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Good News...You Can Manage Diabetes

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Diabetes is the seventh leading cause of death in the U.S. It is a growing epidemic that can have an overwhelming physical, emotional, and financial toll on you and your family.

If you are living with diabetes or have a loved one with the disease, it's important to work together as a family to manage diabetes. Taking the steps to manage diabetes helps you stay healthy and prevent complications. Encouragement from family members can make it much easier to cope.

If you or a family member has diabetes, it does not mean that you need to prepare different foods for them. People with diabetes can manage it by making healthy lifestyle choices. The same diet that is good for people with diabetes is good for everyone in the family. That includes eating a plate full of fruits, vegetables, some whole grains and lean meats. The biggest difference is controlling carbohydrates and overall portion control. Other positive lifestyle changes include moderate physical activity, reaching and maintaining a healthy weight, using medicines wisely and regularly checking your blood sugar.



What healthy food choices should someone with diabetes make? Eat plenty of veggies. In this illustration $\frac{1}{2}$ of the plate is filled with non-starchy vegetables.

Beans (black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils), peas, potatoes and corn are examples of starchy vegetables. They are high in carbohydrates, and so they are considered a starch in a diabetic meal plan. Breads, noodles, and other grain products are also counted as a starch. Choose whole-grain foods like oatmeal, whole grain rice, whole wheat bread, whole wheat bagels, and whole wheat tortillas. These foods are higher in fiber which slows the conversion of starch into blood sugar.

Choose lean cuts of meat and remove the skin from poultry before eating it. Or, substitute fish and nuts as your protein source. Bake, broil, boil, roast, or poach—but don't fry—meats and fish.

Choose whole fruits instead of fruit juice, because the whole fruit is higher in fiber, slower to digest and more filling. If buying canned fruit look for those that are packed in fruit juice rather than heavy syrup.

Choose fewer high-fat foods such as fried foods, whole milk, salad dressings, cakes, cookies, pastries and pies. Limit drinks that are sweetened with sugar such as soda and juice drinks. Take a hard look at the serving sizes of the foods you eat. Learn what a serving size is for different foods and how many servings you need in a meal.

Let's Talk

Discuss with your loved ones and especially children that they or someone in the family has been diagnosed with diabetes. Chat with them about the changes that are needed to improve and protect the health of your family. Talk to children about the risk for developing type 2 diabetes. If diabetes runs in your family, review why it is important to develop good eating habits now to prevent or delay the onset of diabetes.

Physical Activity Idea

Regular physical exercise is important. Increasing your daily activity by any amount can help improve your blood sugar. Talk to your family about how all of you can incorporate physical activity into your daily routine. Visualize how your family can be active in all seasons of the year. Start slowly; make a plan to being active at least 30 minutes most days of the week. Keep track of your accomplishments. Many people choose brisk walking for exercise but the key is to choose activities that you enjoy.

Recipe for Health:

Cauliflower Mashed "Potatoes"

Try this recipe for a tasty low-carb alternative to traditional mashed potatoes.

Carbohydrates: 6g per cup

Ingredients:

1 head cauliflower

1 clove garlic

1/8 cup (2 Tbsp.) skim milk or nonfat plain yogurt

Dash of salt & 1/2 tsp. pepper

Paprika

Preparation:

1. Steam cauliflower w/ garlic until tender, 15 – 20 minutes.
2. Cut into pieces and place in a blender with milk or yogurt.
3. Season with salt and pepper
4. Pour cauliflower into small baking dish
5. Sprinkle with paprika and bake in hot oven until bubbly.

Recipe Source: www.diabetesdaily.com

Diabetic Plate Illustration Source: <http://www.extension.uidaho.edu/diabetesplate>

