



Diabetes Life Lines

A newsletter from your County Extension Office
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2007 Recommendations for Activity Level for Adults, Ages 18-65

The American Heart Association and the American College of Sports Medicine released new activity guidelines for healthy adults ages 18-65. If you have diabetes or some other chronic disease or have not been exercising regularly, see your doctor for a check-up before you attempt these goals.

Activity Level	Activity Examples	Activity Amount
Light - no major increase in pulse or breathing rate	Walking, sitting, standing (normal daily activities)	Normal daily routine
AND		
Moderate - increase in pulse/heart rate and breathing but can comfortably talk	Walk briskly, bike on flat surface, swim leisurely, shoot baskets	30 minutes a day, 5 days a week
OR		
Vigorous - rapid pulse and breathing	Walking very briskly, jogging or running, shoveling, digging ditches, biking hard or up a hill, basketball, soccer or volleyball games, swimming at a moderate speed or hard	20 minutes per day 3 days per week
AND		
Strength and Endurance - substantial fatigue after 8-12 repetitions of each exercise	Exercises with weights and abdominal crunches	8-10 different exercises with 8-10 repetitions using major muscle groups, 2 days a week, with at least 48 hours between sessions



Adapted from a chart in the *American Diabetes Association Professional Section Quarterly*, Fall 2007.

Successful Weight Control: Watch the Calories from Beverages

Calories we get from fluids do not fill us up like the calories we get from solid food. In other words, if you get 60 calories from a half cup of juice, you will feel hungry sooner than if you eat 60 calories from a piece of fruit. Also beverages can be a big source of carbohydrates that people forget to count.



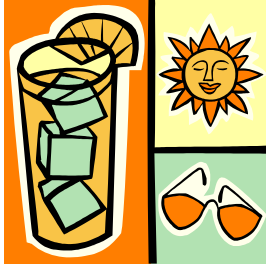
Here is a list of popular beverages with the amount of carbohydrates they contain, the number of carbohydrate servings, as well as the calorie count. Some beverage calories and carbs vary depending on the flavor or brand. Always read the nutrition label to be sure. Note that the serving size on the label may be eight ounces, while the bottle or can you plan to drink may be 12-20 ounces. That means you may need to do some math to know exactly how many carbs and calories you are getting.

Note: ounces is abbreviated oz. in the list below

Beverage	Carbohydrate Servings	Carbohydrate grams	Calories
1 cup Fat-free or 1% milk	1	12	100
1 cup 2% milk	1	12	120
1 cup whole milk	1	12	160
½ cup juice	1	15	60
1 cup plain soymilk	1	12 – 15	150
1 cup chocolate milk	2	26	160-180
½ cup eggnog	1	17	127
½ cup light cranberry juice	1	6	45
1 can (8.3 oz.) Red Bull energy drink	2	28	115

Beverage	Carbohydrate Servings	Carbohydrate grams	Calories
1 can (8.3 oz.) sugar-free Red Bull	0	2	12
12 oz. regular soft drink	2 ½	37	136
12 oz. diet soft drink	0	1	7
1 bottle (20 oz.) Gatorade®	2 ½	35	123
1 bottle (20 oz.) Powerade®	3	42	158
1 bottle (23.7 fl oz.) Propel Fitness Water®	½	9	30
1 cup regular lemonade	2	26	99
1 cup instant sweet tea	1 ½	22	91
1 cup sugar-free tea	0	1	5
1 cup (6 oz) coffee, brewed	0	0	2
1 (16 oz) Frappuccino®	3	48	240



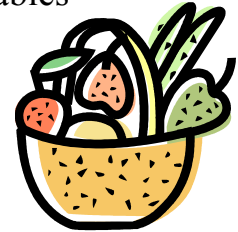


Any sugar-free beverages will fit into your meal plan. Water is always the best choice if you are thirsty.

Count all other beverages with 7 grams or more of carbohydrate per serving as you would count any food item. Check your blood glucose after drinking them to be sure your blood glucose stays in the range your doctor recommends. Some people find that liquid carbohydrate raises the blood glucose higher and faster than carbs from solid foods.

STEPS to Follow the DASH Diet

The DASH diet helps people with hypertension and pre-hypertension lower their blood pressure. To follow DASH, you need to eat lots of fruits, vegetables and low-fat dairy products. Specific guidelines and recipes can be found at the DASH Diet website: <http://dashdiet.org/index.htm>



Here are some tips to help you follow the DASH diet and reach your blood pressure goals:

To Increase Your Vegetable Intake:

- Keep fresh and frozen vegetables without added salt or sauce stocked in your kitchen.
- Use leftover chicken & turkey to make salads instead of sandwiches.
- Keep cut up fresh vegetables in the refrigerator, so you have quick access to them.
- Pack fresh vegetables in your lunch sack.
- Pair reduced-sodium tomato soup with a sandwich instead of chips.
- Drink reduced-sodium vegetable juice with a snack or meal.
- Make “ants on a log” with celery, peanuts, & raisins. (Hint: Kids like this, too!)
- Add extra vegetables to pizza or lasagna.
- Load up your salads and sandwiches with as many vegetables as you can.

To Increase Your Fruit Intake:

- Add fresh, canned, dried or thawed, frozen fruit to your breakfast cereal, like dried pineapple or thawed blueberries.

- Or, add them to a cup of vanilla, flavored, or frozen yogurt.
- Make a smoothie out of fruit and milk or vanilla yogurt for part of your breakfast or as a cool snack.
- Add dried fruit to a trail mix.
- Pack & eat a fruit cup as a snack.
- Make a peanut butter & banana sandwich.
- Add mandarin oranges, pears, or raisins to your salad.
- Buy easy-to-eat fresh fruit, such as easy-to-peel oranges – you can discard the peels as you walk – they’re biodegradable!

To Increase Your Dairy Intake:

- Eat whole grain cereal with milk for breakfast – you can even eat it as a snack.
- Make a smoothie with milk and your favorite fruits.
- Add sugar- free chocolate powder to your milk.
- Eat a cup of “lite” yogurt as a snack.
- Occasionally, grab a small cup of frozen yogurt as a cool treat.

To Decrease Your Sodium Intake:

- Taste your food before adding salt or other flavorings – it may taste fine the way it is!
- Flavor your food with herbs & spices instead of table salt.
- Choose low-sodium meats.
- Check food labels to choose items with less than 400 mg sodium per serving.
- Cook at home instead of eating out at restaurants – they add lots of extra sodium to food.
- Uses smaller amounts of condiments, like ketchup and steak sauce, or buy the reduced-sodium versions of your favorite ones.
- Eat fresh foods instead of pre-packaged and processed foods like chips, crackers, frozen dinners, and canned goods.
- Rinse canned vegetables and tuna fish with water for 1 minute.

Contributors:

Connie Crawley, MS, RD, LD, Extension Nutrition and Health Specialist, Writer and Editor

Lauren Atwater, Dietetic Intern -Writer

Editorial Board:

Jenny Grimm, RN, MSN, CDE, Medical College of Georgia

Ian C. Herskowitz, MD, CDE, FACE, Medical College of Georgia

Recipe Corner

Garden-Vegetable Stir-Fry

1 ½ teaspoon cornstarch	1 ½ cups cauliflower, cut into ½ -inch flowerets
2 tablespoons light soy sauce	1 cup green beans, bias-sliced into 1-inch pieces
1 tablespoon dry sherry or orange juice	1 tablespoon cooking oil
2 teaspoons sugar or 1 packet artificial sweetener	1 medium onion, cut into thin wedges
Dash pepper	½ cup thinly bias-sliced carrot
1 cup zucchini cut into ¼ - inch slices	Tomato wedges (optional)

1. Wash hand and assemble clean equipment.
2. For sauce, combine cornstarch and 2 tablespoons cold water. Stir in soy sauce, sherry or orange juice, sugar, and pepper.
3. In a medium saucepan cook green beans, covered, in boiling salted water for 2 minutes. Add cauliflower. Return to boiling; reduce heat. Cover and simmer 2 minute more. Drain well.
4. Preheat wok over high heat; add cooking oil. Stir-fry onion and carrot in hot oil for 2 minutes. Remove from wok.
5. Add beans, cauliflower, and zucchini; stir-fry 3 to 4 minutes or until vegetables are crisp-tender. Push vegetables from center of wok.
6. Cook and stir until thickened and bubbly. Return all vegetables to wok. Stir vegetables into sauce. Cook and stir 1 minute more. If desired, garnish with tomato wedges.

Makes 4 servings.

Nutrient Analysis, per serving: 93 calories, 12 grams carbohydrate, 3 grams protein, 4 grams fat, 3 grams dietary fiber, 0 milligrams cholesterol, sodium 317 milligrams
Exchanges: 1 starch, 1 fat.

Suggested Menu

<u>Menu Item</u>	<u>Carbohydrates</u>	<u>Exchanges</u>
3 ounce Grilled chicken breast	0 grams	3 meat exchanges
1 serving Vegetable stir fry*	12 grams	1 starch, 1 fat
2/3 cup brown rice	30 grams	2 starches
1 cup watermelon	15 grams	1 fruit
Sugar free lemonade	0 grams	Free

*Featured recipe.

Note: Portions may need to be adjusted for your meal plan.

The University of Georgia

Cooperative Extension

College of Agricultural and Environmental Sciences / Athens, Georgia 30602-4356

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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Scott Angle, Dean and Director

Cooperative Extension
U.S. Department of Agriculture
The University of Georgia
College of Agricultural
and Environmental Sciences
Athens, GA 30602

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