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LAKE CUMBERLAND DISTRICT HEALTH DEPARTMENT

# Diabetes Corner

## AADE7™

The American Association of Diabetes Educators (AADE) believes that behavior change can be most effectively achieved using the AADE7 Self-Care. Below is a description of each behavior.

**Healthy Eating:** Making healthy food choices, understanding portion sizes and learning the best times to eat are central to managing diabetes.

**Being active:** Regular activity is important for overall fitness, weight management and blood glucose control.

**Reducing risks:** An important part of self-care is learning to understand,

seek and regularly obtain an array of preventive services.

**Monitoring:** Daily self-monitoring of blood glucose provides people with diabetes the information they need to assess how food, physical activity and medications affect their blood glucose levels.



**Taking medication:** Depending on what type a person has, their healthcare team will be able to determine which

medications they should be taking and help them understand how your medications work.

**Problem solving:** A person with diabetes must keep their problem-solving skills sharp because on any given day, a high or low blood glucose episode or a sick day will require them to make rapid, informed decisions about food, activity and medications.

**Healthy coping:** Stress directly affects health and indirectly influences a person's motivation to keep their diabetes in control. Finding healthy ways to cope can be very important.



## LCDHD Diabetes Program

The Lake Cumberland District Health Department began its Diabetes Education Program in the early 1980's. Our diabetes program offers FREE Diabetes Self-Management Education (DSME) sessions throughout our ten county district. Our classes are designed to help those with diabetes in "Living Well With Diabetes".

**Diabetes Corner is our new newsletter for diabetes program participants. We hope you find it helpful and enjoyable!**

### HAVE YOU HAD YOUR FLU SHOT?

CONTACT YOUR PHYSICIAN OR LOCAL HEALTH DEPARTMENT TODAY TO GET YOURS!



**LAKE CUMBERLAND  
 DISTRICT HEALTH  
 DEPARTMENT**

Call 1-800-928-4426  
 Email: [diabetes@lcdhd.org](mailto:diabetes@lcdhd.org)  
[www lcdhd.org/diabetes](http://www lcdhd.org/diabetes)

*We are here to help!*



For upcoming events in your area, check out our community calendar at [www.lcdhd.org/about/calendar](http://www.lcdhd.org/about/calendar)

**Nutrition Tips**



How much is a serving of protein?

- 2-3 ounces of cooked meat, poultry or fish
- 1/2 cup of cooked dry beans = 1 ounce of protein
- 1/3 cup of nuts = 1 ounce of protein
- 1 egg = 1 ounce of protein

Beans and legumes are low in fat, high in fiber and low cost sources of protein.

Pay attention to hunger and fullness cues before, during and after meals. Use these to know when to eat and when you have had enough.

**Thin-Crust Pepperoni and Vegetable Pizza**

**Makes:** 4 servings  
**Serving Size:** 1/2 pizza  
**Carb Grams Per Serving:** 24

**Ingredients**

- 1/3 cup chopped bottled roasted red sweet peppers
- 1/3 cup pizza sauce
- 2 teaspoons olive oil
- 1/2 cup sliced red onion
- 1/2 cup chopped green sweet pepper (1 small)
- 1/2 cup sliced fresh mushrooms
- 2 10-inch whole grain tortillas
- 16 thin slices cooked turkey pepperoni (about 1/4 cup)
- 1 cup shredded part-skim mozzarella cheese (4 ounces)

**Directions**

1. Place a pizza stone on the lowest rack of the oven. Preheat oven to 450 degrees F.
2. In a food processor or blender combine roasted red sweet peppers and pizza sauce. Cover and process or blend until smooth; set aside.
3. In a large skillet heat oil over medium-high heat. Add red onion, green sweet pepper, and mushrooms. Cook and stir about 5 minutes or until tender.
4. Divide pizza sauce mixture between tortillas, spreading evenly. Top with pepperoni and vegetable mixture. Sprinkle with cheese.
5. Transfer one of the pizzas to the hot pizza stone.\* Bake about 5 minutes or until edges of the tortilla and the cheese are golden brown. Repeat with the remaining pizza.



**Nutrition Facts Per Serving:**

Servings Per Recipe: 4,  
 Fat, total: (g) 11, carb.: (g) 24, pro.: (g) 14,  
 Monosaturated fat: (g) 3, sat. fat: (g) 4,  
 chol.: (mg) 25, cal.: (kcal) 253, iron: (mg) 2,  
 calcium: (mg) 273, Niacin: (mg) 1,  
 Pyridoxine (Vit. B6): (mg) 0, Folate: (µg) 12,  
 Trans fatty acid: (g) 0, Cobalamin (Vit. B12):  
 (µg) 1, Polyunsaturated fat: (g) 0, vit. A: (IU)  
 389, vit. C: (mg) 52, Thiamin: (mg) 0,  
 Riboflavin: (mg) 0, sodium: (mg) 625,  
 Potassium: (mg) 219, sugar: (g) 3, fiber: (g)  
 4,