



A Guide to Managing Your Diabetes

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WWW.MIDTOWNHEALTHTIPS.WORDPRESS.COM

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Healthy Meals on a Budget

Try these tips to help you find a meal plan that is good for your health and your wallet!

Tip #1: Eating at home or packing your own food is nearly always less expensive than eating out.

Tip #2: On average, people spend 40% less at the grocery store if they make a list and stick to it.

Tip #3: Reduce waste by buying canned and frozen fruits and vegetables that keep longer.

Tip #4: Make larger amounts, and then freeze leftovers in meal-ready containers so you spend

less time cooking.

Tip #5: Only buy items “on-sale” if they are something you already have on your list. Buy store-brands to save money.

Tip #6: Be sure to look at the “unit cost” (how much product you get for the price) – the bigger size isn’t always cheapest. Also, don’t buy more than you can use before it goes bad.

Changes to your eating habits don’t have to happen all at once. Try making a list of foods in your life you want to change –start

with 5 to 10 items. Then decide for each if you want to Eat More, Eat Less, Prepare in a Healthier Way, Substitute for a Healthier Choice, or Cut Out Completely.

For more information about cooking and meal planning, visit these websites:

www.choosemyplate.gov

www.cookingmatters.org

www.cooksmarts.com

Try the Norfolk Public Library to access the internet!



Why are feet and skin checks important? www.diabetes.org

One of the symptoms of high blood sugar, is slow healing time for any kind of skin injury (cuts, sores, open wounds) - and also increased risk for infection.

It is important to take good care of your skin - by keeping it clean, dry, and free from cuts and scratches. This will help prevent serious wounds

(ulcers) and infections. Controlling your blood sugars will also help prevent major skin complications.

Here are some more tips:

- Avoid very hot water
- Prevent dry skin. Use a moisturizing lotion.
- Check your feet and skin for cuts, bruises or swelling

several times a week

-Wash your feet every day, drying carefully between toes

-Keep nails well trimmed, you may need to have this done professionally

-Make sure your doctor looks at your feet at least twice a year, or when you have any concerns

Patient Portal

- Secure website to view your medical info from our clinic
- Secure messaging feature to contact clinic with questions
- To create an account, call clinic and ask the Patient Portal Coordinator to receive instructions to register
- Must have a working email address

Diabetes Group Class

- We will be hosting group diabetes classes each month
- Opportunity to talk with other people who have diabetes
- A chance to learn more about diabetes and how to manage your daily needs
- Call clinic to sign up for a spot in the March class. The date will be determined by those who respond!

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**COOKING
LIGHT: MIX &
MATCH LOW
CALORIE
COOK BOOK**
(FIND AT LIBRARY,
ON AMAZON OR A
BOOKSTORE)

Grilled Turkey and Ham Sandwiches Recipe from Cooking Light

1/2 tablespoon light mayo
1/2 teaspoon Dijon mustard
4 slices of whole wheat bread (or low-cal bread)
2 (1-ounce) slices deli less-sodium turkey breast
2 (1-ounce) slices deli less-sodium turkey breast
2 (1/2 ounce) slices of reduced fat cheddar cheese
4 tomato slices
Cooking Spray

1. Combine mayo and mustard. Spread about 1 teaspoon of the mixture over 1 side of 2 bread slices. Top each slice with 1 turkey slice, 1 ham slice, 1 cheese slice, and 2 tomato slices. Then add the other bread slices on top.
2. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Add sandwiches to pan; cook 4 minutes or

until lightly browned. Turn sandwiches over; cook 2 minutes or until cheese melts.

Makes 2 sandwiches. Serving size 1 sandwich.

Calories: 237; Fat 5.8g (1.8g saturated fat), Protein 18.4g; Carb 29.1 g; Sodium 781 mg

Add 1/2 cup carrot sticks (25 calories) and 3/4 cup less sodium tomato soup (135 calories) for a meal.



An Intro to Counting Carbs

Last month we learned there are three main nutrients found in food: carbs, proteins, and fats. We talked about good fats and bad fats last month.

This month, we are going to learn more about “carbs” - short for **carbohydrates**.

Carbs are an important energy source. They come from three main food groups: grains, fruits, milk products. All carbs turn into sugar (also called glucose) in our blood. Then, the blood brings the sugar to our cells for energy.

People without diabetes can regulate sugar without difficulty. People with diabetes are more sensitive to

carbs, because their bodies are unable to properly regulate blood sugar. This is why diabetics need to be more careful with eating the right amounts and kinds of carbs.

There are two main types of carbs: simple & complex.

Simple carbs break down fast and rapidly turn into sugar. This is a good thing if you have low blood sugar. **Examples:** fruit, milk, sweet foods like candy

Complex carbs take longer to break down and help to better sustain your blood sugar throughout the day. These are the kinds of carbs you should eat most

often. **Examples:** whole wheat foods (bread, pasta), rice, oatmeal, beans, peas

How many carbs should someone with diabetes eat each day? To get a specific number for you, it may help to ask a diabetes educator, nurse or nutritionist—but in general, the answer is **about 12 carb portions per day**. (This may also be called carb “servings” or “exchanges”)

How much food is equal to one carb portion?

15 grams of carbohydrate = 1 carb portion

So, you can eat 3 carb portions per meal (3 meals per day), and 1 1/2 carb

portions for snacks (2 snacks per day).

There are two ways to count carbs. First, reading your nutrition label to see how many “**Total Carbohydrates**” there are **per serving**. You DO NOT have to add the sugar grams to this number, it is already counted.

The second way is to learn approximate serving sizes. Examples of 15g: 1 cup (8oz) milk, 1 slice of bread or 1 tortilla, 1 medium piece of fruit, 1/2 cup black beans, 1/2 cup pasta, rice, or oatmeal.

Next month we will talk more about these portion sizes...stay tuned!