

Diabetes News



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Cooling Down with Diabetes

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As the weather cools down, people with diabetes need to prepare to take extra care of themselves. Blood glucose (sugar) levels tend to rise during the cold months of the year. Various factors are involved, such as changes in eating, less physical activity, and sickness. Follow these recommendations to help prevent major health problems.

Eat Balanced Meals

People usually eat more when temperatures are cooler. Our bodies do burn more calories for warmth when it is cold, but be aware of portion sizes to prevent overeating. Plan meals ahead of time to make sure they are balanced with fruits and vegetables, lean protein and dairy, and whole grains. Drink plenty of water or other beverages with no calories.

Also have a plan when attending gatherings where there will be food. If you would like to have dessert or another food that is high in carbohydrates, plan for it as one (or sometimes two, depending on the food) of your carbohydrate servings. Help keep portion sizes of high carbohydrate foods smaller by filling most of your plate with salad or other low carbohydrate vegetables and lean protein first.

Wait at least 20 minutes before getting seconds to allow your brain to receive the signals that tell it whether you are still hungry. Sit away from foods and visit with friends and family or suggest that you all go for a walk. If you still feel hungry after time has passed, eat more low carbohydrate vegetables.

Plan Physical Activity

Cold weather may keep you indoors more. Decide how you will stay active. Participating in community fitness classes, going to a gym, or walking inside malls are popular options during the winter. If you prefer to stay at home, you might consider walking up and down stairs if you have them, doing exercise videos, playing electronic fitness games, doing leg and arm lifts while watching TV or listening to music, and doing more vigorous housework (i.e., that requires stretching, bending, and lifting weight) each day.

It is a good idea to do something active for at least 15 minutes after eating.

Sometimes people have a hard time motivating themselves to get up and do something active. Pushing yourself to start is often all it takes. Commit to exercise for 10 minutes. You may stop after 10

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DETOXING: FAD OR FACT?

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Internet websites and social media sites are all abuzz with the concept of detoxing. Recipes abound for cleansing waters, and the best fruits and vegetables for eliminating toxic wastes from our bodies. Detoxing is touted for weight loss, age reversal, body cleansing, increasing energy levels, and stopping disease through a modified diet. According to a spokeswoman for the Academy of Nutrition and Dietetics (Orenstein, 2015) “There is no scientific evidence that “detox” (short for benefits.”

If you are set on trying a detox diet, there are plenty of articles and sources that will support your decision. However, where and from whom you get information on the Internet is extremely important.

- Are you being sold a product (commercial sites)?
- Is the information from a trusted, reliable and reputable source?
- Is there a posted disclaimer, such as: *[Organization] does not provide medical advice, diagnosis or treatment.* Unless it's a government site, such as the CDC (the nation's health protection agency), look for these disclaimers.

How many of us take the time to investigate the source instead of going blindly forth on the recommendation of family, friends or social media contacts? The results of which can have negative effects on our health and general well-being. When considering a detox plan or any medical advice found on the Internet, always seek the advice of your medical provider.

Unfortunately, and in contrast to the detoxing/cleansing claims, there is no quick fix to weight loss and the jury is still out on whether our body's natural detoxing system (i.e., liver, skin, urinary system, and gastrointestinal tract) needs assistance. Experts stress that it's not necessary to go on special diets to clean our system as our bodies naturally cleanse through sweat, urine and feces (Orenstein, 2015). Here, the evidence-based research holds true: Eat a diet high in fiber, drink lots of clean water, and avoid packaged and processed foods to keep your body working at its best.

An excellent way to reduce your body's exposure to toxins is to limit exposure from topical applications. According to the Environmental Working Group (www.ewg.org), individuals use 9 personal care products on a daily basis containing a total of about 126 unique ingredients. The average personal care product contains about 12 chemicals with more than one-third of all personal care products containing at least one ingredient linked to cancer (Chemicals of Concern, 2015). Learn about a few of the top ingredients and contaminants to avoid by visiting the Campaign for Safe Cosmetics website at <http://sc-dev.rootid.in/get-the-facts/chemicals-of-concern/>

One step you can take today is to read the ingredient lists on personal care products. Major chemicals you can reduce or eliminate altogether are the **parabens** found in creams, lotions, cosmetics, underarm deodorants and shampoos. Parabens may be identified with the prefixes **Ethyl, Methyl, Butyl or Propyl**. The health risks associated with parabens include weight gain and breast cancer.

Water filtration is another good, inexpensive solution. According to a Mercola article (2011), “...the shower filter is the most important product to buy for water filtration, even more important than filtering your tap water.” The reasoning behind this is that the skin and lungs absorb many more toxins than those ingested through drinking water alone.

In conclusion, a word to the wise – instead of risking your health with detoxing, engage in good health practices. Eat a nutritious diet, drink plenty of clean water, and exercise. Then, take it a step further by

being an educated consumer - read ingredient lists on personal care products to reduce chemical exposure through the skin.

Resources:

- Centers for Disease Control and Prevention (CDC). *Mission*. Available at <http://www.cdc.gov/about/organization/mission.htm>
- Mercola (2011, January). *The Quickest, Easiest Way to Help Detoxify Your Body*. Available at <http://articles.mercola.com/sites/articles/archive/2011/01/26/whole-house-water-filtration.aspx>
- Orenstein, B. W. (2015, April). *Cleansing and Detox Diets*. Available at http://www.medicinenet.com/cleansing_and_detox_diets/article.htm#cleansing_and_detox_diets_introduction
- Smith, S. (2003, August). *Detox diets: health regimen or latest fad?* Available at <http://www.cnn.com/2003/HEALTH/diet.fitness/08/01/body.detox/>

Creamy Apple Pie

Filling Ingredients:

3/4 cup egg substitute
2 tablespoons all purpose flour
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
1 cup plain nonfat yogurt
1/4 cup apple juice
1/4 teaspoon almond extract
3 cups peeled, cored & dice golden delicious apples (3 medium)
1/2 cup white raisins

Directions:

Preheat oven to 350 degrees

In a medium bowl, use a whisk to beat egg substitute until frothy. On waxed paper or in a small bowl, combine flour, salt and spices; add to beaten egg substitute, whisking until well blended; scrape sides of bowl. Whisk in yogurt, apple juice and almond extract until well mixed.

In medium bowl, combine apples and raisins; place in baked pie shell of your choice. Place pie shell on baking sheet to prevent spillovers. Pour egg mixture. Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool on rack 1 hour before serving. Cover and refrigerate leftovers.

Nutrition Facts for Filling:

Serving Size: 1 slice—1/8 portion
98 calories; 20 g carbohydrates; 5 g Protein; 0g Fat; 1 mg Cholesterol; 132 mg Sodium, 2 g Fiber

Crust Ingredients:

1/2 cup Whole Wheat Flour
1/2 cup All Purpose Flour
2 tablespoons finely chopped nuts
1/4 teaspoon salt
3 tablespoons shortening
2 to 3 tablespoons apple juice
1 egg white, beaten

Directions:

In a medium bowl, combine flours, nuts and salt. Using a pastry blender or two knives, cut in shortening until crumbly. Sprinkle with 2 to 3 tablespoons of apple juice. Gently stir with fork until mixture forms ball. Cover with plastic wrap and flatten slightly. Refrigerate for 30 minutes.

Pre heat oven to 425 degrees F. Remove plastic wrap. With a rolling pin, roll dough between 2 pieces of waxed paper or plastic wrap to an 11-inch circle. Remove 1 piece of paper and place in pie plate paper side up. Gently remove paper and press into pie plate. Turn edges under and flute. Prick bottom and sides of crust with fork. Brush with a small amount of beaten egg white. Let dry for 5 minutes. Bake 5 minutes or until golden brown. Cool on rack before filling.

Nutrition Facts:

Serving size: 1 slice—1/8 portion
1110 calories; 12 g Carbohydrate; 3 g Protein; 6 g Fat; 0 mg Cholesterol, 80 mg Sodium; 1 g fiber

minutes if you want to, but most people find they are feeling good and finish their workout.

Prevent Sickness

Colds and flu are more common in colder seasons, so take steps to prevent sickness now. Wash your hands often, especially before eating and when you have been in public. Get a flu shot. Take care of your body by eating healthy and getting enough physical activity and sleep.

People with diabetes should have a sick day plan. When you are sick, it is harder to keep blood glucose within the normal range. Life-threatening conditions may develop if high blood glucose and ketones are ignored. Talk with your doctor or diabetes educator about your sick day plan. It should include when you will call your diabetes team (make sure you know how to reach them at night or on weekends or holidays), how often to test blood glucose and urine ketones, what medications to take, and how to eat when you are sick.

The American Diabetes Association (ADA) recommends contacting your diabetes team if:

- You've been sick or have had a fever for a couple of days and aren't getting better
- You've been vomiting or having diarrhea for more than 6 hours
- You have moderate to large amounts of ketones in your urine
- Your glucose levels are higher than 240 even though you've taken the extra insulin your sick-day plan calls for
- You take pills for your diabetes and your blood glucose level climbs to more than 240 before meals and stays there for more than 24 hours
- You have symptoms that might signal ketoacidosis or dehydration or some other serious condition (for example, your chest hurts, you are having trouble breathing, your breath smells fruity, or your lips or tongue are dry and cracked)
- You aren't certain what to do to take care of yourself

As soon as you become sick, start keeping a written record of the following:

- Medications taken – when and how much
- Whether you can eat and keep food down
- Weight lost
- Temperature
- Blood glucose levels
 - ◊ People with type 1 diabetes may need to test every four hours
 - ◊ People with type 2 diabetes may need to test four times a day
- Urine ketones
 - ◊ People with type 1 diabetes may need to test every four hours
 - ◊ People with type 2 diabetes may only need to test if blood glucose is higher than 300

Continue taking diabetes medications when you are sick, even if you are throwing up. To treat higher blood glucose levels, people with type 1 diabetes may need to take extra insulin. It may be sufficient for people with type 2 diabetes to continue to take their pills, or they may need to use insulin for a short time. If you want to take extra medications for sickness, tell the pharmacist you have diabetes and ask for recommendations and how the medications might affect your blood glucose levels.

Your sick day plan also needs to include foods to eat if you are not able to eat your normal meals. Prepare by stocking some foods that are easier to digest (e.g., regular gelatin, crackers, soups, applesauce, and beverages that contain carbohydrates). The ADA suggests aiming for 50 grams of carbohydrate every three to four hours. Make sure to drink plenty of liquids with no calories also.

Take Care of Your Skin

While general recommendations for cold weather are to wear layers and to cover your head and hands when outside, people with diabetes need to take extra steps to care for their bodies. Winter weather and high blood glucose contribute to dry skin, which may lead to cracks, especially on the feet. Eat healthy and drink plenty of water. Keep your skin clean, dry, and moisturized. Avoid soaking skin in water or other fluids. Wear warm socks that fit and comfortable shoes (check for foreign objects that might damage your feet before putting them on). Check your feet regularly and report potential problems to your doctor. You may see your feet better if you use a mirror.

Protect your skin from extreme temperatures. High blood glucose damages nerves and the circulation. People with diabetes may not feel how hot something is and burn themselves. Avoid most heating pads, hot water bottles, and electric blankets. Some heating pads have been designed for people with diabetes that maintain a constant, safe temperature. When showering, use your elbow to check the water temperature.

Be Aware of Depression

Shorter winter days and the stress of the holidays may lower your spirits. Eating healthy, being physically active, and doing things with others may help your mental health, but some people do these things and still struggle with depression. Talk with your health care provider if you are experiencing these symptoms:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Restlessness, irritability

Keep Testing Supplies and Medications at the Right Temperature

Check your glucometer, test strips, and oral medications for the recommended storage temperature. If you are going out and need to take them with you, keep them close to your body so they stay warm. People who take insulin usually store it in the refrigerator. Keeping insulin between 36 to 46 degrees F maintains its potency longer.

If you are traveling, keep insulin on your person or in your carry-on bag. Trunks and cargo holds may expose insulin to damaging temperature extremes. If it freezes, it should be discarded, even after thawing. Insulated cooling cases are available to store insulin on the go but may be unnecessary for short trips. Insulin manufacturers say a vial of insulin can be kept at room temperature (less than 86 degrees F) for up to 28 days. If you use an insulin pen, store it at room temperature once it is in use. Check the package insert for storage life, as it varies between insulin pens from one week to one month.

Many people report that insulin injections are more comfortable when the insulin is at room temperature. However, do not place insulin where it is exposed to light or high temperatures. Avoid keeping it next to heat sources, in vehicles, and on windowsills or ledges.

Resources:

- American Diabetes Association. When You're Sick. June 5, 2015. Available at <http://www.diabetes.org/living-with-diabetes/treatment-and-care/whos-on-your-health-care-team/when-youre-sick.html>, accessed October 6, 2015.
- Diabetes Forecast. American Diabetes Association. Can Insulin Go Back in the Fridge? November 2012. Available at <http://www.diabetesforecast.org/2012/nov/can-insulin-go-back-in-the-fridge.html>, accessed October 6, 2015.
- dLife. Solutions to Winter Woes. August 2014. Available at http://www.dlife.com/dlife_media/diabetes_slideshows/solutions-to-winter-woes, accessed October 6, 2015.
- Mayo Clinic. Living with diabetes blog. Managing diabetes in the winter: Safety tips. Multivitamin/mineral supplements. March 20, 2014. Available at <http://www.mayoclinic.org/diseases-conditions/diabetes/expert-blog/diabetes-and-winter/bgp-20090037>, accessed October 6, 2015.

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Roasted Spice-Rubbed Cauliflower

Ingredients:

2 medium heads cauliflower
1/4 cup extra virgin olive oil
2 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon ground cardamom
1/2 teaspoon smoked paprika
1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
1/4 teaspoon ground red pepper
1/2 cup chopped fresh cilantro
Lime Wedges

Directions:

Preheat oven to 400 degrees F. Line a baking sheet with foil.

Brush each cauliflower head with 1 tablespoon oil. In a small bowl, stir together all spices, rub spice mixture all over cauliflower.

Bake for 45 to 50 minutes or until a knife can be easily inserted in center. Drizzle with remaining tablespoons oil. And sprinkle with cilantro. Cut into wedges, and serve immediately with lime.

Recipe from Cooking with Paula Deen, November 2015 issue.