

# Diabetes Corner Gazette

Patient Education

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## Signs of Success (Ways To Help You Stay in Good Control)

Improving your diabetes management and overall health can seem like an overwhelming task. Knowing and recognizing small signs of success can be reassuring.

### Fun With Food

Did you know the average adult gains 1-3 pounds a year? Did you know that by cutting your calories by 100 calories a day you can prevent that weight gain?

#### Tips for cutting 100 calories a day:

- ◆ Skip your chips at lunch and have raw veggies instead.
- ◆ Eliminate 2 cookies a day
- ◆ At McDonald's, have the Egg McMuffin with Canadian bacon and coffee instead of a sausage biscuit sandwich with juice.
- ◆ Crave something sweet at the end of a meal? Try sugar-free Jell-O with whipped topping, half an orange, or a sugar free fudgesicle.
- ◆ Order hot tea or plain coffee with cream for your morning caffeine treat instead of a latte or cappuccino coffee.



#### Weight loss can be measured by weight checks on a weekly basis.

- ◆ Don't weigh more often than once a week, and monthly is better. You want to follow your healthy lifestyle practices no matter what the scale says.
- ◆ Sample calorie substitutions: low fat/low sugar yogurt plus fruit, oatmeal with nuts and raisins for breakfast instead of a pastry or bagel, or a bedtime snack alternative such as veggies and low fat dip, or sugar free hot chocolate and half a graham cracker.

#### Another Measure of healthy diet success:

- ◆ Compare old grocery bills that include sodas, juices and chips with current grocery bills where you have eliminated the "junk" from your pantry. The saved money can become "fun money".

### Use It Or Lose It

Fitness Feedback is important. Set a goal and then track your success.

Increase your activity:

- ⚙ Park at the farthest end of the parking lot when you shop.
- ⚙ Always take the stairs instead of elevators.
- ⚙ Walk the dog twice a day.
- ⚙ Walk around your office building instead of taking a coffee break.
- ⚙ Volunteer to deliver interoffice mail, pick up faxes for your fellow workers and walk to the office printer for each printout.
- ⚙ Walk to the bus stop instead of driving your kids there in the morning and afternoon. The exercise will be good for you and the kids, and provides "down time" before and after school.
- ⚙ Add strength training to your fitness program at least one day a week to start.
- ⚙ Blood glucose records should improve as your exercise program increases in time and intensity.
- ⚙ Use your blood glucose logbook for recording the type of activities and the amount of time or steps on a daily and weekly basis.



CLINIC CONTACT

# The Medicine Chest:



Herbs, supplements and medication are important tools in managing blood pressure, blood sugars, and even emotional problems such as depression. Never substitute pills for the healthy practices that add to and enhance their effects.

Here are some supplement/herbal beware:

📌 Weight loss requires reduction of calories eaten and increase of calories burned. There is no oral pill that replaces the need to eat less and move more. Some can reduce appetite or minimize insulin resistance, but often require monitoring by your physician because of possible life threatening side effects.

📌 Vitamins and supplements can be helpful for some deficiencies common among people with diabetes, but should never replace good nutrition. Talk to your primary care provider about any supplements or remedies you are thinking of taking.

📌 Tea (black or green; caffeinated or de-caffeinated) has been shown to have benefits for heart health and may strengthen the enamel on your teeth.

📌 A variety of colorful fruits and vegetables are your best nutrition source for antioxidants, fiber, beta-carotene, vitamin c and e.

📌 Water is one of the best remedies of all. Did you know thirst could masquerade as hunger? The next time you want a snack, drink a glass of water first.

# Taking Your Emotional Temperature

When setting health and fitness goals, start small and keep track of every step towards success.

- ☺ Catch yourself being “good”. If you went walking only one day last week, praise yourself and figure out what made it possible to go walking that day.
- ☑ Set a goal of no weight gain for the next month, and then approach weight loss.
- ☺ Decide on a small reward for that first small change.
  - ❖ Example: Stop regular soda, and reward yourself with a six-pack of Diet Vanilla Coke!
- 👉 There is no failing. Remember, every day is a clean slate when it comes to self- improvement.
- ✂ Make your challenge fun. Use colored pens to record blood sugar readings or find a friend with whom to check out an exercise class.
- 👉 Always give yourself credit for what you did “right”.

## What's New?

America on the Move: a national initiative to get Americans moving and to lose weight has a web site with good tips and information about the “Steps” program. Check out the web site at: [www.americaonthemove.org](http://www.americaonthemove.org).

Atkins and the South Beach Diet for weight loss: The take home message is that limited carbohydrate intake is crucial to manage diabetes. Meal plans that advocate zero or minimal carbs and an increase in protein can be dangerous for people at risk for kidney disease. If you are interested in these programs ask your dietitian or primary care provider to recommend the safest and most reasonable option for you.

Although the target for good blood pressure control is less than 130/80, a blood pressure of 120/80 or less is best. A loss of just 5-10 pounds can make a big difference in blood pressure numbers.

*This newsletter was written by Sue Perry, PhD, CDE, in collaboration with the New Mexico Department of Health, Diabetes Prevention and Control Program, 2004.*

