participants' blood glucose levels were essentially the same when they ate the high-sugar meals as when they ate the high-starch meals. **Conclusion:** Sugar is just another carbohydrate. It's the amount of carb, not the source, that determines blood glucose levels.

That was 15 years ago. Yet today, people who have diabetes still hear, "You can't eat that. It has sugar."

Naughty or Nice ???

Will the Myth Ever Die?

Old ideas that are wrong do die, " says Bantle, a professor of medicine at the University of Minnesota. "It just takes them a long time. People spent 60 years drumming it into people with diabetes. It was in all the textbooks. And if your blood sugar is high, intuitively it makes sense that you shouldn't eat sugar."

But starch is a string of glucose molecules. When people know that, they can see that starches will raise blood glucose levels just as sugar will.

"A lot of people who are up-to-date in diabetes consider this old news, but to many people this comes as a great surprise."

For years, the American Diabetes Association's Nutrition Recommendations have included their version of "Sugar is just another carb ." In the 2008 position statement, the wording is: "Sucrose containing foods can be substituted for other carbohydrates in the meal plan or, if added to the meal plan, covered with insulin or other glucose-lowering medications. Care should be taken to avoid excess energy intake."

In real world terms: "Foods that contain sugar don't produce a greater rise in blood glucose than bread, rice, and potatoes, if the calories are the same. If you add dessert to a meal, increasing the amount of carbohydrate, your blood sugar will be higher. But you'd have the same effect if you had a double helping of mashed potatoes or an extra roll."

So what does all this mean for you and your holiday meal plan? It means that if you plan a treat into your meal by cutting out a carb elsewhere once in awhile, it won't affect your blood glucose adversely. The main thing is to only do this, "Once in awhile." If this is being done too often, then you aren't receiving the nutrients that the nutritious foods are providing. Proper nutrition is still our main goal, but enjoying a treat once in awhile is also important. Just be smart about it, and PLAN is out.

Good Luck with your HOLIDAY MEAL PLANNING. I truly hope that you each have a Very Merry Christmas!!!

Recipe of the Month ... Pumpkin Cake Roll Servings: 12

Cake:

3 eggs
1 cup SLENDA Granular
2/3 cup Low-Carb Bake Mix
1 ½ tsp pumpkin spice
1 tsp baking powder
¼ tsp salt.

Filling:

8 oz regular cream cheese
½ cup Splenda Granular
¼ cup unsalted butter, softened
½ tsp vanilla extract

* Line a 15 x 10 inch jelly roll pan with wax paper. Spray liberally with nonstick cooking spray; sprinkle with small amount of bake mix.

* In food processor, or in bowl with electric mixer, process eggs 4 minutes on medium high speed. Gradually add SLENDA Granular. Add pumpkin; process on lower speed.

* In medium bowl, combine Low-Carb Bake Mix, pumpkin pie spice, baking powder, and salt. Make a well in center and add pumpkin mixture; combine well. Pour over prepared pan; spread out evenly. Bake at 375 degrees for 15 minutes. Invert cake onto clean tea towel. Carefully remove wax paper. Gently roll up cake from one short side (it might crack, but continue slowly) together in a towel. Set aside to cool completely. Gently unroll and spread with cream cheese filling, sealing any cracks. Again roll up cake from short side.

Filling: In food processor with S-Blade, in blender, or in bowl with electric mixer, process cream cheese, SLENDA Granular, butter, and vanilla extract.

Nutrition at a Glance (per serving):

Calories...175, Total Fat... 13.7g, **Carbohydrate**... 5.7g, Protein...7.3g

Upcoming Events:

Diabetic Education and Support Group...Exercise

Merry Christmas !!!

Happy New Years!!!

Diabetic Education and Support Group...A1C testing

December 16, 2008

December 25, 2008

January 1, 2009

January 20, 2009

Diabetic Self-Management Education Program

Gunnison Valley Homecare
45 East 100 North Gunnison, Utah
(435) 528-3955
Angie Merchant, RN, Diabetic Educator
a.merchant@yahoo.com