

# Living Well With Diabetes

Quay County Extension Service

Volume 10, Issue 3

## Using Mindfulness To Manage Your Blood Sugar

April 2017

Over the past few months I have been trying the concepts of mindful eating as taught in a book titled "Eat What You Love, Love What You Eat With Diabetes." I prepared and taught two series on the concepts and have been trying to implement them in my life. In this newsletter I have included two of the concepts we discussed.

Many of us try to eat by restricting our diets to the right foods in the right amounts. We eat because it is time to eat and we eat what is on the plan. We become frustrated and bored, so we go off the plan.

Others let our heads tell us that tomorrow we will be better or we have an

emotional day and we eat to try to feel better. We move to an overeating cycle.

Most of us yo-yo between these two cycles. Which not only affect our weight and happiness, but our blood sugar too.

In April I will be revisiting some of the great tips on my blog. Go to <http://nmsuquay-homeec.blogspot.com/>. Be sure to add your e-mail address and you won't miss a post.

The concepts will help us learn to listen to our body to determine if we are actually hungry and then learn to eat the food in a very satisfying way.

To get you started thinking about the last thing you ate.

Did you plan to eat it or was it just sitting there and you mindfully ate it?

When you ate your last meal did you pay attention to it like you loved it, or did you just shovel it in while you were watching TV or reading.

Did you eat out of the pan or standing up or did you prepare a pretty plate and sit down to enjoy your meal?

Were you even hungry when you ate? Are you afraid of your blood sugar falling too low, that you eat even when you are not hungry?

These behaviors lead to us overeating but still feeling unsatisfied so we keep eating hoping to get satisfied soon.

You may get a head start by following the Am I Hungry Blogs by Michelle May. <http://amihungry.com/mindful-eating-resources/blog/>

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**If you know someone who would like to be added to this newsletter mailing list or if you want your name removed from this list, please call the Extension Office at 461-0562.**

### MENU

Salmon With Fresh Vegetables

Almond Rice

Sautéed Spinach

Roll

### Almond Rice Servings: 6

- 1 cup brown rice, long-grain, dry
- 2 cups water
- 2 tablespoons almonds, sliced
- 2 tablespoons lemon zest
- 1 cube chicken bouillon

In a medium size saucepan, bring water and bouillon to a boil.

Add rice and cook according to rice instructions on package.

Add almonds and lemon zest.

Let stand a few minutes then fluff with a fork and serve.

Nutritional Information Per Serving

Calories: 164; Protein: 2.9 g;  
Fat: 2.3 g;  
Sodium: 185 mg; Carbohydrates: 24.4 g

### Sautéed Spinach Servings: 4

- 1 pound raw spinach
- 2 tablespoons olive oil
- 1 fresh tomato
- 2 cloves garlic

Wash spinach thoroughly and drain. Sauté tomato and garlic in olive oil in a large sauté pan.

Add spinach, cover and cook over low heat for 5 minutes, stirring a few times.

Add salt and pepper to taste. Cook, uncovered, 5 minutes longer, stirring occasionally.

Nutritional Information Per Serving  
Calories: 108; Protein: 3.9 g; Fat: 7 g;  
Sodium: 94 mg; Carbohydrates: 4 g



Quay County on the Move is Hosting:

## STEP INTO SPRING CHALLENGE

Dust Off Your Pedometer or Strap on Your FitBit  
Step Challenge Starts April 8, 2017

Find a friend or two and sign up as a team or just yourself  
There will be prizes for individuals and teams  
Its easy just log in your steps each day on the website  
Watch your progress as you add steps each day



Sign Up Today at:

<https://www.ChallengeRunner.com/login/challenge/3597/19015/ab63ca799a>

For More Information Contact:

Caitlin Elebario at [caitlin.springchallenge@gmail.com](mailto:caitlin.springchallenge@gmail.com)  
Or Call the Extension Office at 461-0562



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### Fearless Glucose Monitoring

Many look at testing their blood sugar as a punishment for eating. By changing the way we think about the numbers, we can use it as a valuable tool to learn how our body reacts to food and exercise. When we test, we are measuring our glucose at that moment in time. Many things affect glucose including stress. In our study on mindful eating we learned these steps.

Test and record blood glucose twice a day for 7 days. Record at approximately the same times each day. Test before or two hours after a meal or both. Also check your blood glucose when you think it might be low and when you think you may have eaten too much.

Jot down your hunger and fullness levels, as well as notes about other physical sensations, your meal, physical activity, and anything else you think might help you understand your blood glucose levels

Review log and circle all the readings that are within these guidelines. Fasting (nothing to eat for 8 hours) or before meals: reading 70 to 130 mg/dl. Two Hours after eating reading less than 180 mg/dl.

Divide the number that were in the target by the total number you took and multiply by 100. This is the percentage of time you were on target. Remember it is not realistic to make a 100.

Place an X over blood glucose levels that are less than 70 mg/dl. These are episodes of hypoglycemia. If you have more than 2 episodes of hypoglycemia in a week, contact your health care provider.

Visit: <http://nmsuquayhomeec.blogspot.com/> for a copy of a log form.

## Are You Really Hungry or Is It Your Head Telling You That You Must Eat

The Hunger and Fullness Scale\* is a useful tool for assessing your hunger and fullness levels before, during, and after you eat. It will help you identify your hunger cues, observe how different types and amounts of food affect you, and recognize when the urge to eat has been triggered by something other than hunger. This scale is not intended to set strict guidelines about when you should eat; rather, it helps you develop a greater awareness of your body's subtle signals.

The Hunger and Fullness Scale ranges from 1 to 10. A level 1 represents ravenous—you're so hungry you could eat this page. A level 10 means you're so full that you're in pain and feel sick. Remember, smaller numbers, smaller stomach; larger numbers, larger stomach. In the middle of the scale is level 5: neutral, comfortable, or satisfied. At a 5, you cannot feel your stomach at all. It's neither empty nor full; it isn't growling or feeling stretched.

One way to picture your stomach is to think of a balloon. When it's empty you're at a 1. When you blow that first puff of air into the balloon, it fills out gently and takes its shape. That's a 5. As you take a deep breath and force more air into a balloon, its elastic walls begin to stretch and expand. These are levels 6 through 10. Your stomach is able to stretch to a 10 in order to hold excess food; therefore, the numbers over 5 indicate how stretched or uncomfortable your stomach feels. If you blow too much air in, a balloon would continue to stretch and eventually pop. Fortunately, stomachs rarely rupture, but most of us have eaten so much at one time or another that we've said, "If I eat one more bite, I will explode!" When you feel this way, you're at a 10.

Of course, changes in blood sugar levels, energy levels, moods, and substances in the bloodstream resulting from the digestive process also signal hunger and fullness. These other clues help tell you how hungry or full you are.

It may be challenging at first to label your hunger and fullness levels with numbers, but as you practice, it becomes second nature. You can learn to use this awareness to decide when, what, and how much to eat.

### Hunger and Fullness Descriptions

- 1 – Ravenous: Too hungry to care what you eat. This is a high-risk time for overeating.
- 2 – Starving: You feel you must eat NOW!
- 3 – Hungry: Eating would be pleasurable, but you can wait longer.
- 4 – Hunger pangs: You're slightly hungry; you notice your first thoughts of food.
- 5 – Satisfied: You're content & comfortable. You're neither hungry nor full; you can't feel your stomach at all.
- 6 – Full: You can feel the food in your stomach.
- 7 – Very full: Your stomach feels stretched, and you feel sleepy and sluggish.
- 8 – Uncomfortable: Your stomach is too full, and you wish you hadn't eaten so much.
- 9 – Stuffed: Your clothes feel very tight, and you're very uncomfortable.
- 10 – Sick: You feel sick and/or you're in pain.



If you are eating at a level 5 or above and you want to eat or keep eating you know that something other than hunger triggered this urge.

Level 3 or 2 is the ideal time to begin eating. At this point you're significantly hungry so food will be pleasurable and satisfying. It is important to plan meals ahead of time and to be prepared to respond to hunger even when it is not a conventional mealtime. Keep nutritious foods on hand to eat when you're hungry.

Level 1 – You are famished or hypoglycemic you may not think as clearly or make mindful decisions about what to eat. When you're at level 1, you're more likely to eat anything you can get your hands on and to eat too quickly to notice when you've had enough.

## Salmon with Fresh Vegetables

### For Balsamic Marinade

1/3 cup olive oil  
3 Tbsp. balsamic vinegar  
3 Tbsp. seasoned rice wine vinegar  
1 Tbsp. Dijon mustard  
2 cloves of garlic, crushed  
1/2 tsp. salt  
1/4 tsp. coarsely ground pepper  
1/4 tsp. crushed red pepper

4 Salmon Fillets (6oz each)  
3/4 lbs.(about 4 cups) broccoli florets with 2-1/2 inch stems  
1 cup roma tomatoes, diced  
1/3 cup red onion, diced  
2 Tbsp. capers  
2 Tbsp. fresh basil leaves, chopped  
2 Tbsp. fresh dill, chopped

Rinse Salmon and pat dry. Prepare the Balsamic Marinade in a small bowl by whisking together oil, vinegar, mustard, garlic, salt, and peppers. Remove 1/4 cup of marinade to use for basting. Steam the broccoli about 5 minutes or until crisp-tender. Rinse with cold water. Place in a large bowl with tomatoes, onions, capers, basil, and dill. Pour remainder of the marinade over the vegetables. Grill or Broil the salmon basting with marinade. Serve fish over the room temperature vegetables. Serves 4.

Nutritional Information: Calories 455; Protein 50 g, Fat 24 g, Sodium 487 mg. Carbohydrates 11g

### Mark Your Calendar for Upcoming FCS Programs Call and Reserve Your Spot Today—461-0562!

#### Step into Spring Challenge Begins April 8

**What Does a Good Credit Score Do For You? April 11, noon and repeated at 1:30**

**Food Handler Trainings: April 12 at 2:00, April 17 at 5:30 and May 15 at 9:00**

**Improving Your Balance on May 16 at noon and 1:30**

**Strong Seniors Stay Young Classes—Tuesdays and Thursdays 8:30 am beginning May 30**



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*Brenda Bishop*

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