
Diabetes Life Lines



A newsletter from your County Extension Office
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Summer's the Time To Start Eating More Fruits and Veggies

“Eat more fruits and vegetables” are words you hear everywhere these days. It will lower blood pressure, prevent cancer and heart disease, and promote weight loss among many other benefits. The more colorful the fruits and vegetables, the better! So, how does your diet stack up?

The Dietary Approaches to Stop Hypertension (DASH) eating plan recommends 8-10 servings of fruits and vegetables a day. Learning to incorporate more vegetables into your diet means expanding your usual menus to include more variety.

Getting 8-10 servings of fruits and vegetables a day is not as difficult

as you may think. You can easily get that amount if you eat a fruit serving at each meal and a snack, and eat two servings of vegetables at lunch and dinner. If you cannot get vegetables or fruits at a meal eaten out, try to include more in your snacks for the day. Here are some tips to include more fruits and vegetables in your day:

- When shopping, buy a variety of vegetables including some canned (like tomatoes, mushrooms), some frozen, and some fresh. Use the fresh produce first and use the canned and frozen when you run out of the fresh.
- Buy some fruits and vegetables that are easy to take for snacks. Baby carrots are very convenient as they are packaged pre-washed in small bags. Fresh fruit can be cut up and taken to work or take easy-to-eat fruits like apples, bananas, apricots, or raisins.
- For dinner, cook two different types of vegetables or eat two servings of one type (about 1 cup). Broccoli, cauliflower, and carrots are great cooked together.



Consider making a spinach salad and adding carrots and tomatoes to it.

- Grill fruits and vegetables. Check the web for some recipes for grilling vegetables or fruit kabobs that include pineapple, grapes, strawberries, whole cherries and apricots.
- Instead of a 6-ounce steak, add 2-3 ounces of chicken or fish to a stir-fry with different types of vegetables.
- Substitute brown and wild rice cooked with some chopped carrots, mushrooms, and fresh spinach for plain white rice.
- Make vegetable lasagna with spinach or broccoli, eggplant, zucchini, and low-fat cheese.
- At a restaurant, ask for a vegetable in place of the French fries.
- Fast food restaurants have few vegetable options, so add a vegetable snack in the afternoon.

Instead of thinking it's impossible to eat more fruits and vegetables with your hectic schedule, start thinking of ways you can easily incorporate them into your day. Trying new recipes and combinations of foods with help keep you and your family interested and help them not only learn to eat a wider of foods, but will also keep them healthier.

Preventing Insulin Mistakes

With all the new types of insulin available now, it's easy to make errors

in your insulin dosage, especially if you take more than one type of insulin. Many emergency calls are made out of fear of dangerously low blood glucose levels due to taking too much insulin.

The most common error is mixing up the doses of two different kinds of insulin. Other common mistakes include omitting insulin when you're sick, drawing up the wrong amount of insulin, and not storing insulin properly. To prevent these errors:

1) Know the kind of insulin you take. Before you leave the pharmacy, make sure you have the correct insulin by checking the:

- Brand name (Humalog, NovoLog, Lantus)
- Manufacturer (Lilly, NovoNordisk, Aventis)
- Type of insulin: rapid-acting (lispro, aspart), short-acting (regular), intermediate-acting (NPH, Lente), long-acting (glargine, ultralente), and insulin mixtures.

2) Make sure you know how your insulin works by learning:

- How quickly it starts working
- When it peaks
- How long it lasts

3) Draw up your insulin carefully.

- Make sure you can read the markings on the syringe. If not, have someone else check it each time or use an insulin pen

device. Syringe magnifiers are also available.

- Know which insulins you can mix together. Lantus (glargine) cannot be mixed with any other type of insulin.
- If you use an insulin pen, make sure you know how to use it correctly by reviewing your technique with your diabetes educator.

4) Finally, store insulin properly and use it within the appropriate time.

- Check expiration dates on insulin bottles. Do not use if past expiration date.
- Read the insert that comes with your insulin to see how long it is good once it is opened. There will be different times for insulin stored in the refrigerator versus at room temperature. Most insulin lasts longer in the refrigerator.
- Never leave insulin in a hot car. If you order your insulin from a mail-order pharmacy, don't allow it to sit on the front step in hot weather. Overheated insulin will not work as well in lowering your blood glucose.
- Do not use insulin if there are clumps or crystals in it. Do not use clear insulin if it looks cloudy.

Insulin errors often occur in people who have used insulin for many years, but who get careless

just one time. Make sure you have been properly trained by a diabetes educator in the use of insulin to help you prevent mistakes.

New Guidelines on High Blood Pressure

New guidelines for the prevention and management of high blood pressure or hypertension were just released to encourage health care providers to be more aggressive in the treatment of high blood pressure. The guidelines were needed because too many people have uncontrolled high blood pressure and are developing heart disease, stroke and kidney disease unnecessarily.

The guidelines were released by the National Heart, Lung, and Blood Institute in May and published in the Journal of the American Medical Association. In recent years the blood pressure goal for people with diabetes and kidney disease was lowered to less than 130/80 mm Hg. Now a new classification of pre-hypertension has been added to include people whose blood pressure is higher than normal (less than 120/80), but not high enough to be classified as hypertension. People with pre-hypertension are encouraged to make lifestyle changes that can prevent them from developing high blood pressure. Healthy lifestyle

changes are actually recommended for everyone, to lower blood pressure if you have high blood pressure, and to prevent it if you do not have it. These lifestyle changes include:

1) **Lose weight if overweight.**

Even a small amount of weight loss will lower high blood pressure.

2) **Follow the DASH eating plan.** Increase your intake of fruits, vegetables, and low-fat dairy foods and eat less red meat, fat, and sweets. The Dietary Approaches to Stop Hypertension (DASH) eating plan has been shown in several large studies to reduce blood pressure. Begin by adding two additional servings of fruits and two vegetables each day and work towards eating 4-5 servings a day. Make a stir-fry with 2-3 ounces of fish or lean poultry along with vegetables in place of a larger piece of red meat. Drink water in place of sodas. Eat low-fat or nonfat milk and yogurt. Choose whole grain breads and cereals.

3) **Eat less salt and sodium.**

The “DASH-Sodium” study showed that people who ate according to the DASH eating plan and restricted sodium saw the biggest reduction in blood pressure. Read labels and try to get less than 2400 milligrams of sodium each day. Use spices instead of salt. Eat more fresh, plain frozen, and no-salt-added vegetables. Choose “convenience foods” that are lower in sodium. Eat fewer frozen dinners,

pizza, packaged mixes, canned soups and salad dressings because they are higher in sodium.

4) **Be physically active at least 30 minutes most days.** Activities such as brisk walking lower blood pressure even without weight loss.

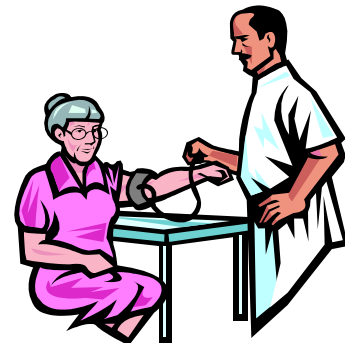
5) **Limit alcohol.** Consuming more than one alcoholic drink a day for women and 2 a day for men can increase blood pressure.

A recent study showed that adopting a combination of the above lifestyle changes resulted in more improvement in blood pressure than making only one change.

In summary, uncontrolled high blood pressure is a major problem. It needs to be diagnosed and treated earlier. Lifestyle changes can help reduce blood pressure and prevent high blood pressure. A dietitian can help you make lifestyle changes. If your blood pressure is not controlled with lifestyle changes, medication should be added and adjusted until it is under control. If

you have high blood pressure and diabetes, check your blood

pressure frequently to make sure you keep it under 130/80 mm Hg.



Recipe Corner

Lemon Berry Pudding Cake

6 cups hot water	1 cup Splenda Granular
2 eggs, separated	1/2 cup flour
2/3 cup skim milk	1/4 teaspoon salt
1/4 cup lemon juice	3 cups fresh raspberries

1. Preheat oven to 350 degrees. Pour hot water into a 9x13 inch baking pan to within 1-inch of top. Spray four (1-cup) custard cups with butter-flavored cooking spray.
2. In a small bowl, beat egg whites with an electric mixer until soft peaks form. Set aside.
3. In a medium bowl, beat egg yolks with a fork until well blended. Stir in skim milk and lemon juice. Add Splenda, flour, and salt. Mix well to combine. Fold in raspberries. Add beaten egg whites. Mix gently to combine.
4. Evenly spoon mixture into prepared custard cups. Carefully arrange custard cups in baking pan. Bake for 45-50 minutes or until golden brown. Serve warm or cold.

Serves 4.

Carbohydrate Choices: 1 1/2

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

Calories: 183

Carbohydrate: 32 grams

Fat: 3 grams

Sodium: 255 milligrams

Fiber 7 grams

Recipe developed by JoAnna Lund, author of Healthy Exchanges Cookbooks, www.healthyexchanges.com

Suggested Menu

<u>Menu Item</u>	<u>Exchanges</u>	<u>Carbohydrate</u>
3 ounces grilled salmon	3 lean meat	†
1/2 cup sweet potato	1 starch	15 grams
1 cup grilled vegetables (mushrooms, peppers, zucchini, eggplant, onions)	2 vegetables	10 grams
1 teaspoon margarine	1 fat	†
1 serving <i>Lemon Berry Pudding Cake</i> *	1 starch, 1/2 fruit, 1/2 fat	11 grams

* This issue's featured recipe

† insignificant

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

Contributors: Janine Freeman, RD,LD,CDE, Extension Nutrition Specialist, Principle Writer and Editor

Editorial Board: Jenny Grimes, RN,MSN,CDE, Medical College of Georgia

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

The University of Georgia

Cooperative Extension Service

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

Janine Freeman, Principal Writer

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Gale A. Buchanan, Dean and Director

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