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KYHEALTH CHOICES

Diabetes News

Diabetes: You Can Control Your Destination

Diabetes is a disease in which the body does not make enough insulin. Insulin is needed to change sugar and starches into a useable energy for the body. Many people are more likely to have diabetes because of increased weight and family history. Diabetes affects many Kentuckians.

Kentucky is ranked one of the highest states with diabetic patients. There are many types of diabetes including:

Type 1: When your body does not produce enough insulin.

Type 2: When your body fails to use insulin.

Gestational: Occurs during pregnancy, body can't control sugars.

Pre-Diabetes: When your sugar levels are higher then normal, but do not need medicine to control.

You can make a change no matter which type of diabetes you have or are likely to have because of family history.

A diabetes meal plan is a plan to tell you what kinds of foods you can eat at meal and snack times to keep your diabetes under control. Your meal plan should fit your daily routine. People with diabetes need to fit their daily activities, work, and schedules to make sure that they are getting the proper foods to control their sugars.

In order to make sure that you keep your sugars under control, you must follow your diet and exercise guidelines. This may sound like a lot of work, but by following your diet, testing your blood sugar, exercising, and seeing your healthcare provider, you can get control of your diabetes.

What is a Healthy Diet?

Eat the right amount of fruits, vegetables, dairy, meats, fish, and poultry. There is no one perfect food so including a variety of foods makes a perfect diet.

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Food labels: How to Read

Reading labels can help you make better food choices. Most packaged foods in the grocery store list nutrition information on the package in the area called "Nutrition Information" or "Nutrition Facts".

The Nutrition Facts

Here is an example of a nutrition facts label that shows the serving size and nutrition facts as needed:

- The serving on the food label may not be the same as the serving size in your food plan or the serving you normally eat.
- If you eat twice the serving listed on the label, you would need to double all the numbers in the Nutrition Facts section.
- Look on the label for the amount of sugar and sodium per serving.
- If you eat twice the amount of servings, make sure you double the amount of ingredients.
- Look at both sugar and sodium (salt) content.
- Eat fresh when you can. Take advantage of garden fresh vegetables that you or your neighbors grow.

Chili with Beans

Nutrition Facts	
Serving Size: 1 cup (253 g) Servings per container: 2	
Amount per Serving:	
Calories 260	Calories from Fat 72
	% Daily Value
Total Fat 8g	13%
Saturated Fat 3g	17%
Cholesterol 130mg	44%
Sodium 1010mg	42%
Total Carbohydrate 22g	7%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 25g	

Exercise Does Not Cost a Dime

Walking: the exercise that is not thought of. It does not cost anything. Walking can help you increase energy, self improvement, weight loss, and have a good feeling about yourself.

Dancing: Whether it is the two step, swing, rock and roll, dancing can help control diabetes.

Gardening: Vegetables, flowers, or herbs, all can get you outside and active.

Water sports: Swimming, fishing, wading, etc.

Any exercise can help control diabetes, make you healthier, and feel better.

Exercise Brings Benefits———Now and In the Future

BENEFITS INCLUDE:

- Lower blood sugar
- Weight control
- Better sensitivity to insulin
- Lower cholesterol
- More strength and energy
- Better self feelings
- Reduced risk of heart, circulation, and blood pressure problems.

By exercising, some people have been able to lower their dosages of diabetes medication or get off medication completely as directed by their healthcare provider.

Take Care of Yourself on Sick Days

When you are sick, your blood sugar level can go up. Before you get sick, talk to your health-care provider about a sick-day plan.

Never take over-the-counter cold or stomach medications without having your healthcare provider approve them. Many have enough sugar and/or alcohol to affect your blood sugar level

CALL YOUR HEALTH-CARE PROVIDER IF:

- You've been sick for more than 1 day.
- You're vomiting or have diarrhea
- Your fever is 101°F or above
- You are showing ketones in your urine.
- Your blood sugar level is 240 or higher.

DON'T FORGET to get your yearly eye exam!

Follow These Sick Day Tips

- Stick to your regular meal plan if you are able.
- If you're having stomach problems, try a soft/liquid diet
- Drink at least 8 oz. of liquid every 30-60 minutes (not coffee). Try water, tea (no sugar) or diet soda.
- Take your normal insulin dose or if you take your pills by mouth contact your healthcare provider right away if you are unable to keep them down.
- Test your blood sugar every 3-4 hours and write down the results
- Report high blood sugar levels to your healthcare provider
- Ask someone to check on you often to make sure that you are doing alright.

Summer Fruit Basket– number of servings 12

Here's a low calorie dessert that's sure to please the entire family. Made with fresh fruit it is loaded with vitamin C.

Serving Size: $^{1}/_{12}$ of recipe

Ingredients:

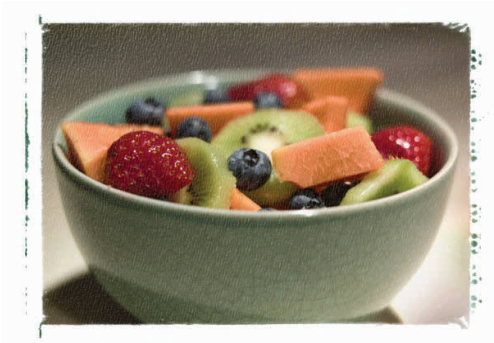
- 2 cups boiling water
- 1 8 oz package of red (any flavor) sugar-free Jell-O
- 1 $^{1}/_{2}$ cups of diet ginger-ale or cold water
- 1 cup of sliced strawberries
- 1 cup of green grape halves
- 1 cup of chunked cantaloupe

How to fix:

In large bowl stir Jell-O with boiling water for about 2 minutes. Then stir in cold diet ginger ale or cold water. Put in refrigerator for about 1 $^{1}/_{2}$ hours until thickened.

Stir in fruit and put back in refrigerator for 4 more hours until firm. Free Food, but should be limited to 3 servings per day.

Calories 25	Dietary Fiber 0 g
Total fat 0	Sugars 5 g
Saturated fat 0	Protein 1 g
Cholesterol 0	Sodium 40 mg



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Rate Your Plate

When you sit down for a meal, draw an imaginary line through the center of your plate. You need to practice and plan portion control.

- About one-fourth of your plate should have rice, pasta, potatoes, corn, or peas.
- Another fourth should be protein, chicken, fish, beef, or seafood.
- Last half broccoli, carrots, cucumber, lettuce, tomato, cauliflower.
- Add a glass of non-fat milk, and a small roll or piece of fruit and you are ready to eat!

This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.