

## DATES TO KEEP IN MIND...

•LCDHD's 8th Annual Diabetes Expo will be Friday, June 20th at Somerset Mall

•New series of Diabetes Self-Management Education series starting soon! Check our community calendar at [www.lcdhd.org](http://www.lcdhd.org)

## DID YOU KNOW?

Diabetes affects 25.8 MILLION people and 8.3% of the U.S. population

## Stretch Your Food Dollars

Get the most out of your food budget. There are many ways to save money on the foods you eat!

**1** Plan your meals BEFORE heading to the grocery store. Use the foods you have on hand and make a list of the foods you need to buy.

**2** Check for coupons—online, in the local newspaper or at the store. Some stores offer loyalty cards that provide discounts as well.

**3** Use the “Unit Price” on the shelf below the product to compare and find the best value.

**4** Buy in bulk! It is almost always cheaper to buy foods in bulk such as family packs of meats or

larger bags of potatoes or frozen veggies. Just make sure you will use them before they spoil and that you have room to store them.

**5** Buy veggies and fruits in season to save money!



**6** Convenience foods like frozen dinners, pre-cut vegetables and instant rice, oatmeal or grits will

cost more than if you make them from scratch. Take the time to make your own and save!

**7** Some foods are low-cost all year—try beans for a less costly protein food.

**8** Make a large batch of favorite recipes and then single them in single containers.

**9** Spice up your leftovers by using them in new ways! Try leftover chicken in stir-fry, over a salad or in chicken chili.

**10** Save money at restaurants—get the “early bird special”, go out for lunch instead of dinner and order water to save money on drinks!

## Tips for Living Well with Diabetes

- Talk to your healthcare provider before beginning an exercise program
- Record your blood sugar results and share with your healthcare provider
- Measure portion sizes and “check your eyes” when it comes to guessing portions every 3-4 months
- Keep your list of medications current and keep it with you
- Always carry an emergency food (15g carbs) with you in case your blood sugar drops
- Make a sick day plan with your doctor to be prepared before illnesses arise

**Lake Cumberland District Health Department**

**County Health Centers**  
 Albany \* Burkesville \* Campbellsville \*  
 Columbia \* Greensburg \* Jamestown \* Liberty \*  
 Monticello \* Somerset \* Whitley City

1-800-928-4426  
 diabetes@lcdhd.org

*We are here to help!*

**Are you uninsured?**

Get started today and find out what kind of healthcare coverage you qualify for. You may be eligible for programs like Medicaid or help paying your insurance costs. Ask your diabetes educator about an application or visit [kynect.ky.gov](http://kynect.ky.gov).



# “Sweet” Potato Fries

Ingredients

- Cooking Spray
- 2 large Sweet Potatoes (peeled, cut into 1/2 inch wedges)
- 2 tablespoons olive oil
- 1 teaspoon cinnamon
- 1/4 cup Splenda® Brown Sugar Blend



Instructions:

1. Preheat oven to 400° F. Spray a cooking sheet with cooking spray.
2. Place potatoes in a bowl and add oil; toss to coat.
3. Add remaining ingredients and mix well.
4. Place potatoes on a baking sheet and bake for 35 minutes or until potatoes are soft.

**Nutritional Facts:**  
 Serving size: 10-12 fries  
 Calories 160, Total Fat 4.5 grams, saturated fat 0.7 grams, Sodium 35 mg, Total Carbohydrates 28 grams, Dietary Fiber 3 grams, Cholesterol 0mg, Protein 2 grams

This recipe is gluten-free.