

REASOR'S GUIDE TO

Diabetes



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Diabetes is a disease that changes the way your body uses glucose (sugar) for energy.

People without diabetes have normal blood glucose levels. If you don't have diabetes, your food is digested in your stomach and changed into glucose (a kind of sugar). The glucose travels in your bloodstream to your body cells. Insulin produced by your pancreas allows the glucose to enter those body cells and gives them energy.

People with diabetes have blood glucose levels that are too high. Your pancreas is not making enough insulin, or the insulin that it makes is not working well. Either way, without insulin your cells cannot get the glucose they need. Instead, the glucose builds up in your bloodstream, so the cells "starve" while the glucose level in your blood rises. When your blood glucose level gets very high, your body gets rid of the glucose through your urine. As a result, you may have one or more of the following signs:

- Increased thirst
- Increased urination; sugar in urine
- Increased hunger
- Losing weight without trying
- Increased fatigue
- Sores that heal slowly
- Dry, itchy skin
- Sexual dysfunction
- Blurry eyesight
- Tingling in hands and feet

Diabetes is a chronic disease.

It does not go away, even with treatment. It can be controlled. If left untreated, it is progressive and can lead to difficult complications. 18 million people have diabetes. 5 million don't know it.

There are different types of diabetes:

- Type 1
- Type 2
- Gestational



TYPES AND DEFINITIONS

Type 1 Diabetes

Type 1 diabetes occurs when the body's own immune system destroys the beta cells of the pancreas. Family history and certain viruses often trigger this autoimmune response. People with Type 1 diabetes cannot produce insulin on their own without functioning beta cells. These people need to take daily doses of insulin to survive.

A doctor, registered nurse and registered dietitian are essential team players for you.

Type 2 Diabetes

The body produces insulin with this type of diabetes but it is not enough or the body cannot use it properly. "Insulin resistance" is another name for this condition. It is when the body's cells don't work properly and are unable to let glucose inside. This type of diabetes usually develops after age 40 and is called "adult onset diabetes". However, it can develop at any age and is now being seen often in children. About 90-95% of diabetics have this type of diabetes. It is very common in Native Americans, African Americans, Hispanics/Latinos and Asian Americans. These people may control the progression of this type of diabetes with a program of proper exercise and diet. Sometimes pills or insulin is required, but not always.

Family history plays a role in triggering this onset of type 2 diabetes. However, lifestyle also plays a big part. As adults and children become more sedentary and overweight the likelihood of developing type 2 diabetes increases dramatically.

Gestational Diabetes

This type of diabetes develops in women during pregnancy. It is caused by a family history of diabetes and is triggered by the pregnancy. It is the only type of diabetes that does go away. Once the baby is delivered, the diabetes goes away.

STAYING HEALTHY

What's your A1C?

The A1C lab test tells you a lot about staying healthy with diabetes. It can help you and your healthcare team find out how you have been managing your diabetes every 2-3 months. The A1C measures the amount of sugar that attaches to protein in the red blood cells (RBCs). Because RBCs live for about 3 months, the A1C test shows your average blood sugar during that time. The greater the amount of sugar in your blood, the higher your A1C will be. The higher your A1C score is the greater your risk of complications from diabetes. A normal score is 4-6%. Compare your A1C score to your previous scores to track your progress.

In addition, use a Home Glucose Monitor to check your blood sugars through out the week as advised by your doctor. Many models are available at Reasor's. Record these numbers in a journal and bring to your medical visits.

Healthy eating, regular exercise and medicine (if prescribed)- are essential players in your management of all types of diabetes. Changing the way you eat can be hard. So make changes slowly. Start by losing weight if needed-a 1 lb/week weight loss is healthy. This means eating 3500 fewer calories each week than you need. Regular exercise for 30 minutes almost daily will drop blood sugar by decreasing insulin resistance. These are the two most important things to do. Avoiding sweets and fats are effective treatments, but not as important as weight loss and exercise.

It is hard to do everything right everyday. Just try to do some things right each day.

NO SUCH THING AS A DIABETIC DIET

There's no such thing as a "diabetic diet". As a general rule a person with diabetes is simply eating a healthy diet...easy to do at Reasor's...the same healthy diet that everyone should be eating! There are sometimes exceptions to this rule with an insulin-dependent diabetic that is having trouble regulating insulin doses or is ill.



Carbohydrates

Fruits, vegetables, whole grains or dried beans. These are typically low fat and high fiber. Having at least 7 fruits and vegetables everyday is a good standard for any healthy diet. No need to count carbohydrate grams unless you have been advised to do so. Just make sure you combine a carbohydrate with a protein at each meal or snack. A Registered Dietitian is the best resource for you on this.

Choose high fiber carbohydrates such as:

Fresh fruits, bagged green leaf lettuces, potatoes, sweet potatoes, all vegetables, whole grain bread, whole grain crackers, unsweetened oatmeal, whole grain cereal (<7grams sugar) or popcorn

Sugar

Most experts say that small amounts of sugar are fine, as long as they are eaten at the same time as other foods.

Alcohol

Discuss the use of alcohol with your healthcare provider. Many diabetics can have modest amounts if consumed along with other foods.

Artificial Sweeteners

These can replace sugar, but be cautious with high-calorie, processed foods made with sugar substitutes. These may be high in fat.

Fat

Foods high in fat will cause your blood sugar to rise; slower than carbohydrates do, but eventually higher than any other type of food. Trade a high fat food for a low fat food at each meal. If a food is 30% fat or less, this is considered healthy.

Protein

Protein has the same calories /grams as carbohydrates but will help stabilize your blood sugar if paired with carbohydrates. Choose low fat proteins such as:

Sirloin beef, skinless chicken and turkey, ground buffalo, fish, egg whites, egg substitutes, lean deli meats, skim or 1% milk, low fat cheese, low fat cottage cheese, nuts, seeds or dried beans.



DIABETIC FRIENDLY SPANISH CASSEROLE

4 servings

Prep time: 15 minutes/cook time: 20-30 minutes

Ingredients

- 5 small potatoes, peeled and sliced
- 1 tbsp olive oil or cooking spray
- ½ medium onion, minced
- 1 small zucchini, sliced
- 1 ½ cups green and red bell peppers, sliced thin
- 5 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- 3 oz shredded, part-skim mozzarella cheese
- 1 tbsp parmesan cheese
- Pepper, garlic powder, herbs to taste

Instructions

1. Preheat oven to 375 degrees
2. Cook potatoes in boiling water until tender
3. In a nonstick pan, add oil or spray. On medium heat sauté vegetables until tender.
4. In a medium bowl, slightly beat the eggs, egg whites, mozzarella cheese, and spices. Stir mixture into the cooked vegetables.
5. Oil or spray a 10-inch pie pan or ovenproof skillet. Pour potatoes and egg mixture into pan. Sprinkle parmesan cheese on top. Bake until firm and brown on top, about 20-30 minutes. Serve.

Nutritional Information

Calories per serving: 242. Carbohydrates: 18 gms. Protein: 19 gms.



CREATE A SHOPPING LIST

A shopping list can help you keep track of the items you need while shopping at Reasor's. The list below features some healthy-eating staples to keep in your kitchen.

Fruits and vegetables

- o Apples
- o Dark green lettuce
- o Blueberries
- o Onions
- o Broccoli
- o Spinach
- o Cantaloupes
- o Strawberries
- o Carrots
- o Tomatoes
- o Sweet potatoes
- o Potatoes

Miscellaneous

- o Trans-fat free margarine
- o Cooking spray (canola or olive oil)
- o Low fat salad dressing, low fat mayonnaise
- o Sugar substitute
- o Herbs/spices
- o Flavored waters
- o Coffee/tea

Beans and Grains

- o Black, garbanzo, pinto, navy, refried beans
- o Whole grain bread (at least 2 gms fiber)
- o Whole grain crackers (at least 2 gms fiber)
- o Whole grain cereal (less than 7 gms sugar, more than 5gms fiber)
- o Unsweetened oatmeal, rolled oats

Desserts and Snacks

- o Dried fruit
- o Sugar free frozen yogurt
- o Sugar free gelatin/pudding
- o Peanuts, almonds, pecans, cashews
- o Low fat popcorn
- o Pretzels

Fish, Meats and Dairy

- o Skinless chicken breasts
- o Sliced turkey
- o Lean deli meat (not salami, bologna, pepperoni)
- o Fish (not fried or oil-packed)
- o Lean sirloin beef
- o Buffalo
- o Eggs, egg substitutes
- o 1% or skim milk
- o Fat free yogurt (100 calories or less /6 oz serving)
- o Low fat cheese sticks, slices, cottage cheese

Diabetes Resources

American Diabetes Association
ATTN: National Call Center
1701 North Beauregard Street
Alexandria, Virginia 22311
Toll-Free: (800) DIABETE (342-2383)
Phone (703) 549-1500
www.diabetes.org

National Institute of Diabetes,
Digestive and Kidney Disease (NIDDK)
National Diabetes Information Clearinghouse
1 Information Way
Bethesda, Maryland 20892-3560
Phone: (301) 654-3327
www.diabetes.niddk.nih.gov

The New Family Cookbook
for People with Diabetes
Authors: The American Diabetes Association
And The American Dietetic Association

Joslin Diabetes Center
One Joslin Place
Boston, Massachusetts 02215
Phone: (617) 732-2400
www.joslin.harvard.edu

The Diabetic Gourmet
<http://diabeticgourmet.com>