Diabetes Corner

Did You Know?

- **FREE Diabetes Self-Management Education Classes are offered in all 10 counties of our district**

- **Our website has links to lots of information and helpful websites**

- **All community class dates are available on our website at www.lcdhd.org/about/calendar**

- **The Diabetes Program at LCDHD is accredited by the American Association of Diabetes Educators.**

Eating Right When Money's Tight for People with Diabetes

From: National Diabetes Education Program

For people with diabetes, making healthy food choices is an important part of managing the   disease. With the right tips and a little planning, you can eat healthy and stretch your food budget.

1. Plan ahead. Before you head out to the grocery store, plan your meals for the week and make a list of the foods you need. Include meals such as stews and casseroles that stretch your food dollars, and double the recipe for a second meal.

2. Review grocery store ads and clip coupons from the local newspaper or online.

3. Read the food label and compare brands and sizes to find the less costly food item.

4. Buy in bulk. Before you shop, make sure you have enough room to store the food.

5. Buy in season. Visit your local farmers market where prices tend to be lower because you buy direct from the farmer.

6. Buy frozen or canned vegetables with no salt added and canned fruit packed in juice – they are just as good for you as fresh produce and will not go bad.

7. Stay away from prepared foods. They will cost you more than the food you can make on your own. Some healthy and low-cost items available all year include dried beans and peas,   vegetables such as carrots, greens and potatoes, and fruits such as apples and bananas.

8. Healthy snack ideas include air-popped popcorn or 1 cup of vegetables served with some salsa or a little low-fat salad dressing.

An example of a healthy low-cost recipe that the whole family can enjoy is on page 2 of this newsletter

Five Fast Facts about Diabetes

1. 29.1 million Americans have diabetes.
2. Hearing loss is almost twice as common in adults with diabetes as adults without diabetes.
3. Approximately 6 million Americans use insulin.
4. Diabetes is the leading cause of kidney disease.
5. As many as 1 in 3 Americans will have diabetes by 2050 if present trends continue.

Source: www.diabetes.org

Lake Cumberland District Health Department

LCDHD
Lake Cumberland District Health Department
A Healthy Today for a Brighter Tomorrow

Lake Cumberland District Health Department

Find us on Facebook and Twitter

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We are here to help!

www.lcdhd.org

Do Know Your ABCs??

Below are the goals for A1c, blood pressure and cholesterol.

A : A1c $\leq$ 7%

B : Blood Pressure $\leq$ 140/90

C : Cholesterol

Total Cholesterol <200

LDL < 100

HDL >50 for Women

>40 for Men

Triglycerides <150

Don't forget your yearly exams too!

- Comprehensive Foot Exam
- Dilated Eye Exam
- Kidney Tests
- Dental Exam
- A1c & Cholesterol

Beef & Bean Chili

2 pounds lean beef stew meat, trimmed and cut into 1 inch cubes
3 tablespoons vegetable oil
2 cups water
2 teaspoons garlic, minced
1 large onion, finely chopped
1 tablespoon flour
2 teaspoons chili powder
1 green pepper, chopped
2 pounds (or 3 cups) tomatoes, chopped
1 tablespoon oregano
1 teaspoon cumin
2 cans kidney beans

Brown meat in large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender. Heat remaining vegetable oil in second skillet. Add garlic and onion, and cook over low heat until onion is softened. Add flour and cook for 2 minutes. Add garlic-onion-flour mixture to cooked meat. Then add remaining ingredients to meat mixture. Simmer for 30 minutes. Serve chili with a mixed green salad with tomatoes, cucumber, and peppers topped with reduced-fat or fat-free salad dressing. Enjoy!

Makes 9 servings

Nutrition Information Per 8 oz Serving :

Calories 284, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 76 mg, Sodium 162 mg, Total Fiber 4 g, Protein 33 g, Carbohydrates 16 g, Potassium 769 mg.