
Diabetes Life Lines



A newsletter from your county Extension office
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Are Your Snacks Helping or Hurting You?

A bowl of cereal or a small dish of frozen yogurt before bedtime, a bag of chips in late afternoon, a handful of trail mix late morning - how do your snacks rate? Are they helping you stay in good control or are they causing you to be out of control?

We snack for many different reasons. Hunger seems the most obvious reason, but if you're one who snacks from dinner to bedtime, you're likely eating for different reasons. You may feel very stressed from a rough day; you may eat when you're depressed; perhaps you've skipped meals throughout the day and feel

ravenous, unable to stop eating.

Uncontrolled snacking can wreak havoc on your blood glucose control and cause the pounds to pile on.

Many people with diabetes believe they should have snacks between meals and at bedtime. The fact is that snacking is usually a choice that people with diabetes can make. If you choose to have a bedtime snack, it can be worked into your mealplan. If you don't take oral diabetes medication or insulin, you don't need a snack. If you take oral diabetes medications that cause your pancreas to release more insulin (such as Glucotrol, Diabeta, Amaryl, Starlix, and Prandin), you may need a snack at certain times of the day if your blood glucose tends to drop too much between meals.

Many diabetes medications like Glucophage, Actos, Avandia, and Precose do not cause your pancreas to release more insulin; therefore they do not usually cause low blood glucose and snacks are not necessary. Many insulin regimens now make it easier to manage your diabetes with less risk of



hypoglycemia. Checking your blood glucose frequently will tell you if you have a tendency to have low blood glucose at specific times of the day.

How should you deal with snacks? If you choose to have a snack or feel you need one to prevent low blood glucose, plan it into your meal plan. Chances are that when you're at work or on the road and you're ready for a snack, the healthy choices are not going to be readily available. Get into the habit of stocking your kitchen with fresh fruit, vegetables that can be eaten raw or with little preparation, high fiber cereal, and low-fat crackers.

With Americans eating on the run so much, snacks are a great way to include some healthy foods like fruits, vegetables, dairy foods, or high fiber cereals or crackers into our day. When you know you're not able to get five servings of fruits and vegetables at meals, fit them into your snacks. They're easy and portable. Include low-fat yogurt or milk to get additional calcium.

If the evening finds you continuously foraging in the kitchen for a snack, try to plan activities that will keep you away from the kitchen. Use this time to walk with a family member or friend. Most of us find little time to get much physical activity in during the day. Also, do your best to keep tempting foods out of the

house. If you buy snacks for your family, buy ones that you don't especially like so they'll be less tempting in weak moments.

Following are some examples of easy, low-fat snacks you can fit into your day:

15 Grams of Carbohydrate

- 1 cup low-fat or fat-free milk
- Small piece of fresh fruit
- 1 Dole Fruit Bowl
- 3-oz bag of baby carrots with 10 Wheat Thins
- 4 ounces Kraft Light N/Lively non-fat yogurt
- 1 ounce baked potato chips

30 Grams of Carbohydrate

- 3/4 cup cereal with 4 oz. low-fat milk
- 6 ounces Yoplait fat-free yogurt
- 1 NutriGrain or Quaker cereal bar
- 1 1.5 oz box raisins
- 1 granola bar
- 1 large banana or pear
- 8 ounces Weight Watcher's Ultimate 90 non-fat yogurt with 3 Tbs. GrapeNuts

Recognizing Depression

Everyone has feelings of depression now and then, but if you have feelings of sadness and despair that last more than a couple of weeks and interfere with your daily activities, you should not ignore it. The demands of life with diabetes can seem overwhelming. People with diabetes have twice the incidence of major depression as people who don't have



diabetes, especially if they have several complications of diabetes. Depression can result in high blood glucose, making you feel out of control of your life. High blood glucose in turn can make you feel bad

physically, making you feel more depressed and less likely to take care of yourself. It's important to seek help and get treated for depression so you can take charge of your life.

Major depression is diagnosed if the following symptoms occur for longer than two weeks:

1) One of the two following symptoms: depressed mood (sad or irritable) or major loss of interest or pleasure in almost all activities AND,

2) At least four of the following symptoms:

- C Significant weight loss or gain
- C Inability to sleep or stay asleep or sleep longer than usual
- C Appearing agitated or slow to respond to things around you
- C Fatigue or loss of energy
- C Feeling worthless or guilty
- C Trouble concentrating or making decisions
- C Recurrent thoughts about death or suicide

Your diabetes team can refer you to the appropriate experts in mental health for treatment. Medication and counseling can both help relieve depression. Keep in mind that antidepressant medication can take six weeks or longer to get the most effect, so be patient.

In addition to getting help from your diabetes team, you can also make a few lifestyle changes that can help with depression:

- C Increasing physical activity
- C Eating healthy foods at fairly regular times throughout the day
- C Avoiding alcohol
- C Joining a support group
- C Socializing with friends

When depression is reduced, many people experience less pain, are able to sleep better, and function better sexually. Get help now if you have the symptoms. You will feel better and be better able to take care of your diabetes.

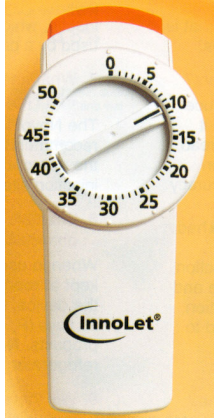
New Insulin Device

If you use insulin and want an easier way to dial up your insulin, you may like the new InnoLet device by Novo Nordisk. It's similar to an insulin pen, but has a much larger dial to make it easier to dial up the correct dose of insulin. The clicks are also louder and easier to hear.

The device comes prefilled with either Regular, NPH or 70/30 insulin.



Simply remove the cap, insert the needle, dial up the dose, and inject. If you dial up



an incorrect dose, you simply turn the dial back to the correct dose. The InnoLet is disposable, so you just discard the device when you run out of insulin.

Once you begin to use the InnoLet, you can keep it at room temperature for 10-14 days, so it's easy to carry along with you.

The InnoLet should be available in your pharmacy in September. The cost will be approximately \$53 per box of five InnoLet devices, each containing 300 units of insulin. When comparing the price to a vial and syringes, the InnoLet costs about \$8 more for equal amounts of insulin.

Due to the large dial, this device may be especially useful to you if you have difficulty reading the small print on other pen devices.

New Sweetener Approved

Neotame, a new nonnutritive sweetener, or sugar substitute, was recently approved by the Food and Drug Association (FDA) for use in the U.S. The new sweetener, manufactured by NutraSweet Company, will increase the number of approved sugar substitutes

available in the U.S. to five.

The sweetener is similar to aspartame but is slightly sweeter and can be used in cooking without losing its sweetness. The sweetener does not raise blood glucose and has virtually no calories. The FDA has confirmed the safety of Neotame.

Neotame was approved for use in baked goods, beverages, gum, frozen desserts, confections, gelatins and puddings, hams, jellies, fruit juices, toppings and syrups. The main market will be soft drinks, dairy products including yogurt and frozen dairy desserts, and chewing gum.

Americans now have more choices of sugar substitutes than any time in history. You can select table-top sweeteners or foods sweetened with neotame, aspartame, sucralose, acesulfame-K, or saccharin.

Gainesville Diabetes Program

Update your knowledge of diabetes by attending the Diabetes 101 program for all people with diabetes, family members and friends. It will be held at the Georgia Mountains Center in downtown Gainesville on Saturday, September 21. Cost is \$10 or \$15 at the door and includes lunch. Call 1-888-DIABETES for information or to register.

Hearty Oatmeal

This nutrient-packed oatmeal can be used for your entire breakfast. Brown sugar substitute can be used in place of the sugar if needed to reduce the carbohydrate by 10 grams.

1/3 cup oats, old-fashioned	1 tablespoon chopped pecans
1/2 teaspoon ground cinnamon	2/3 cup skim milk
2 teaspoons brown sugar	1/2 ripe banana
dash salt (optional)	1 tablespoon raisins

1. Mix ingredients together in a cereal bowl and cover with plastic wrap.
2. Microwave on high for about 2 minutes, 15 seconds or until oatmeal is bubbly, stirring occasionally.

Serves 1

Carbohydrate Choices: 4

Exchanges: 1 milk, 2 starch, 1 fruit, 1 fat

Calories: 319

Carbohydrate: 57 grams

Fat: 7 grams

Sodium: 89 milligrams

Cholesterol: 3 milligrams

Fiber: 5.5 grams

Suggested Breakfast Menu

<u>Menu Item</u>	<u>Exchanges</u>	<u>Carbohydrate</u>
<i>Hearty Oatmeal*</i>	1 milk, 2 starch 1 fruit, 1 fat	57 grams
Hot Tea with lemon	free	

* *This month's featured recipe*

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

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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

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