

# SimpleLiving

## with Diabetes

### Organized and In Control



Life can move pretty fast when each day is packed with laundry, paying bills, business trips, grocery lists and phone calls. It is easy for health check-ups and tests to pass by without you even noticing.

By taking some time to plan, you can get all areas of your life in order so you feel less like a juggler and more empowered and prepared as a person living well with diabetes.

Sit down with your calendar and make all your appointments for the next year. Take time every few months to review your appointments and tests. You can check your progress and make new appointments if needed.

#### Organizing Tips:

- After each doctor's appointment or test, pile all the forms and handouts into a designated folder or bin.
- Post your food logs, blood sugar logs, and insulin/medication logs on your refrigerator or bathroom mirror. Or staple all your log booklets together so they stay within easy reach.
- Designate a file box or folder for all your prescriptions, refill orders, and medication lists.
- Utilize only the electronic and internet tools that you use. Having too many carb counters and schedulers can actually keep you less organized.
- Create an area (a drawer, a shelf, a whole room maybe) for your diabetes tools: meters, strips, lancets, control solution, ketone testing strips, glucose tabs, pumps, user manuals, warranties, emergency glucagon... you get the idea.
- Create a habit and goal list. Jot down all your goals like "A1c of 7%" and new habits like "only eat out 3 times this week." Keep a running tally and note goals and habits that are accomplished!

Prevention Plan	Frequency
<b>Appointments</b>	
Check up: Endocrinologist or Primary Physician	3-4 Times if on Insulin or at Least 2-3 Times a Year
Dilated Eye Exam	Once a Year
Appointment with a Dietitian or CDE	Once a Year
Heart Exam	Once a Year
Dental Examination	2 Times a Year
<b>Tests</b>	
Blood Lipid Profile	Once a Year
Kidney Function: Microalbuminuria, Creatinine, Albumin:Creatinine, GFR	Once a Year
A1C and eAG	2-4 Times a Year
Blood Pressure	2-4 Times a Year
Weight Measurement and BMI	2-4 Times a Year if Not Purposely Losing Weight
Foot Examination	At All Doctor Appointments
Nerve Function Exam	At Least Once a Year
<b>Reviews</b>	
Review of Blood Glucose Records	2-4 Times a Year
Review Medications Plan	1-2 Times a Year
Review Sick Day Plan	Once a Year
Review Exercise and Strength Training Plan	1-2 Times a Year
<b>Prevention</b>	
Diabetes Self Management Education	At Least Once with Review Courses Every 2-5 Years
Lifestyle Intervention Counseling	At Least Once with Follow-Up Sessions as Needed
Flu Vaccination	Once a Year
Pneumonia Shot	Once in a Lifetime

*When there are many things out of your control, it is nice to know that you can control measuring your progress and staying on top of your appointments and tests.*



“ Measure out your portion when you eat the comforting foods that you love. You can still enjoy these foods as long as you eat small portions and count the carbs for your meal plan. ”

# Live Well

## Make Over Your Comfort Meals



Autumn is coming. Does this type of weather trigger thoughts of lingering by a fire with a hot beverage or gathering around a table steaming with comforting, home-style cooked meals?

You can live out those warming, fall activities without spiking your blood sugar. Take these simple steps to enjoy yummy, fall comfort foods and hot beverages that are diabetes friendly and satisfying.

### When You Want Comfort Food

**Watch out for high-fat, high-carb choices and try:**

- ✓ **Casseroles:** Substitute skim or 1% milk instead of cream. Try low fat/low sodium cream of chicken soup and low fat cheese. Load up on non-starchy vegetables. Use whole wheat pasta, lean proteins, and don't add salt.
- ✓ **Chicken or Beef Pot Pie:** For the base, use skim milk, trans-fat free margarine (you only need a little), and cornstarch for thickening. Add lean beef or chicken with no skin, and non-starchy vegetables. Make a bottomless pie and only use one whole wheat crust for the top.
- ✓ **Chili:** Brown 90% or higher lean ground beef. Toss in fresh tomatoes versus canned to keep the sodium down. Add legumes and beans like black beans, kidney beans, and lentils.
- ✓ **Macaroni and cheese:** Cook with fat-free evaporated milk, low fat cheese, and egg substitute. Try whole wheat noodles and stir in veggies like broccoli.
- ✓ **Mashed potatoes:** Whip the taters with trans-fat free margarine and fat-free milk. Replace part of the potatoes with pureed cauliflower.
- ✓ **Meatloaf:** Combine lean, ground turkey and egg substitute. Add chopped or pureed vegetables like zucchini, carrots, celery, tomatoes, or mushrooms. Use whole wheat bread crumbs and tomato sauce versus ketchup.
- ✓ **Stews and Soups:** Buy a lean cut of beef, like round cut, skinless white chicken meat, or lean turkey. Add fewer potatoes and more non-starchy vegetables like carrots, onions, green beans, and spinach. Use broth or skim milk for the base instead of cream.



### When You Want a Steaming Hot Beverage

*“Try varieties of hot tea like white, green, black, red, herbal for a dose of antioxidants.”*



#### Sugar Free Hot Chocolate Mix

Mix together 2-1/3 cup instant nonfat dry milk, 1/3 cup unsweetened cocoa, and 1/3 cup of sugar substitute. Add 1/4 of this mix to 1 cup boiling water and enjoy! Save the rest of the mix in an air tight container.

**62 calories and 14 grams of carbohydrates for 1 serving.**

**Watch out for high fat and high sugar choices, and try these tips:**

- ✓ Add skim milk, nonfat dry milk, or unflavored soy milk instead of whole milk or cream.
- ✓ Try drinks without any sweetener, cut the amount of sugar in half, or try sugar substitutes.
- ✓ Steer clear of whipped cream and chocolate shavings.
- ✓ Search for drink mixes with 5 carbs or less per packet.
- ✓ Add cinnamon for flavor and for a little fight back against insulin resistance.
- ✓ Steep hot tea for a great warming beverage option.
- ✓ Melt dark chocolate, at least 70% dark cocoa, or use Dutch-processed unsweetened cocoa if you make hot chocolate at home.
- ✓ Combine sugar free, flavored syrups to heated skim milk.
- ✓ Skip the alcohol in drinks like eggnog.



# Thinking Healthy with "Ask Mary"™



## Sunny Disposition in the Darker Days

**F**or some people, fall is an exciting sign of the changing of seasons. But for some, it is a warning sign of the darker and less happy months to come. Unfortunately, people with diabetes have a higher risk of becoming depressed. But that does not mean that you are destined to succumb to dark days. Treating depression has been shown to help people manage their diabetes better.

Treating depression with therapy, medication, or a combination of both can improve your quality of life and your ability to control your diabetes. It is extremely important to talk with your doctor if you feel signs of depression or anxiety, but there are other ways to stay positive and upbeat all year long.



Take one day at a time: focus on today and how you can stay positive.

List all the good things in your life: take a peek at your list whenever you need a boost and keep adding to it!

Play with a pet: hold and cuddle a kitty or get on the ground and play with a dog

Put effort into managing your diet: eating healthy foods in the right amounts throughout the day will help control your blood sugar and also keep you feeling even keeled.

Eat omega 3s and vitamin B12: studies are showing that food like salmon, tuna, flaxseed (omega 3s) and low fat dairy, lean meats, and fortified cereals (vitamin B12) can boost your mood.

Exercise: get your blood pumping and give yourself a dose of the mood enhancing endorphins.

Choose healthy, complex carbohydrates: not only are these better for your blood sugar control, but they release serotonin to make you feel happy.

Cut back on your caffeine: too much of this stimulant can make you anxious.

Stick to your sleep pattern: Getting enough sleep and having a regular sleep routine is important for glucose control and cognitive function.

Give the boot to pain: talk with your doctor about your options to deal with chronic pain.

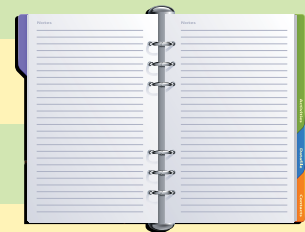
Turn toward the sun: keep your house cheery in the colder months with artificial flowers and light colored decorations.

Create something: draw, paint, craft, knitt, write, scrap book.  
It doesn't matter how good you are!

Contribute and care for others: volunteer, join a charity, invest in a friend, and visit a lonely neighbor.

Don't stop talking: stay in touch with family and friends, and don't cut off communication.

Keep a journal: write down your thoughts and feelings. Vent on paper.



*Don't forget to adjust the timing of your medications,  
your evening snack, and glucose checks when you  
set your clock back 1 hour for daylight savings.*

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The Simple Change™



## Beneficial Brussels Sprouts



Brussels sprouts have received the snub nose from children and adults alike. But these powerful and tasty little spheres provide huge health benefits. For those of you that cringe at memories of past brussels sprout experiences, give them another chance. Not only are the nutritional and health advantages tremendous, but you might find that your matured taste buds enjoy the distinctive, nutty taste.

You can find these little cabbages pretty much year round, but the peak season is September to mid-February.



### Health Benefits

Full of phytonutrients which may help protect against cancer

Vitamin A and Vitamin C to fight heart disease, cancer, and eye problems

Potassium to help control blood pressure

Folate for tissue growth, blood cell production, and DNA repair

Iron for healthy blood cells

Fiber to aid digestion, lower cholesterol, and help keep blood sugars steady

1/2 cup of cooked sprouts has 30 calories, 7 grams of carbohydrate, 2 grams of fiber, 2 grams of protein, and counts as 1 non-starchy vegetable.

### To Cook Brussels Sprouts

- Toss with a little canola oil, salt, and pepper, and roast in the oven until tender.
- Microwave with a little water to steam.
- Boil with a little salt.
- Slice and sauté with canola oil, garlic, onion, and a little salt and pepper.
- Add to soups, stews, pastas, or casseroles.
- Cook and combine with sweet potatoes, green beans, asparagus, or other vegetables.

## Brussels Sprouts with Turkey Bacon and Apples

### Ingredients

3 slices of turkey bacon, cut into small pieces  
 4 pints of brussels sprouts, trimmed and halved  
 Salt and pepper to taste  
 1 apple, cored and cut into small pieces  
 4 teaspoons of red-wine vinegar

### Preparations

1. Preheat oven to 425°F. Lay turkey bacon pieces in a single layer on the bottom of a rimmed baking sheet or dish. Bake until brown, about 10 minutes.
2. Add brussels sprouts to bacon and sprinkle with salt and pepper. Roast until sprouts begin to brown, about 15 minutes.
3. Add apple pieces and return to oven until sprouts are browned and apples are tender, about 10-15 minutes.
4. Remove from oven. Toss with red wine vinegar and serve immediately.

## Budget Friendly Shopping

### Frozen mixed vegetables



Choose mixes with different vegetables for more vitamins and minerals from one frozen bag.

### Frozen fruits, unsweetened



Stock up on the frozen bags when the same fruit is in season for a lower cost.

### Water



You don't need to go shopping for this important budget-friendly health drink.

### Dried beans and lentils



With a little planning to soak beans, these fiber packed packages go with anything.

### Old fashioned, rolled oats



This whole grain is a hearty breakfast or great addition to baked goods.

### Unsweetened peanut butter



For healthy protein and fat, look for brands with only peanuts and salt as the ingredients.

### Eggs



The yolk provides vitamins and minerals and the egg white gives you healthy protein.

### Seasonal fruits & vegetables



Buy produce in season and freeze extra for later.



### To Prep Brussels Sprouts

- 1 Wash each Brussels sprout and pat dry, removing loose or brown leaves.
- 2 Trim the stem ends and cut a shallow "X" in the bottom.
- 3 Cook the sprouts until tender but still slightly crisp. You should be able to spear them with a fork and the color should still be bright green.

8 servings | Prep Time: 20 minutes | Total Time: 1 hour

### Nutrition Facts

Serving size: 1 cup

Amount Per Serving

Calories 92

**Total Fat** 2.3g

**Cholesterol** 6.6mg

**Sodium** 187mg

**Total Carbohydrate** 15g

Dietary Fiber 4.7g

**Protein** 5.7g

**Carbohydrate Serving** 1

# Shopping Healthy

- ✓ Choose carbohydrate items that have at least 3 grams of fiber per serving.
- ✓ Get in the habit of checking the ingredients list for hidden carbohydrates.
- ✓ Give yourself a certain amount of time to complete your shopping so that you stay true to your list and are not tempted to linger in the wrong aisles.
- ✓ Try to fill up your cart with as many whole foods as possible and less processed food.



## Share with Us!

Which topics and recipes interest you? We want to know what you want to know! Send us your questions and comments to [GLUCOCARD@arkrayusa.com](mailto:GLUCOCARD@arkrayusa.com).

This information is for general education only. Please consult your diabetes team for medical, nutrition or fitness advice.  
[www.glucocardusa.com](http://www.glucocardusa.com)  
[www.glucocardyouchoose.com](http://www.glucocardyouchoose.com)

## Fall Foods

Convert This	Into This
Caramel Apples	Apple slices with peanut butter and sliced almonds
Pumpkin Pie	Low fat, crustless pumpkin custard
Sweet Potato Marshmallow Casserole	Mashed sweet potatoes with a little trans fat free margarine, nutmeg, and cinnamon
Cranberry Sauce with Turkey	Provide extra condiments to choose from like apple sauce, sautéed onions, fruit chutney with vinegar, or other low sugar sauces
Pastry with Coffee	1 piece of biscotti and tea with skim milk
Stuffing out of a box	Homemade stuffing made with vegetables, whole wheat bread crumbs, and low fat/low sodium stock broth
Creamy, cheesy soups and stews	Add a dollop of plain yogurt or low fat sour cream to broth based soups/stews
Apple Pie	Apple turnover made with phyllo dough and a sugar substitute

## GLUCOCARD® Blood Glucose Meters



with **FREE** Interchangeable Faceplates

“Keep on hand quick snack foods that are not from a box or wrapper: cut up fruits and vegetables, low fat cheese, peanut butter, light yogurt, nuts, cottage cheese, edamame.”

# Eat Better

## Brussels Sprouts with Turkey Bacon and Apples



## Simple, Healthy Changes

- ♥ Increase your water intake until you're drinking at least 64 ounces of water each day.
- ♥ Time yourself to see how quickly you can rake all the leaves in your yard and put them in bags.
- ♥ Put salad dressing in a small bowl, at home or eating out, and dip your fork into the dressing before each bite.

# A Simple Start



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