
Diabetes Life Lines



A newsletter from your County Extension Office
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Tips for a Healthy Lunch

This is the second in a series on healthy meals for people who need to control carbohydrates and calories.

1) If possible, make lunch the biggest meal of the day. That way you will have time to work off the calories. Plus you will have less indigestion and problems with sleep apnea if a lighter meal is eaten in the evening.

2) Begin the meal with a salad or lower sodium soup that is broth-based and that has lots of vegetables. This will fill you up and may reduce intake of higher calorie foods later in the meal.

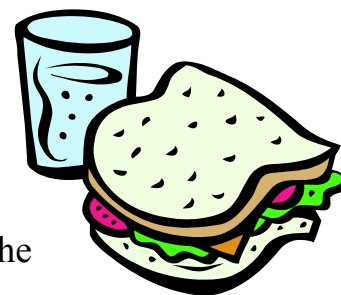
3) Make sure the salad dressing is low calorie. A good option is flavored vinegar like balsamic vinegar mixed

2:1 with a small amount of olive oil. Add a packet of artificial sweetener and you have a light and tasty dressing for very little cost.

4) An excellent low sodium soup is made from 32 ounces of Spicy low sodium V-8 juice and the frozen soup mix vegetables (12-16 ounces) that you can buy. You can also add about a cup of leftover cooked meat or poultry for flavor.

5) If you are having dinner at noon, have a small serving of lean meat, fish or skinless poultry (deck of cards size or less), at least 2 lower calorie vegetables and 1 - 2 starches (potato, corn, whole wheat roll or whole wheat bread). How many starches you should eat depends on your calorie needs and your blood glucose readings.

6) If lunch is just a sandwich, again have whole wheat bread, bun or pita and 2 ounces of lean meat, fish or poultry (half a deck of cards or less). Use light mayo or a small amount of mustard. Add lettuce and tomato or even shredded slaw mix or broccoli slaw. If you prefer cheese instead, get the reduced-fat kind that has less than 6 grams of fat per slice. If sodium is not a problem, use a few of the



low sugar pickles that are available.

7) Dessert is ideally fruit. Keep the portion to the size of a baseball.

8) Drink 8 ounces of skim or low fat milk or a sugar-free drink like tea, coffee, diet drink or water. If you have the milk, have it every day at lunch because it does add 12 grams of carbohydrate. Eat the same amount of carbohydrate every day so your blood glucose is predictable and your diabetes medicine will fit your carbohydrate intake.

Does Blood Glucose Control Help Memory?

As we age, many of us complain that remembering things gets harder. Some researchers have been asking whether high blood glucose or high insulin levels add to the problem.

A study in the journal, *Diabetes Care* followed 145 people with diabetes. They were all treated only with metformin for about eight weeks even if they had been on other diabetes medicines. At the end of the eight weeks, they were also given either, glyburide or rosiglitazone, two other diabetes drugs. Brand names for glyburide are Diabeta, Glynase or Micronase. The brand name for rosiglitazone is Avandia.

These two drugs were chosen because the researchers wanted to see whether high levels of insulin or high blood glucose levels impaired brain function. Glyburide works by increasing insulin release from the pancreas, the organ that makes insulin. So when glyburide is given, insulin levels rise.



Rosiglitazone works by making the body use the insulin already in the blood better. It does not increase insulin levels. If high insulin levels cause brain dysfunction, then glyburide should make it worse. If high blood glucose impairs the brain, then both glyburide and rosiglitazone should improve brain function since both drugs lower blood glucose. Adding either drug to the metformin dropped the A1C (a measure of diabetes control) by 21-24 percent.

The researchers gave study participants different tests for memory, ability to learn and speed of learning before and after the drugs were added. They found that high insulin levels had no effect on the brain's ability to work, but that improvement in blood glucose level did help brain function. Having better blood glucose control especially helped people to improve on the more complex memory test that required different parts of the brain to work together.

So if you are not remembering things as well and your blood glucose is high, work with your medical team to figure out what you can do to get in better control.

Glargine or Avandia?

Medicine can be expensive so you want to use the ones that work the best and cost the least. A new study indicates that adding the long-acting insulin, glargine may be more cost effective than taking the diabetes pill, rosiglitazone (Brand name, Avandia) when people are already on other diabetes pills.

This study followed 217 people for 24 weeks. They were taking the highest dose possible of their diabetes pills, but their blood glucose values were still high. Then either glargine or Avandia was added. The doses of these new drugs were adjusted to get the blood glucose into the desired range.

Those put on glargine did have twice as many low blood glucose reactions, but they had less weight gain and less fluid retention (edema). Their total cholesterol, LDL-cholesterol (the unhealthy kind) and triglyceride levels also decreased. This may have lowered their risk for heart disease. Also glargine was more effective at lowering blood glucose when the A1C was over 9.5%. In contrast, people on Avandia gained

more weight and had more edema, but their healthy cholesterol, the HDL-cholesterol went up.

The best news is that each person on glargine rather than Avandia would have saved \$235 over the 24 weeks. Often people with Type 2 diabetes are reluctant to take insulin, but this study shows there may be clear advantages to trying it.



Choosing a Fitness Facility

A recent article by Mickey Stuart and Donna Wolf in the newsletter, *On the Cutting Edge* gives an excellent list of questions to consider before joining a gym or fitness club:

- Does the facility have an emergency plan posted?
- Is the facility clean?
- Does the staff have the education, credentials and certifications that make them qualified to guide you?
- Is the staff friendly and helpful?
- Is the staff trained in first aid, CPR and the use of automated external fibrillators if someone has a heart attack?
- Does the staff ask about clients' health status?
- Does the facility offer the classes and activities you are interested in?

- Is there sufficient equipment even during peak hours?
- Does the staff pressure you to purchase a membership?
- Can you afford the membership?
- Is there a grace period during which you can cancel your membership if you are not satisfied?



If you cannot answer these questions with a “yes,” look for another place to work out.

Medical Nutrition Therapy Recommendations

Each January the American Diabetes Association publishes new Standards of Care for diabetes. These guidelines, based on research and the experience of diabetes experts, describe the best methods for diagnosing and managing diabetes.

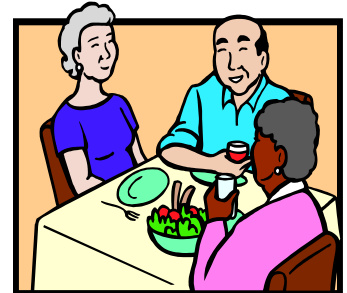
This year the Medical Nutrition Therapy guidelines were updated. Here are some highlights of those recommendations:

1. Control of total carbohydrate is the most important way to control blood glucose, but using the glycemic index or glycemic load may provide extra benefit. The glycemic

index and load are values that show how a specific food containing carbohydrate may raise the blood glucose after a meal or snack.

2. Saturated fat, the kind that raises blood cholesterol and that is high in animal fat, should be less than seven percent of total calories.
3. Very little trans fat, found mainly in hydrogenated and partially hydrogenated oils, should be eaten.
4. Weight control diets should supply at least 1,000-1,200 calories for women and 1,200 to 1,600 calories for men.
5. Drug therapy for obesity and weight loss surgery may be helpful for certain people.
6. Routine supplements of antioxidants like Vitamins C and E and beta-carotene are not advised because they have not been proven effective or safe for long-term use.

7. Also a chromium supplement is not needed



since no clear benefits have been found.

8. One hour a day of moderate activity or a half hour of vigorous activity may be needed for permanent weight loss.

Web-Based Diabetes Education Tool Available

Learning about diabetes and heart disease sounds like a dry subject. But if you visit the *Link for Life* Web site provided by the American Diabetes Association, you will find that learning about this topic can be fun.



A friendly character named Type 2 Lou guides you through the various sections of *Link for Life*. Along with Lou you learn the basics of diabetes, how to reduce risk for complications, and tips for handling medications. The program invites you to participate by having buttons to push, meals to plan, questions to answer, charts to fill out and check lists to print. Using animated cartoons, complex topics like insulin resistance are explained.

The program gives specific guidelines for the ABC's of diabetes to reduce risk for cardiovascular disease. These ABC's are your A1C, blood pressure and cholesterol levels. All contribute to your risk for having a heart attack or stroke.

Link for Life allows you to make your own medication chart that you can print, offers ideas about how to remember to take your medicines and provides a list of questions to ask your health care provider at your next visit.

At the end, as a game show contestant, you review what you have learned about diabetes and cardiovascular disease.

This entertaining program is available on-line at

<http://web.diabetes.org/link/chooser.htm>

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Recipe Corner

Baked Fish with Creole Sauce

$\frac{3}{4}$ pound fresh catfish
 $\frac{1}{2}$ small onion, chopped
 $\frac{1}{3}$ small green pepper,
thinly sliced

1 8-ounce can tomato sauce (no salt added)
1 teaspoon chili powder
 $\frac{1}{8}$ teaspoon pepper

1. Thaw fish, if frozen. Rinse fish in cool water. Drain well.
2. Preheat oven to 350° F. Place fish in 9 x 10-inch baking pan. Mix together onion, green pepper, tomato sauce, chili powder, and salt and pepper. Pour over fish.
3. Cover pan and bake until fish flakes easily with fork (20 to 30 minutes for fillets, 30 to 40 minutes for whole fish). **Makes four servings**
4. Serve with brown rice.

Nutrient Analysis, per serving: 138 calories, 5 g. carbohydrates, 15 g. protein, 7 g. fat, Cholesterol 40 mg., 1 g. fiber, Sodium 63 mg.

Exchanges: 2 lean meats, 1 vegetable

Suggested Menu

| Menu Item | Amount | Exchanges | Carbohydrates |
|-----------------------|-------------------|----------------------------------|----------------|
| Baked Fish with | <i>1 serving</i> | <i>2 lean meats, 1 vegetable</i> | <i>5 grams</i> |
| Creole Sauce* | | | |
| Brown rice | $\frac{1}{3}$ cup | 1 starch | 15 grams |
| Turnip greens | $\frac{1}{2}$ cup | 1 vegetable | 5 grams |
| Cornbread | 2 inch cube | 1 starch, 1 fat | 15 grams |
| Margarine | 1 teaspoon | 1 fat | 0 grams |
| Peaches, canned | $\frac{1}{2}$ cup | 1 fruit | 15 grams |
| In light syrup | | | |
| Iced tea, sweetened | 12 ounces | Free | 0 grams |
| With sugar substitute | | | |

**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

Connie Crawley, Principal Writer

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