
Diabetes Life Lines



A newsletter from your County Extension Office
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Are Calories Controlling You?

You have to burn more calories than you eat to lose weight. This sounds simple, but as you know, controlling calories can be quite difficult. However, difficult does not mean impossible.

First, avoid calorie traps, such as extra-large portions at restaurants. It's easier to keep calories low at home because you select the ingredients in your recipes, but sometimes it's just more convenient to eat out.

Restaurant foods are often packed with fat and calories. Luckily, by finding out how the food is prepared and served, you can control the amount of calories you consume.

Here are a few tips to help you know how many calories you are eating:

- Ask for nutrition information about the menu. *Many restaurants have this in a brochure and are willing to give you a copy.* Check the calories in the foods you usually eat, and see if you can order other choices that have fewer calories.
- If there is no nutrition information at the restaurant, look it up on the internet. Most chain restaurants have nutrition information on their web pages. *If you do not have a computer, community libraries have internet access for public use.* If the restaurant does not provide nutrition information on-line, here are some general nutrition databases where you might find it:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

<http://www.dietfacts.com/fastfood.asp>

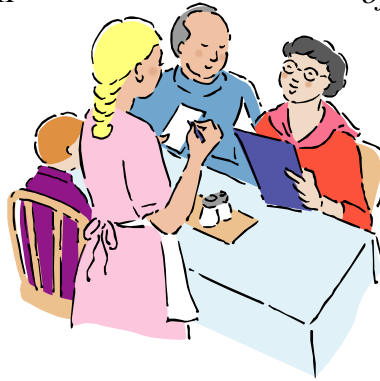
<http://www.calorieking.com/foods/>

- You can also buy paperback books that contain similar information at local bookstores or on-line. A few examples are

Corinne Netzer's *Complete Book of Food Counts, The Calorie King Fat and Carbohydrate Counter* and the *Diabetes Carbohydrate and Fat Gram Guide* from the American Diabetes Association.

- Notice the ingredients in foods that mean extra calories.

Some examples are butter, mayonnaise, dressings, lard, eggs, bacon or bacon bits, sour cream, cheese, and sugars.



- In a small notebook or even on a napkin, write down what you eat and how much. Then later look up how many calories each food has. Ask yourself, “Where can I cut some extra calories next time?”
- There is even a website where you can keep track of all your food and calories on-line: <http://www.my-calorie-counter.com/>

To lower your calories even more:

- Do not order large or super-sized portions. Even regular portions are often much bigger than you need, so eat half and take half home. *Consider*

buying child or junior portions at fast food restaurants.

- Ask for half the normal amount of sauce or salad dressing to be served on the side. Dip your fork into the dressing or sauce before each bite instead of pouring it on top. *Restaurants often drench salads with dressing, which can easily add 200-300 extra calories to your meal!*
- Eat bread without butter, oil or margarine. *One tablespoon of fat or oil on each piece of bread can add about 100 calories!*
- Request reduced-calorie sour cream or lite dressing for baked potatoes. Add black pepper for extra flavor.
- Replace mayonnaise with mustard. Start by ordering half mustard and half mayo, and eventually, just order mustard. *There are many types of mustard, so try several to find one you like. Before long, you won't miss the mayo.*
- Order baked, roasted, grilled, boiled or broiled foods instead of fried food.

- Choose steamed vegetables as side items instead of chips, coleslaw or fries.
- Drink water or sugar-free drinks instead of sweet tea or regular sodas. *Regular sodas can add about 130-250 extra calories to your meal.*

Take time to learn where the extra calories are hidden in your diet. Then make some new choices. Before long, eating lower calorie foods will be something you do naturally without even thinking about it.

Could You Have a Sleep Disorder?

If you feel sleepy or tired during the day, you may have a sleep disorder. Common sleep disorders are sleep apnea, insomnia, restless leg syndrome, and narcolepsy. All of them can be treated.

With **sleep apnea** you stop breathing briefly or breathe shallowly during your sleep. You may stop breathing for 10-20 seconds or longer, 20 or more times per night. Usually this happens because soft tissue in the rear of the throat blocks the upper airway. Lack of oxygen wakes you up and prevents deep, restful sleep. The disorder may cause so much stress that you could have a heart attack or stroke or develop congestive heart

failure. Being overweight makes sleep apnea more likely.

Insomnia occurs when you have trouble falling asleep or staying asleep, or you do not sleep well despite having enough time and the right conditions for sleep. All of us have problems sleeping sometimes, but chronic insomnia occurs when you cannot sleep at least three nights a week for more than one month.

Restless leg syndrome causes unpleasant prickling or tingling in your legs (and sometimes your arms) that may result in brief jerky movements during sleep. Most often it affects the calves of the legs. Sitting or lying down for long periods makes it worse. Moving or massaging the legs or arms seems to relieve the problem. These sudden movements can make it hard to go to sleep or stay asleep.

Narcolepsy is excessive or overwhelming daytime sleepiness even with enough rest at night. During the night, people with narcolepsy may also wake up frequently. Some people with the disorder suddenly have muscle weakness that will cause



paralysis or limpness of the neck, knees or face muscles or even total body collapse. Emotions like anger or fear may trigger this. Sufferers may even be unable to move or talk when falling asleep or waking up and may have vivid dreams that they confuse with reality.

Talk to your medical provider if you have any of these signs of a sleep disorder:

- You routinely take more than 30 minutes to fall asleep at night.
- You consistently wake up several times each night and have trouble getting back to sleep.
- You wake up too early in the morning.
- You feel sleepy during the day, take frequent naps or you fall asleep at inappropriate times during the day.
- Your bed partner tells you that you snore, gasp, choke, or stop breathing for short periods while asleep.
- You have creeping, tingling, crawling feelings in your legs or arms that get better when you move or massage them. This may happen most often in the evening or when you are trying to fall asleep.
- Your bed partner says your legs and arms jerk during sleep.

- You have vivid dreamlike experiences when falling asleep or dozing.
 - You have sudden muscle weakness when you are angry, fearful or when you laugh.
 - You feel like you cannot move when you first wake up.
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Learn About Diabetes On-Line!

Focus on Diabetes, an interactive diabetes program on the Extension Family and Consumer Sciences Diabetes web page, provides diabetes self-management knowledge and skills about meal planning, medications, physical activity, blood glucose monitoring, prevention of diabetic complications, and the emotional adjustment to diabetes. To access the program go to

<http://www.fcs.uga.edu/ext/food/focus/index.php>

After completing these interactive and fun modules, you will be able to:

- identify the three main types of diabetes
- explain the key elements of diabetes management
- use the diabetes plate method and carbohydrate counting to do basic meal planning

- prevent or delay diabetes complications
- discuss diabetes medication choices with your health care providers
- cope with diabetes better

The nine modules cover key elements of diabetes self-management -

- **What is Diabetes** - an overview of the main types of diabetes
- **Diabetes Management** - a review of basic diabetes management
- **Healthy Eating** - meal planning using the plate method and carbohydrate counting
- **Physical Activity** - guidelines on safe ways to increase activity
- **Diabetes Medications** - review of current diabetes medications
- **High and Low Blood Glucose** - information on why blood glucose goes out of target range
- **Monitoring Diabetes** - the basics of blood glucose monitoring
- **Diabetes Complications** - strategies for preventing or delaying diabetic complications

- **Coping with Diabetes** - methods for coping with the emotions associated with diabetes and suggestions for family and friends about providing appropriate support to the person with diabetes

Each lesson features three characters that have diabetes: Conner, a young boy that has Type 1 diabetes; Maria, a pregnant woman that has gestational diabetes; and Olivia, a senior adult that has Type 2 diabetes. The lessons provide information through animations, skill building activities, fact sheets and interactive questions and answer sessions.

Most lessons take about 30 minutes to complete.

You can go at your own pace through the lessons and choose the topics in any order that you like.

Being able to use a computer mouse is all that is needed (drag, drop and point.) A tutorial is included to teach how to use the lessons.

Being connected to the internet is required to download some of the fact sheets. Computers also need to have the Flash program for the modules to work. This program can be downloaded for free off the internet if needed.





Keeping It Real: Talking With Your Doctor About Diabetes

Talking about your medicines and blood glucose readings may seem easy, but you may be less sure about discussing your feelings. Here are some questions the American Diabetes Association suggests you answer and take with you to discuss the next time you have an appointment.

1. What is hardest or causing you the most concern about caring for your diabetes at this time? (for example, following a diet, medication, stress, cost, complications)
2. Write down a few words about what you find difficult or frustrating about this concern.
3. How would you describe your thoughts or feelings about this issue? (for example, confused, angry, curious, worried, frustrated, depressed, hopeful)
4. What would you like your doctor to do during your visit to help address your concern? (Circle the letters in front of all that apply.)
 - a. Work with me to come up with a plan to address this issue.
 - b. I don't expect a solution. I just want my doctor to understand what it is like for me.
 - c. Refer me to another health professional or other community services.
5. I would like answers to the following questions at this visit:

Recipe Corner

Garden Goodies Salad

This is a quick pasta salad from More Matters® recipes. These recipes feature vegetables or fruits as main ingredients.

Serves: 1

Ingredients:

½ cup medium-size shell pasta, cooked (ideally use whole wheat pasta)
¼ cup carrots, shredded
3 oz. fresh turkey tenderloin, roasted (or left-over turkey breast)
1 ½ cups Romaine lettuce
½ cup cucumber, peeled, sliced
6 cherry tomatoes, halved
2 tablespoons fat-free ranch dressing (or some other fat-free dressing you prefer)

Cube roasted turkey. Toss together pasta, carrots, turkey, Romaine lettuce, cucumber, and tomatoes; drizzle ranch dressing over top. Refrigerate until chilled.

Nutrition Information per Serving:

Calories: 302 Carbohydrate: 39 grams Protein: 31 grams
Total Fat: 2 grams Saturated Fat: 0.4 grams Cholesterol: 71 milligrams
Dietary Fiber: 4 grams Sodium: 431 milligrams

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Dear Friend,

Diabetes Life Lines is a bi-monthly publication sent to you by your local county Extension agent.

It is written by Food and Nutrition Specialists at the University of Georgia, College of Family and Consumer Sciences. This newsletter brings you the latest information on diabetes, nutrition, the diabetic exchange system, recipes, and important events.

If you would like more information, please contact your local county Extension office.

Yours truly,

County Extension Agent

Connie Crawley, Principal Writer

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Official Business

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