Let’s Dance!

A core message of diabetes management is to get plenty of exercise. But the word exercise can seem daunting for some. But what about dancing? Does the word “dance” make you think “fun” instead of exercise? Well it can be both! Before you stop reading because you are thinking about your two left feet, consider this: social dancing has shown to help people with Parkinson’s better control their body (1), motivate people to participate in physical activity (2), and improve aerobic fitness in those who are wheelchair-bound (3). So dancing can be a great way to get the physical activity you need and enjoy yourself too!

There are many types of dances to try. There are options ranging from Latin dances like cha-cha, salsa, and samba to smooth dances like waltz, quickstep, and tango. There are also other social dances like square dancing, bachata, and Carolina shag. Try different dances to see what you like best and add variety to your routine.

There are plenty of ways to start social dancing like the local senior center, many YMCAs offer dance classes, going to a place where there is live music. Some restaurants and clubs offer group dancing, like salsa night. Through social dancing, you can reap benefits of balance, coordination, and even social benefits from new friendships and cooperation skills.

Finally, here are some tips to help you prepare for your first social dancing experience:

- Don’t worry about going solo. Typically dance classes do not require a partner and are open to whoever wants to come.
- Wear clothes you can move in.
- Keep an open mind.
- Laugh at yourself!
- And last but not least, hydrate! Bring a water bottle and drink up.

Does the idea of a night on the town sounds a little too far out of your comfort zone? Don’t despair- there is a tried and true method that will work for you, too. Dance in your own living room! You don’t have to go anywhere special to cut a rug. There are plenty of dance resources available online that you can use such as YouTube tutorials or even dance exercise DVDs. Dancing is a great way to get your heart pumping without feeling like you are exercising. Not only will you have a great time, but you will also get in physical activity for your diabetes and overall health.
References:

Be Food Safe with Diabetes

The Centers for Disease Control and Prevention estimate that each year in the United States, 48 million people get sick, 128,000 are hospitalized, and 3,000 die from foodborne illness. More people get sick from food in the summer than any other time of year, and people with diabetes are at greater risk. To avoid foodborne illness, you must be careful when handling, preparing, and eating foods. Always follow the four basic steps to food safety: **clean**, separate, **cook**, and **chill**.

Foods that are more likely to make you sick are: uncooked fruits and vegetables, unpasteurized (raw) milk and raw milk products, raw/undercooked eggs, raw/undercooked meat, raw/undercooked poultry, raw fish and shellfish, and lunchmeats without preservatives. Whether or not you will get sick from these foods depends on the **source** of the food (where it comes from) and how it is **handled**, **stored**, and **prepared**.

**CLEAN.** Make sure that your hands, counters, cutting boards, and food are clean. Wash your hands with soap and warm running water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, or handling pets. Wash your cutting boards with hot water and detergent between the preparation of meats and other foods. After washing and rinsing, you can sanitize cutting boards with a solution of bleach and water (1 tablespoon unscented liquid chlorine bleach + 1 gallon of water). Soak for at least one minute or use the solution in a spray bottle. Allow the boards to air-dry. Plastic cutting boards can be run through automatic dishwashers. Wash produce under cool, running water, including those with rinds that will not be eaten. Use a clean vegetable brush for firm fruits and vegetables. Use a clean paper towel to dry fruits and vegetables. Clean can lids before opening them with a can opener.

**SEPARATE.** Bacteria can spread from one food to another. This is especially a problem when handling raw meat, poultry, seafood, and eggs. Prevent this spread of bacteria by separating these foods from ready-to-eat foods (foods that you will not cook, like raw fruits and vegetables, pre-made salads, sandwiches, breads, snacks) in your shopping cart, grocery bags and refrigerator. Never put cooked meat back on a plate the held raw meat without washing the plate first with detergent and hot water. Don’t reuse marinades. Choose specific cutting boards to use only with raw meats and other cutting boards for use with ready-to-eat foods.
COOK. Use a food thermometer to measure the internal temperature of cooked foods. Reheat leftovers until they are steaming hot or boiling (if liquid). The chart shows you the recommended safe minimum temperatures for foods.

<table>
<thead>
<tr>
<th>Food</th>
<th>Safe Minimum Temperature</th>
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<tbody>
<tr>
<td>Beef, Venison, Lamb</td>
<td>145°F</td>
</tr>
<tr>
<td>Pork</td>
<td>145°F</td>
</tr>
<tr>
<td>Poultry</td>
<td>160°F</td>
</tr>
<tr>
<td>Turkey, Chicken, Duck</td>
<td>160°F</td>
</tr>
<tr>
<td>Seafood</td>
<td>165°F</td>
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</tbody>
</table>

CHILL. Cold temperatures slow the growth of harmful bacteria. Keep your refrigerator at 40°F or below and your freezer at 0°F or below. Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. If it is above 90°F where you are eating or preparing your food, refrigerate or freeze them within 1 hour. Never thaw food at room temperature, such as on the counter top. Instead, thaw food in the refrigerator, in the microwave, or in cold water that is changed every 30 minutes, and cook immediately. Divide large amounts of food into shallow containers for faster cooling in the refrigerator.

Staying Hydrated for Health

Summer in the South means barbecues, swimming pools, and baseball. Rising temperatures hopefully encourage us to get outdoors and enjoy some physical activity fun! But, if we’re not careful to hydrate, summer heat can mean danger for diabetes. If we get too warm and forget to drink, our blood sugar can get too high and we can suffer other types of heat illnesses too. As we age, it’s harder for our bodies to maintain a healthy internal temperature when the temperature outdoors rises. Chronic conditions and medications can make this worse. So being hot isn’t just about comfort. Heat-related illness can result in injury and even death if left untreated. People age 65 and older are at higher risk for heat related illness, and people aged 85 and older are at highest risk for heat-related death. Staying hydrated and knowing the signs of heat related illness can help protect you during the warm summer months.

It is important to drink plenty of fluids all year long, but particularly in the summer months. If you are over 65 this is even more important, because you may not feel thirsty as frequently, so drink often. Small sips throughout the day can help. Water is the best choice for hydration, particularly for people with diabetes. You want to
avoid sugary beverages because they will increase your blood sugar. Try adding a few slices of orange or lemon to your water for a nice flavor.

You can also add a small amount of sliced fruit to a pitcher of water and let it sit in the refrigerator overnight for flavor. Try oranges, strawberries, blueberries, or limes. Other sugar free beverages can help hydrate you too. Skip the caffeine because it can make dehydration worse.

Fruits and some vegetables are great sources of water. The summer melons you love like watermelons, cantaloupe, and honeydew are great choices to help you stay hydrated and get the vitamins and minerals you need. Many vegetables have lots of water, like lettuces, peppers, tomatoes, and cucumbers. If your doctor tells you to limit your fluid intake because of a chronic condition or medication, talk to him/her about the best way to stay hydrated while following these orders.

Knowing the signs of heat-related illness can save lives. Heat stroke is the most serious heat-related illness, and can result in death or disability. Heat exhaustion is a less severe, but still problematic.

The signs of heat exhaustion can vary, but may include:
- Dizziness
- Headache
- Paleness
- Muscle cramps
- Nausea or vomiting
- Heavy sweating
- Fast and shallow breathing.

Heat stroke is more dangerous than heat exhaustion. Signs of heat stroke include:
- Body temperature higher than 103°F
- Red, hot, dry skin without sweating
- Throbbing headache
- Dizziness
- Nausea

Because heat stroke is so dangerous, call 911 immediately, if you think you or someone you know is suffering from heat-related illness.

So drink your fluids, eat your fruits and veggies, and check your blood sugar to stay well during these hot summer days. Check in on your older friends and family, and when in doubt, call for help!
Refresh Watermelon Salad

Ingredients:

- 6 cups fresh watermelon, cut into cubes
- 2 cucumbers
- 2 Tablespoons chopped fresh mint or basil leaves (or ¼ teaspoon dried)
- ¼ red onion, thinly sliced
- ¼ cup crumbled feta cheese
- 2 Tablespoons balsamic vinegar
- 2 teaspoons olive oil
- ½ teaspoon ground black pepper
- ½ teaspoon salt

Instructions:

1. Roughly chop cucumber into small pieces (~1/2 inch dice).
2. In a large bowl, combine watermelon, cucumber, feta cheese, onions and herbs. Stir to combine.
3. Season with salt and pepper. Drizzle olive oil and balsamic vinegar over the mixture. Stir to combine.

Serve chilled.

Nutrition Facts per serving:  Calories: 76,  Total Fat: 2 grams,  Sodium: 120 milligrams  Carbohydrate: 13 grams  Fiber: 1 gram  Protein: 2 grams

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It is written by an Extension Nutrition and Health Specialist and other health professionals from the University of Georgia. This newsletter brings you the latest information on diabetes self-management, healthy recipes and news about important diabetes-related events.

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

Yours truly,

County Extension Agent

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