

# Diabetes Life Lines



A newsletter from your County Extension Office  
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## Where are the Trans Fats?

Trans fats are those artery-clogging mystery fats that for years have eluded our nutrition labels, making it difficult to know where they are lurking. At long last we will learn where they hide and how we can avoid them.

Recently the Food and Drug Administration (FDA) passed a law requiring food manufacturers to list the amount of trans fats in a food on the nutrition label. Some manufacturers have already begun including trans fats on labels, but they will have until 2006 to make the changes.

Most trans fats in our food come from the fat formed when food manufacturers convert liquid oils into solid fats like shortening and hard margarine. This process, known as

hydrogenation, protects against spoiling and helps foods keep their flavor longer.

In the past, the only way we could identify what foods contained trans fats was to look for the terms “hydrogenated oil” or “partially hydrogenated oil” listed as the first or second ingredient on a food label.

Trans fats are of concern to us because they act like saturated fats by raising the LDL (bad) cholesterol that increases your risk of heart disease. They also lower HDL (good) cholesterol. The bottom line is that you should try to eat foods with both less saturated fats and trans fats.

Food that contain trans fats include vegetable shortenings, some margarines, crackers, cookies, candies, snack foods, fried foods, baked goods, salad dressings, and other foods made with partially hydrogenated vegetable oils. Small amounts of trans fats can also be found in some animal fats such as butter, cheese, beef, and lamb.

| Food                     | Svg. Size | Total Fat gm | Sat. Fat gm | Trans Fat gm |
|--------------------------|-----------|--------------|-------------|--------------|
| French fries (fast food) | Med.      | 27           | 7           | 8            |
| Doughnut                 | 1         | 18           | 5           | 5            |
| Stick margarine          | 1 Tbs     | 11           | 2.1         | 2.8          |
| Tub margarine            | 1 Tbs.    | 7            | 1.2         | 0.6          |

We all eat 4-5 times more saturated fat than trans fat. Therefore, try to eat foods with less combined saturated and

trans fats. So, if a doughnut has 5 grams of saturated fat and 5 grams of trans fat, it has 10 grams of unhealthy fat.

| <b>Nutrition Facts</b>    |            |
|---------------------------|------------|
| Serving Size              | 1 doughnut |
| Servings per package      | 2          |
| <hr/>                     |            |
| <b>Total Fat</b>          | 10 g       |
| Saturated Fat             | 5g ▲       |
| Trans Fat                 | 5g ▲       |
| <b>Cholesterol</b>        | 30 mg      |
| <b>Sodium</b>             | 200 mg     |
| <b>Total Carbohydrate</b> | 30g        |
| Dietary Fiber             | 0g         |
| Sugars                    | 10g        |

Add these two numbers together to get the total heart-risky fats per serving

To lower the amount of trans fats and saturated fats you get:

- Replace saturated fat and trans fat with monounsaturated fats (olive and canola oil) and polyunsaturated fats (soybean, corn, sunflower oil and nuts)
- Choose vegetable oils (except coconut and palm kernel oils) and soft margarine (liquid, tub, spray) more often in place of butter, stick margarine and shortening
- Eat fish several times a week to get heart-healthy omega-3 fats
- Choose foods low in saturated fat (such as nonfat or low-fat foods, lean meat, fish, skinless poultry, whole grains, fruits and vegetables, nonstick sprays)



## “Natural Products” Can Work Against Your Medications

If you are taking “natural products” like herbs, nutrition supplements, or over-the-counter medications to help your diabetes control, complications, or other reasons, you may be causing more harm than good. Many of these “natural products” interact with other medications you may be taking, causing side effects, decreasing the effectiveness of some of your medications, and causing changes in your blood glucose levels.

Your doctor and pharmacist are careful about monitoring the types of medications you use, making sure one doesn’t interfere with the action of another or cause problems when used together. However, your doctor may not realize that you’re taking over-the-counter medications or supplements that can cause similar interactions.

A case in point was a person with diabetes taking ginseng and St. John’s wort who noticed he wasn’t feeling as well as usual. His blood pressure was higher, he felt nervous and depressed, and his blood glucose levels had increased. When he told his doctor what he was taking, his doctor informed him that ginseng can increase blood pressure and St. John’s wort interacts with several other medications, making some less effective. It can also cause side effects like

nervousness and palpitations when combined with other medications.

You should also tell your doctor and dietitian if you are using nutrition



bars or drinks as snacks or meal replacements. Since they contain calories and carbohydrate, they can affect your weight

and blood glucose. Since they also contain vitamins and minerals, you can get too much of certain vitamins if you also take additional vitamin and mineral supplements. For example, too much vitamin E can interact with blood-thinning medications, increasing the risk of bleeding.

Remember that “natural products” are medicines, too. Your doctor and pharmacist have up-to-date information about the safety of these products and how different medications interact. If you choose to use “natural products,” keep in mind that the manufacturing and production of these products is not regulated closely by the federal government. Some have been found to contain harmful ingredients and the amount of ingredients often vary from what is stated on the label. Therefore, herbal supplements may not be safe or effective for general use.

If you take “natural products”, be sure to let your doctor know. “Natural products” include:

- some over-the-counter medications
- herbs
- vitamins and minerals
- nutrition supplements

Keep a record of the name of the product, the list of ingredients, how much you’re taking, and why you’re taking it. Be aware of any changes in how you feel and your blood glucose control and write it down. Take this list or the packaging with you on your next visit to your doctor or pharmacist so they can ensure that what you are taking is safe for you.

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## Tips for Families and Friends - How Can You Help?

As the family member or friend of someone with diabetes, you may feel frustrated at times that your well-intentioned advice is either ignored, resented, or not heeded. You may feel that anger is being directed toward you despite the fact that you have been giving a lot of your time, energy, and support.

Living with diabetes is not easy, and despite the fact that the person with diabetes may at times seem unappreciative, their success in coping with diabetes is often



largely dependent on the support of family and friends. Stop a moment and think about what your role is - is it to provide support and encouragement or is it to constantly remind them when they “step out of line”? How do you come across? You may not be helping if you:

- act like the diabetes police commenting on everything they do or don't do in daily care
- tempt the person with diabetes to eat unhealthy foods, skip exercise or blood glucose checks to make them “feel better” or enjoy themselves
- discuss the person's diabetes with others without permission, particularly in public
- criticize instead of encouraging/comforting when diabetes is not in control
- assume you know what they need instead of directly asking
- get too involved in the care of the person with diabetes, promoting dependency

If you see yourself in these situations, re-think the type of help you're offering. Despite your concern, remember that your role is to help, not take over. People often react toward those who try to take control by doing the exact opposite of what is asked.

Consider the following suggestions to help you become a better helper:

- Ask the person with diabetes how you can be of help

- Try to put yourself in their shoes - consider doing their daily routine for a few days including following their meal plan, monitoring your blood glucose, and exercising together
- Don't give advice unless asked
- Show affection, especially during difficult times
- Learn as much as you can about diabetes
- Compliment positive changes in behavior rather than nagging about negative behavior
- Don't expect perfection

When a family member or friend has diabetes, it's only natural to try to protect them and worry about them. Encourage them to do as much as they can to manage their own care with your support. Try to take some of the emphasis in daily life off diabetes by doing things that you both enjoy that are unrelated to diabetes. And, above all, try to maintain a sense of humor.

### **Atlanta Diabetes University**

7:00 AM-3:30 PM

Atlanta Apparel Mart

November 1, 2003

Call 404-527-7150 x10 to register  
or send an email requesting a brochure  
to [adu@diabetesatlanta.org](mailto:adu@diabetesatlanta.org)

### **Diabetes 101 - Gainesville**

8:30 AM-2:30 PM

September 27, 2003

Georgia Mountains Center  
Call 1-888-DIABETES to register

## Recipe Corner

### Down-Home Banana Pudding

*This low-fat version of this favorite Southern dessert can be made with Splenda instead of sugar to reduce the carbs*

|                          |  |
|--------------------------|--|
| 1/3 cup sugar            | 1 egg, slightly beaten or 1/4 cup egg substitute |
| 2 tablespoons cornstarch | 2 teaspoons vanilla extract                      |
| 1/8 teaspoon salt        | 1 large banana, sliced                           |
| 2 cups skim milk         | 8 reduced-fat vanilla wafers                     |

1. Mix sugar, cornstarch and salt in a 2-quart saucepan. Stir in milk gradually. Cook over medium heat, stirring constantly, until mixture thickens and boils (about 12 minutes). Boil and stir 2 minutes more.
2. Stir small amount of hot mixture into egg; blend into hot mixture in saucepan. Boil and stir 2 minutes more. Remove from heat; stir in vanilla.
3. Put 2 vanilla wafers and 1/4 banana slices in each of four custard cups. Add pudding; cool slightly; refrigerate.

Serves 4. (Nutrition information for pudding using egg substitute and sugar)

Carbohydrate Choices: 2 1/2

Exchanges: 2 1/2 starch

Calories: 199

Carbohydrate: 40 grams

Fat: 1 gram

Sodium: 192 milligrams

Fiber: 0.7 grams

Cholesterol: 0 grams

### Suggested Menu

| <u>Menu Item</u>  | <u>Exchanges</u>   | <u>Carbohydrate</u> |
|---|--------------------|---------------------|
| 3 ounces grilled shrimp   | 3 lean meat        | †                   |
| 1/3 cup brown rice  | 1 starch           | 15 grams            |
| 1 tomato, sliced and topped with chopped basil and balsamic vinaigrette | 1 vegetable, 1 fat | 5 grams             |
| 1/2 cup sautéed spinach   | 1 vegetable        | 5 grams             |
| 1 serving <i>Down-Home Banana Pudding</i> *                             | 2 1/2 starch       | 40 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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Gale A. Buchanan, Dean and Director

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