

Diabetes

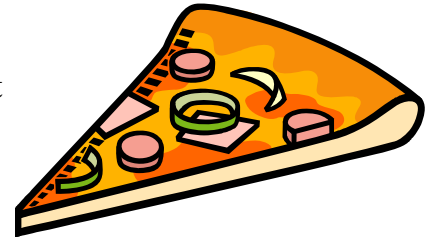
Life Lines



October–November 2008

Yes, You Can Have Pizza!

Pizza is a favorite food for teens, for those wanting a quick Friday night meal, and for those going out to celebrate or socialize. If you have diabetes, can you still eat pizza?



Yes. All foods can fit into the meal plan for those with diabetes. Pizza tends to be higher in calories than some other foods so plan before you eat. Keep these things in mind:

- Thin crust has fewer carbohydrates and calories than most thick-crust pizzas.
- Vegetable toppings have fewer calories than meat toppings, although olives are the exception and add quite a bit of fat and calories.
- Extra cheese adds calories and fat that you should probably avoid.

Some people have higher than expected blood glucose levels after eating pizza even if the portions have been carefully planned. Check your blood glucose about two to three hours after eating the pizza meal and keep a record. If a pattern is there, you may need to talk to your doctor and dietitian about increasing your medication to cover foods that cause you to spike higher blood glucose levels after eating.

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

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From Field to Table

Includes 42 wild game recipes
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Sample a few of the recipes at our website:
<http://web.extension.uiuc.edu/regions/SIfamily>

In the Kitchen

*Visit www.urbanext.uiuc.edu/diabetesrecipes for recipes in menu.

BREAKFAST	Amount/Portion
Bran flakes	1 cup
Skim milk	½ cup
Whole wheat toast with peanut butter	1 slice, 1 tablespoon
Cantaloupe	⅛ medium

Breakfast Total: 442 kcal, 76 gm carbohydrate, 5 carb units

LUNCH	Amount/Portion
Tuna salad sandwich	½ sandwich
Cream of asparagus soup, prepared with milk Unsalted crackers	1 cup soup, 4 crackers
Low-fat potato crisps*	1 serving
Pink/red grapefruit	1 grapefruit

Lunch Total: 591 kcal, 80 gm carbohydrate, 5 carb units

DINNER	Amount/Portion
Vegetables and Hamburger Skillet (recipe in this issue)	1 serving
Penne pasta	1 cup
Lettuce salad with tomatoes, carrots, with fat-free Italian dressing	1¼ cup salad, 2 tbsp. dressing
Breadstick	1
Pineapple tidbits	½ cup

Dinner Total: 766 kcal, 112 gm carbohydrate, 7.5 carb units

Total for the Day

1800 kcal, 268 gm carbohydrates, 18 carb units

Meals may include a calorie-free beverage (diet soda, tea, coffee, etc.).

Medication Update



There is a new type of medication for type 2 diabetes. It is a DPP-4 inhibitor called sitagliptin or Januvia. The drug works to enhance insulin production. That means you have to have some functioning of the pancreas and insulin production of your own for the drug to help regulate your blood glucose.

Januvia can be given with other diabetes medication such as metformin. It works in a different way than metformin, so together, better blood glucose management may be achieved. Weight gain may occur when Januvia is used alone, but doesn't seem to occur when it is used with metformin.

Januvia can be used with other oral medications for diabetes as well. It seems to help achieve a little better blood glucose management than one medication alone. Of course, there can be side effects with Januvia, and it isn't for everyone.

Be sure to carefully review your medications and their possible side effects with your doctor and pharmacist at least once a year.

Recipe Corner

Vegetables Hamburger Skillet

Makes 5 1-cup servings

1 pound lean ground beef	3 cups tomatoes, diced
1 cup chopped onion	1 cup frozen corn
2 cups chopped green peppers	1 tablespoon minced garlic

Directions

1. Brown beef and onion in large skillet. Drain.
2. Add vegetables and garlic. Simmer 20 minutes.

Total preparation and cooking time: 35–45 minutes

Per serving: 292 calories; 20 grams protein; 63 grams cholesterol; 3 grams fiber; 16 grams fat; 50% calories from fat; 18 grams carbohydrate; 73 mg. sodium

Lower Calorie Cheesecake

Makes 16 servings

nonstick cooking spray	¼ cup fat free milk
1¼ cups low fat graham cracker crumbs	2 tablespoons flour
3 tablespoons margarine	3 teaspoons vanilla
24 ounces fat free cream cheese, softened	3 eggs
1 cup Splenda®	

Directions

1. Spray a 9" springform pan lightly with cooking spray. Preheat oven to 350°.
2. Melt margarine. In bowl, combine crumbs and margarine. Press into bottom of springform pan. Bake until lightly browned, about 7 minutes.
3. Reduce oven heat to 325°. Beat cream cheese until creamy. Gradually beat in Splenda®; then milk; then flour and vanilla. Add eggs one at a time, beating after each.
4. Pour into crust, bake until set, 50–60 minutes.
5. Refrigerate until well chilled.

Total preparation and cooking time: 70–85 minutes

Per serving: 111 calories; 8 grams protein; 47 gram cholesterol; 0 grams fiber; 3 grams fat; 26% calories from fat; 10 grams carbohydrate; 364 mg. sodium

Make Your Own Pill Card

Taking your medication every day at the right time can be a challenge. Once you get off your schedule, it is hard to remember to take your pills.

Often, it is hard to remember all the pills you take because they have difficult-to-pronounce names. Your doctor should have a record of all of your medications, but sometimes you need to see a new doctor, or you have to visit an emergency room.

For many reasons, the new Pill Card is a great idea. The guide was developed to help people remember what to take and when to take it, and to provide a handy reference for both patients and doctors.

To make your own Pill Card, go to the Agency for Healthcare Research and Quality webpage, www.ahrq.gov/qual/pillcard/pillcard.htm

The page will instruct you how to create a Pill Card. The site also provides common pill shapes to include on your pill card in case the names are really difficult. You can add a shape and a color.

Another feature is adding an image for what the medication does, a heart for your heart medication, for instance, or a blood pressure cuff for your blood pressure medication.



It is important that everyone understands what they are taking and why—and this helps us all remember.

How to Create a Pill Card.
AHRQ Publication No. 08-M016,
February 2008. Agency for Healthcare
Research and Quality, Rockville, MD.
www.ahrq.gov/qual/pillcard/pillcard.htm



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