

Living Well With Diabetes

Quay County Extension Service

Begin to Manage Diabetes with Confidence

Cassandra Vanderpool, MS, RDN, LD

I'm afraid to eat because my blood sugar always goes too high. I can't eat anything I like anymore. What am I supposed to do at social gatherings that include food? These are common concerns from people who have been told they have diabetes. Fortunately, they do not have to give up favorite foods or fear eating. They can learn new skills to help them plan and prepare meals that are balanced for health. Here are some important steps:

Learn how foods affect blood sugar. Carbohydrates raise blood sugar but are also the primary source of fuel for the body. They need to be included in meals in the right amounts and in combination with foods that are low in carbohydrates. Foods that are high in carbohydrates are grains, fruits, beans, starchy vegetables (e.g.,

corn, peas, potatoes, winter squash), milk, sweets. Foods that are low in carbohydrates: non-starchy vegetables, meats and meat substitutes, fats

Learn the serving sizes of foods. For people with diabetes, serving sizes of foods that are high in carbohydrates are based on the amounts that contain about 15 grams of carbohydrate.

Practice reading Nutrition Facts labels. The American Diabetes Association has a webpage titled Taking a Closer Look At Labels that teaches what to look for when selecting foods.

Balance high and low carbohydrate foods. Health care providers usually recommend how many carbohydrate servings a person with diabetes should have at a meal. Every serving of a high carbohydrate food eaten should be balanced by at least one serving of a low carbohydrate food. Fruits, whole grains, beans, and low fat

dairy are the healthier high carbohydrate options.

One of the healthiest steps a person with diabetes can take toward balancing meals is to eat two to three servings of low carbohydrate vegetables at lunch and dinner. There are many kinds and various ways to cook them or enjoy them raw.

Get Support. Most people have lots of questions as they begin to learn about planning and preparing meals to manage diabetes. The New Mexico Department of Health (NMDOH) Diabetes Prevention and Control Program is working in partnership with the New Mexico State University Cooperative Extension Service and others to offer free programs that help people with diabetes.

One of these programs is a special cooking school called *Kitchen Creations* that helps adults with type 2 diabetes learn how to prepare delicious meals. This series of four classes covers the most important information for people with type 2 diabetes to know about food. Topics include meal planning, serving sizes, food safety, reading food labels, balancing carbohydrates, and cook-books.

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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

Shredded Pork with Roasted Tomatoes and
Chipotle Peppers
Cheesy Eggplant Casserole
Pumpkin Parfaits

Designing Your Home Around Aging Needs

Falls are the number one concern when older adults remain in their home. This program will look at easy adaptations that can be made to reducing falls and make caring for yourself a little easier.

The program will be offered to the community at 1:30 p.m. on November 21 in the Extension Office.

Call 461-0562 for more information.



**Coming in
February: Kitchen
Creations Diabetes
Cooking School
Thursday
Evenings from
5:30 to 8:30 pm**

**Call 461-0562 to
Reserve Your
Spot!**

Are You At Risk for Carotid Artery Disease?

Certain traits, conditions, or habits may raise your risk for carotid artery disease. These conditions are known as risk factors. The more risk factors you have, the more likely you are to get the disease. You can control some, but not all, risk factors. The major risk factors for carotid artery disease, also are the major risk factors for coronary artery disease (CAD) and heart disease.

- Unhealthy blood cholesterol levels. This includes high LDL cholesterol (sometimes called bad cholesterol) and low HDL cholesterol (sometimes called good cholesterol).
- High blood pressure. Blood pressure is considered high if it stays at or above 140/90 mmHg over time.
- Smoking. This can damage and tighten blood vessels, raise cholesterol levels, and raise blood pressure. Smoking also can limit how much oxygen reaches the body's tissues.
- Older age. As you get older, your risk for carotid artery disease goes up. About 1 percent of adults aged 50 to 59 have major plaque buildup in the carotid arteries. In contrast, 10 percent of adults aged 80 to 89 have this problem. Before age 75, the risk is greater in men than women. However, after age 75, the risk is higher in women.
- Insulin resistance. This condition occurs when the body can't use its own insulin properly. Insulin is a hormone that helps move blood sugar into cells where it's used. Insulin resistance may lead to diabetes.
- Diabetes. With this disease, the body's blood sugar level is high because the body doesn't make enough insulin or doesn't use its insulin properly. People who have diabetes are four times more likely to have carotid artery disease than people who don't have diabetes.
- Overweight or obesity. The most useful measure of overweight and obesity is the body mass index (BMI). BMI measures your weight in relation to your height and gives an estimate of your total body fat. A BMI between 25 and 29 is considered overweight. A BMI of 30 or more is considered obese. You can check your BMI using the National Heart, Lung, and Blood Institute's online BMI calculator, or your doctor can check your BMI.
- Metabolic syndrome. Metabolic syndrome is the name for a group of risk factors that raise your risk for stroke and other health problems, such as diabetes and heart disease.
- Lack of physical activity. Lack of activity can worsen other risk factors for carotid artery disease.
- Family history of atherosclerosis.

Having any of these risk factors doesn't mean that you will get carotid artery disease. However, if you have one or more risk factors, you can take steps to help prevent the disease. Steps include following a healthy lifestyle and taking any medicines your doctor prescribes. The amount of plaque buildup in the carotid arteries also may suggest plaque buildup in other arteries. Doctors can predict the degree of atherosclerosis in other arteries based on the thickness of the carotid arteries. Thus, people who have carotid artery disease also are more likely to have CAD.

How Can Carotid Artery Disease Be Prevented?

Taking action to control your risk factors can help prevent or delay carotid artery disease and stroke. The more risk factors you have, the more likely you are to get carotid artery disease. Making lifestyle changes and taking prescribed medicines are important steps. For information on healthy eating plans, physical activity, maintaining a healthy weight, and medicines.

Know your family history of health problems related to carotid artery disease. If you or someone in your family has this disease, be sure to tell your doctor. Also, let your doctor know if you smoke.

Duck Your Cravings: Let 'em float right by!

By Michelle May, M.D.

The holiday season officially began with Halloween and will continue right through Valentine's Day! For many people with diabetes, this season is associated with food cravings that can feel overwhelming at times. Many people find that the more they try to resist their cravings, the stronger they grow. One way to take the power out of your cravings is to imagine them in a neutral way. Here's an example of how to picture your cravings like something that holds no power over you whatsoever.

A Calm Lake, Interrupted

I had a limited view of the lake through the window from where I was sitting. The water was calm and peaceful, when from the edge of the pane, a duck drifted into my awareness. I watched it bob in the middle then float away. The ripples slowly receded back into the lake and it was still again.

Minutes later several ducks paddled in from the other side of the window. They splashed about, apparently struggling for something below the surface. The strongest duck swam directly toward the window, circled several times then paddled back the way it came, followed by the rest.

How like my cravings! They seem to appear from nowhere and capture my attention. The difference is that I've never had a seemingly uncontrollable urge to jump up and devour a duck! Instead, I can watch a duck with a detached awareness. I feel curious, even entertained, but uncompelled to take any action. I allow the duck to just drift away, unconcerned about where it goes or when another will emerge.

Duck Your Cravings

Learning to observe your cravings in a curious but uninvolved manner can take the power out them. Try this exercise:

The next time you have a craving, stop what you're doing, close your eyes, and focus on your breath.

1. Observe the craving as if it was a duck, bobbing around in your awareness. Become curious but remain calmly detached as you watch it.
2. If the craving becomes stronger, imagine that is simply paddling toward you.
3. If you feel compelled to stop and eat the object of your craving, smile as you picture yourself chasing down an innocent duck.
4. Practice slowing and deepening your breath as you patiently wait for the craving to turn and float away.
5. Imagine the lake returning to peaceful stillness.

Cheese Eggplant Casserole

1/4 tsp salt	1 clove garlic, minced
2 small eggplants, peeled and sliced, about 1/2 - inch thickness	1tsp dried Italian seasoning
1 Tbsp olive oil	2 cups tomato puree
1/4 cup green onions, chopped	1 can diced tomatoes
1 med onion coarsely chopped	1/4 cup all-purpose flour
1 bell pepper, diced	Olive oil cooking spray
1/2 cup mushrooms, sliced	2 cups low-fat cottage cheese
	1 1/4 cups shredded mozzarella cheese

Preheat oven to 350 F. Sprinkle salt over eggplant and set aside. Heat oil over medium-high heat in a large skillet. Sauté onions, pepper, mushrooms, and garlic until tender, about 4 minutes. Add seasoning, tomato puree and diced tomatoes and bring to a boil. Reduce heat and simmer about 22 minutes. Coat eggplant with flour, front and back. Coat skillet with cooking spray and heat over medium heat. Add eggplant slices in batches and cook, covered until browned, turning once. About 3 to 5 minutes per side. Transfer to a plate. In a 7X11 inch casserole dish, spread about 1 cup sauce. Add a layer of eggplant. Top with cottage cheese, more sauce and 1/2 cup mozzarella. Repeat again, placing a layer of sauce on top. Sprinkle with remaining mozzarella. Bake uncovered, about 30 minutes. Let stand 5 minutes before serving. Serves 6.

Nutrition Information: Calories 258, Fat 9 g, Carbohydrate 24 g, and Protein 21 g

Shredded Pork with Roasted Tomatoes and Chipotle Peppers

2 lbs pork shoulder roast
1 small onion, quartered
2 cloves garlic, chopped
1 tsp salt
2 lbs small tomatoes
1 small onion sliced
2 cloves garlic, minced

6 ounces Mexican chorizo, cooked and drained
1/2 tsp ground cloves
1 1/2 oz chipotle chiles in adobo sauce, pureed
8 fried corn tortillas
1/2 up crema
1 ripe avocado, cut into 16 slices

Place pork, quartered onion, chopped garlic and salt in a dutch oven; cover completely with water and bring to a boil. Reduce heat and simmer 2 hours until meat is tender. Drain meat and discard onion and garlic. When meat is cool enough, remove bones and shred.

Cut tomatoes in quarters and discard stems and seeds. Place in shallow pan and brush with oil. Roast in 375 F oven 20 to 30 minutes until tomato skins slip off easily. Discard skins and chop tomatoes. Heat oil in medium skillet. Cook and stir sliced onion and minced garlic over medium heat until tender. Stir in tomatoes, cover, reduce heat and simmer 5 minutes or until tomatoes are saucy. Add remaining ingredients and shredded pork. Simmer until mixture is well blended and heated through. Divide mixture on to the fried tortillas and top with 2 slices of avocado and a dollop of crema. Makes 8 servings.

Nutrition per tortilla: calories 400, Protein 24 g, Fat 28 g, and carbohydrate 14 g.

Pumpkin Parfait

1 8 oz pkg cream cheese, room temp
1/2 cup pumpkin puree
1 cup heavy cream
Pinch of salt

1 tsp pumpkin pie spice
1 tsp liquid stevia or other sweetener
1 tsp vanilla

Blend cream cheese and pumpkin until smooth. Add the rest of the ingredient and whip until fluffy about 5 minutes. Taste and adjust sweetener. Serve in glasses. Refrigerate until ready to serve. Makes 6 serving. Calories 214, Carbohydrate 4.2 g



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