

# Diabetes

## Life Lines



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To get this newsletter by mail, contact your local U of I Extension office.

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## Kicking the Smoke Habit

If you smoke and are trying to quit, you may be worried about gaining weight. The average person who quits smoking gains about 7 pounds.

You can minimize weight gain by increasing physical activity and trying to stay with your meal plan. Talk to a dietitian about including some “rewards” for yourself as you work on quitting smoking.

### Tips for staying on your meal plan

- Drink lots of water.
- Watch your portion sizes.
- Avoid unplanned snacking.
- Don't reach for food when you used to reach for a cigarette.
- Reward yourself with non-food bonuses or treats.

Exercise can be an important part of quitting smoking. Exercise can distract you from your cravings, it can help you relax, and it can help to prevent weight gain after you quit.

Quitting smoking can be very stressful, and when you have diabetes, that stress can alter blood glucose levels. A great way to relax when you are stressed is by moving through a wide range of exercise or body motions. You can loosen up by stretching, circling, and shaking. Add music to make it more fun.

Make sure you get your body moving every day. Here are some small changes you can make to become more physically active:

- Take a walking break at work.
- Lift weights while watching TV.
- Make a family walking date.
- Do some household chores.
- Take the bike instead of the car.

Be sure to talk to your doctor before starting an exercise program.

# In the Kitchen

\*Visit [www.urbanext.uiuc.edu/diabetesrecipes](http://www.urbanext.uiuc.edu/diabetesrecipes) for recipes in menu.

<b>BREAKFAST</b>	<b>Amount/Portion</b>
Strawberry smoothie*	6 ounces
Whole wheat toast	2 slices
Whipped margarine	2 teaspoons
Egg	1

*Breakfast Total:* 451 kcal, 63 gm carbohydrate, 4 carb units

<b>LUNCH</b>	<b>Amount/Portion</b>
Caribbean salsa salad*	2 servings
Baked tortilla chips	18
Cantaloupe	1/4 melon
Non-fat milk	1 cup

*Lunch Total:* 532 kcal, 91 gm carbohydrate, 6 carb units

<b>DINNER</b>	<b>Amount/Portion</b>
Healthier Swiss steak*	1 serving, 3 ounces
Two potato bake*	1 serving
Green salad with calorie-free dressing	1 cup salad
Skim milk	1 cup
Graham cracker date pudding*	1 serving

*Dinner Total:* 620 kcal, 85 gm carbohydrate, 6 carb units

**Total for the Day:** 1603 kcal, 239 gm carbohydrates, 16 carb units  
*Meals may include a calorie-free beverage (diet soda, tea, coffee, etc.).*

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The Green Thumb  
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# Recipe Corner

## Caribbean Salsa Salad

*Makes 10 1-cup servings*

2 cups cooked brown rice	1 tablespoon chopped fresh cilantro
1 cup frozen corn, thawed	1 15-ounce can black beans, rinsed & drained
2 cups chopped tomatoes	1 cup salsa
1 cup chopped bell pepper	4 ounces cubed, low-fat Monterey Jack cheese
2 chopped green onions	

### *Directions*

1. Combine all ingredients in a large bowl except salsa and cheese.
2. Gently stir in salsa and cheese.
3. Serve at room temperature immediately or chill.

*Total preparation and cooking time: 30 minutes*

*Per serving:* 134 calories; 6 grams protein; 10 grams cholesterol; 25 grams fiber; 4 grams fat; 27% calories from fat; 21 grams carbohydrate; 295 mg. sodium

## Strawberry Smoothies

*Makes 4 6-ounce servings*

8 ounces plain non-fat yogurt	3 cups sliced strawberries
1/4 cup fat-free milk	1 cup ice cubes
Sugar substitute to equal 1 tsp. of sugar	

### *Directions*

1. Combine yogurt, milk, sweetener and half the strawberries in blender container; blend for 1 minute.
2. Add remaining strawberries and blend until smooth.
3. Add ice cubes one at a time, blending until slushy.

*Total preparation and cooking time: 10 minutes*

*Per serving:* 77 calories; 4 grams protein; 1 gram cholesterol; 3 grams fiber; 1 gram fat; 7% calories from fat; 15 grams carbohydrate; 50 mg. sodium

# The Medical Perspective on Smoking

We all know that smoking is bad for your health. Most of the bad effects are related to the lung and heart. Diabetes increases the risk of heart disease. For those that have diabetes, this risk may be increased.

Smoking affects the smaller blood vessels. So does diabetes. Together, they can make vision problems worse, raise your risk of gum disease, increase damage to your nerves, and lead to serious foot and leg problems like infections, ulcers, and poor blood flow.

People have a hard time quitting for many reasons. Tobacco is highly addictive, and it is a

big part of everyday life for smokers. Before you quit, study your own smoking habits.

Here are some tips to help you quit:

- Get ready.
- Get support.
- Talk to your doctor about counseling and medications to help you quit.
- Learn new skills and try to adopt new behaviors.

There are many benefits to quitting smoking. You'll save money and feel better.

If you have high blood pressure, quitting smoking should help control your blood pressure. If you have high blood cholesterol levels, quitting smoking can help this as well.

Stopping the smoking habit is hard. Going "cold turkey" works for some people. For others, cutting back over several weeks is a better strategy.

Additional help is available through the Illinois Tobacco Quitline. Call 1-866-QUIT-YES for help.



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## Inside . . .

Kicking the Smoke Habit

In the Kitchen

The Medical Perspective  
On Smoking

Recipe Corner