

SPRING
INTO GOOD
HEALTH
WITH OUR
DIABETES
CLASSES!

- Class flyers are mailed out to previous class participants three times a year
- Check out the community calendar on our website at www.lcdhd.org
- Like LCDHD on Facebook or follow us on Twitter

REMEMBER
YOUR ABCs...

A1c <7

Blood Pressure
<140/90

Cholesterol
Total <200
HDL > 40 (men)
>50 (women)
Triglycerides
<150
LDL <100

Diabetes Corner

VOLUME 4, ISSUE 1

NEWSLETTER DATE

Activity Counts for All Ages

Being active is not only good for you, it's important for the children and teens in your life as well! Our bodies benefit when we're active, especially if we have diabetes. Being active can help you feel better, reduce stress, keep your weight and blood sugar (blood glucose) levels in a healthy range, and increase your energy level. You sleep better, too.

As more and more youth become overweight and less active, type 2 diabetes – once only seen in adults over 40 – is now being found in teens. You can play a key role by helping the children and teens in your life lower their risk for type 2 diabetes, especially if the disease runs in your family. Children and teens can lower their risk for type 2 diabetes if they stay at a healthy weight by being more physically active and choosing to eat the right amounts of healthy foods.

There are many ways you can be more active with the

children and teens in your life.

Play music and share some of your own dance



steps. Take a walk together, or ride bikes. How about walking the dog, doing yard work, or planting a garden together? Why not go swimming at the local pool or plan a date to go bowling? These are fun activities that families of all ages can enjoy.

Is your child or grandchild involved in school or community sports, such as basketball, golf, soccer, or tennis? Try to attend as many of the games as you

can and show your support. Find out the game dates, and mark your calendar. Praise your teen for getting involved and the importance of staying active.

Learn more about events in your area. Are there any walks planned in your neighborhood? Perhaps there is a hike at a nearby park. You could also visit a local museum or zoo. These are great ways to be active as a family while having fun and meeting new people. Don't forget to dress for the weather and wear comfortable shoes. Pack a small cooler or backpack of healthy snacks such as fresh or dried fruit, sliced raw vegetables, and nonfat or low-fat yogurt. Also, pack a few bottles of water instead of soda or juice.



MYTH
People with diabetes are more likely to get colds and other illnesses.



FACT
You are no more likely to get sick, but an illness can make your diabetes more difficult to control.

**Lake Cumberland District Health
 Department**
 1-800-928-4416

We are here to help!



Snacks

Planning meals is important for managing diabetes, but what about snacks?

When it comes to snacking, people often think of foods that are high in sugar or added fats but you have lots of other options.

Snacks can help curb hunger while adding a nutritious energy boost to your day. But that means choosing foods wisely.

It's a great opportunity to fit in another serving of whole grains, fruits or vegetables! These foods are healthier than salty snacks and sweets. They will also fill you up and give you the energy you need.

Regardless of how many snacks your meal plan includes, portion sizes are the key to controlling your blood glucose and avoiding weight gain. So, resist those trips to the vending machine – plan ahead and pack a healthy snack!

From www.diabetes.org



Quick & Easy Omelet

Omelet

- Nonstick cooking spray
- 2 cups refrigerated or frozen egg product, thawed, or 8 eggs
- 2 tablespoons snipped fresh chives, Italian (flat-leaf) parsley, or chervil
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1/2 cup shredded reduced-fat sharp cheddar cheese (2 ounces)
- 2 cups fresh baby spinach leaves or torn fresh spinach

Directions

1. Coat an 10-inch nonstick skillet with flared sides with cooking spray. Heat skillet over medium heat.
2. In a large bowl combine the eggs, chives, salt, and cayenne pepper. Use rotary beater or wire

whisk to beat until frothy. Pour into prepared skillet. Immediately begin stirring the eggs gently but continuously with a wooden or plastic spatula until mixture resembles small pieces of cooked egg surrounded by liquid egg. Stop stirring. Cook for 30 to 60 seconds more or until egg is set but shiny.

3. When egg is set but still shiny, sprinkle with cheese. Top with 1 cup of the spinach and 1/4 cup of the Red Pepper Relish. With a spatula, lift and fold one side of omelet partially over filling. Arrange remaining spinach on warm platter. Transfer omelet to platter. Top with relish.



Red Pepper Relish

- 2/3 cup chopped red sweet pepper
 - 2 tablespoons finely chopped green onion or onion
 - 1 tablespoon cider vinegar
 - 1/4 teaspoon black pepper
1. In a small bowl combine pepper, green onion, vinegar, and black pepper.

Nutrition Facts

Servings Per Recipe: 4
 PER SERVING: 122 cal., 3 g total fat (2 g sat. fat), 10 mg chol., 404 mg sodium, 7 g carb. (3 g fiber), 16 g protein

From diabeticlivingonline.com