
Diabetes Life Lines



A newsletter from your County Extension Office
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Preventing Weight Gain

As many people have learned from years of experience, weight does come off if you follow almost any diet - the challenge is keeping it off. Looking at how overweight or obese our nation has become, we could use a little help to prevent weight gain (or regain), not only in ourselves, but also in our children.

Dr. James Hill and colleagues in Colorado developed a program called American on the Move to help Americans take steps toward reducing obesity. Their strategy is to “take a few more steps, eat a few less calories.” They encourage people to increase their walking by about a mile a day (or 2,000 steps if you have a pedometer) and eat 100 fewer calories each day to help prevent weight gain. A national online “pledge” day for people to try

walking more and eating less is scheduled for November 5 - check out www.americaonthemove.org.

Eating just 100 fewer calories each day will not make you feel deprived, but translates into 700 fewer calories a week and 36,400 fewer calories a year. That change alone could help you take off 10 pounds in a year. Combine that with walking an extra mile every day, which burns another 80-100 calories a day, and you're on the right track to preventing weight gain - safely and simply.

Walk the Extra Mile. Walking an extra mile every day is easier than you think. The key is to set your goal, mark it on your calendar, and do it every day. You can increase your walking by 1 mile a day by taking one 15-20 minute walk around your neighborhood, taking a ten-minute walk at your morning and afternoon breaks, walking both levels at the mall, or walking 1 mile on your treadmill. A pedometer, a device that measures the number of steps you take, can improve your motivation by helping you keep track of the steps you take throughout the day. Consider asking for one or giving one for a holiday gift.



Eat 100 Fewer Calories. The holidays are a tough time to watch the calories. Here are some simple ways you can eat at least 100 fewer calories each day:

- Forego the butter on your roll or bread
- Use reduced-calorie vinaigrette dressing on your salad instead of regular creamy-type dressing
- Substitute a vegetable or small salad with low fat dressing for the fries at a restaurant
- Choose skim milk instead of whole milk
- Use mustard instead of mayonnaise on your sandwich
- Use nonstick cooking spray instead of butter or oil
- Skip the extra dinner roll
- Eat 1/2 your usual portion of dessert
- Use light syrup instead of regular syrup on pancakes
- Choose light, sugar-free yogurt instead of regular fruit-flavored yogurt for a snack
- Use lemon instead of tartar sauce on your fish
- Select grilled chicken instead of fried
- Choose a vegetable or chicken noodle soup instead of a creamed soup
- Substitute steamed vegetables for potato or rice at a restaurant
- Eat a smaller piece of meat that weighs 2 ounces less

- Eat 12 baby carrots instead of a 1-ounce bag of potato chips for a snack
- Eat a bowl of cereal with skim milk instead of a sweet roll for breakfast
- Leave the cheese off your sandwich
- Eat a slice of low-fat pumpkin pie instead of apple pie
- Drink a can of sugar-free soda instead of regular soda
- Replace butter with sour cream on your baked potato
- Eat one scoop instead of 2 scoops of ice-cream
- Eat a handful less of nuts for a snack

Remember - take a few more steps, eat a few less calories. Small changes can reap big rewards.

Depression and Diabetes

Feeling sad or “down in the dumps” some of the time is normal. But, if it lasts a long time, you may suffer from depression, a serious medical condition that affects thoughts, feelings, and the ability to perform daily activities. If you



have had at least two of the following symptoms everyday for at least two weeks, you may be depressed.

Symptoms of Depression

- ✓ Sadness or feeling empty or anxious
- ✓ Feeling hopeless, helpless, worthless, or guilty
- ✓ Loss of interest or pleasure in activities you once enjoyed
- ✓ Decreased energy
- ✓ Difficulty concentrating or loss of memory
- ✓ Loss of sleep or sleeping too much
- ✓ Changes in appetite or weight
- ✓ Thoughts of death or suicide
- ✓ Restlessness or irritability

You're not alone. Each year nearly 10% of the population suffers from depression. Depression is a serious illness that increases the risk of developing other chronic diseases. Depressed people are more likely to get diabetes. The exact cause is not clear. Depression also increases your chances of developing heart disease.

People with diabetes are twice as likely as other people to become depressed, and one out of every four people with diabetes has depression severe enough to require treatment. A recent article published by the American Diabetes Association states "approximately 20% of men with diabetes and 40% of women with

diabetes suffer from an episode of depression at some point in their lives."

Uncontrolled depression can lead to poor diabetes control, resulting in high blood glucose levels that will make depression worse and increase the risk of diabetic complications. Successful treatment not only can improve your mood, it may also improve glucose control and make insulin more effective, improve sleeping and eating habits, and enhance sexual functioning.

Treatment can include talk therapy and medications that can help get brain chemicals back in balance. Adopting a healthy lifestyle, especially increasing physically activity, is also helpful.

If you are depressed, get help now. First, discuss it with the physician that treats your diabetes. Your doctor may treat your depression or refer you to another health care professional who treats depression. Treatment can improve your total quality of life and make those depressing thoughts less troublesome.

Checking for Ketones

With the cold and flu season just around the corner, and the shortage of flu vaccine this year, people with diabetes should take special care to prevent ketoacidosis during illness. It's

important to know how to recognize and treat the problems that can lead to diabetic ketoacidosis, or DKA.

DKA is a serious condition that can lead to coma and even death. It can occur in people with type 1 diabetes, but rarely in people with type 2 diabetes. Ketones are made by the body when it uses fat for energy

Symptoms of DKA

Thirst
Frequent urination
High blood glucose & ketone levels
Vomiting
Difficulty breathing
Stomachache
Fruity odor on breath

instead of glucose. Ketones accumulate in the blood when your blood glucose levels are high and you don't have enough insulin available. The excess ketones then show up in your urine, where they are not usually found.

Any type of illness, including colds or flu, increases your risk of DKA. Blood glucose levels increase during illness due to hormones your body releases to help you fight the illness. If you have type 1 diabetes or your health care team has advised you to check for ketones, it is important to

check your blood or urine for ketones every 4-6 hours when you have:

- Illness or infection
- High blood glucose (over 300 mg/dl) on more than two tests
- Missed an insulin injection
- Problems with an insulin pump

You can check the ketones in your blood if you have a Precision Xtra meter. Otherwise, check your urine for ketones with a dipstick test such as Ketostix or Chemstrip K. If the urine test result is moderate to large, you should call your health care provider or use the guidelines they have given you for taking extra insulin and drinking plenty of water.

Ketoacidosis is dangerous and serious. Be prepared this cold and flu season by keeping ketone testing supplies on hand, monitoring your blood glucose frequently, taking your insulin even when you're sick and checking your ketones as needed.



Recipe Corner

Eazy Cheezy Calzones

½ tablespoon olive oil	1 cup marinara sauce
½ green pepper, chopped	½ cup part-skim ricotta cheese
1 medium onion, chopped	½ teaspoon pepper
1 tablespoon minced garlic	½ cup shredded part-skim mozzarella cheese
½ pound ground turkey	7 pita pockets
½ cup broccoli florets	

Preheat oven to 350 degrees.

1. Heat a deep 10-inch skillet and add oil.
2. Add green pepper and onion. Sauté for 5 minutes.
3. Add garlic and ground turkey. Cook until turkey is brown.
4. Add broccoli, marinara sauce, ricotta cheese, and pepper. Mix together. Simmer 5 minutes.
5. Place meat filling in the middle of pita pocket and sprinkle mozzarella cheese over meat filling. Fold pita pocket over.
6. Bake for 15 minutes.

Makes 7 servings (1 pita pocket)

Carbohydrate choices: 3

Exchanges: 2 starches, 1 lean meat, 2 vegetables, 1/2 fat

Calories: 301 Carbohydrate: 42 grams Fat: 7.7 grams Sodium: 562 milligrams
Fiber: 3 grams Cholesterol: 5 milligrams

Suggested Menu

<u>Menu Item</u>	<u>Exchanges</u>	<u>Carbohydrate</u>
1 <i>Eazy Cheezy Calzone</i> *	2 starch, 1 lean meat 2 vegg, 1/2 fat	42 grams
Tossed green salad	free	†
1 tablespoon Italian dressing	1 fat	†
1 small apple	1 fruit	15 grams

* This issue's featured recipe

† insignificant

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

Janine Freeman, Principal Writer

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