

# Diabetes

## Life Lines



April-May 2009

## Proper Eye Care Especially Vital When You Have Diabetes

Good eye care is important for people with diabetes. Diabetes is the most common cause of blindness for adults 20 to 74 years old.

To help prevent this from happening, it is important that you monitor your

- Blood glucose
- Blood pressure
- Cholesterol

If your blood glucose, blood pressure, and blood cholesterol are all within your target range—GREAT! If not, talk to your health care provider to find a plan to help you achieve your targets.

The Diabetes Control and Complications Trial showed that controlling these three things may reduce the risk of eye damage. The National Eye Institute also showed that you may reduce the risk of blindness by 95 percent if problems are caught early with yearly visits to your eye doctor (optometrist, ophthalmologist).

The American Diabetes Association suggests that if you have Type 1 diabetes, you should have an eye exam within three to five years of diabetes diagnosis. However, if you have Type 2 diabetes, you should get an eye exam immediately upon diagnosis.

Visit these websites for more information:

The National Eye Institute  
[www.nei.nih.gov/health/diabetic/retinopathy.asp](http://www.nei.nih.gov/health/diabetic/retinopathy.asp)

The Centers for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

The American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)



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

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# In the Kitchen

\* See page 3 for recipes.

BREAKFAST	COUNT
1 serving of Banana Split Oatmeal *	2 starches
1 boiled egg	1 meat
<i>Breakfast Total: 215 calories, 30 grams carbohydrate</i>	

LUNCH	COUNT
2 ounces turkey breast	2 meats
2 slices whole wheat bread	2 starches
1 teaspoon mustard	free
1 cup cut raw vegetables	1 vegetable
1 peach	1 fruit
1 cup 1% milk	1 milk
<i>Lunch Total: 420 calories, 57 grams carbohydrate</i>	

DINNER	COUNT
3 ounces chicken breast	3 meats
1 medium baked potato	2 starches
3 tablespoons reduced-fat sour cream	1 fat
1/3 cup brown rice	1 starch
1/2 cup Seasoned Green Beans *	1 vegetable
1/2 cup cooked carrots	1 vegetable
1/2 cup sugar-free fruit cocktail	1 fruit
1 cup 1% milk	1 milk
<i>Dinner Total: 650 calories, 82 grams carbohydrate</i>	

EVENING SNACK	COUNT
3 cups "light" popcorn	1 starch
1 oz. low-fat cheese	1 meat
<i>Snack Total: 135 calories, 15 grams carbohydrate</i>	

## TOTAL FOR THE DAY

*1,420 calories, 184 grams carbohydrate*

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

## Spring is Here . . . Think Healthy Foods

Spring is here, and it's an ideal time to think about healthy foods. From March to May, great fruits and vegetables start to become more available:

- Asparagus
- Broccoli
- Greens
- Cabbage
- Cucumbers
- Herbs
- Lettuce
- Peas
- Radishes
- Rhubarb
- Strawberries

Fruits and vegetables have no fat and are low in calories, so they make a perfect snack choice.

Vegetables are a great choice since they are a free food, so add one to a meal each day. Fruits will raise your blood glucose just like any other carbohydrate, so be sure to eat the correct serving size.

## Websites Worth a Visit . . .

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.diabetes.org](http://www.diabetes.org)

[www.pickyournown.org/ILharvestcalendar.htm](http://www.pickyournown.org/ILharvestcalendar.htm)

# Recipe Corner

## **Banana Split Oatmeal**

*1 Serving*

1/3 cup dry oatmeal, quick-cooking	1/2 sliced banana
1/8 teaspoon salt	1/2 cup frozen yogurt, non-fat
3/4 cup very hot water	

### *Directions*

1. In a microwave-safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high for 1 minute. Stir. Microwave on high for another minute. Stir again.
3. Microwave an extra 30 to 60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

*Per serving:* 150 calories; 4 grams protein; 0 grams cholesterol; 4 grams fiber;  
1 gram fat; 10 calories from fat; 30 grams carbohydrate; 290 mg. sodium

## **Seasoned Green Beans**

*4 servings*

1 cup non-fat broth  
1 (10-ounce) package frozen green beans or 2 cups fresh green beans  
1 small onion, chopped  
1/2 teaspoon commercial herb mixture  
Juice of one lemon or 1 tablespoon lemon juice  
Black pepper to taste

### *Directions*

1. Heat broth to boiling.
2. Add beans, onion, and seasoning mix.
3. Turn heat down. Cook 15 to 20 minutes.
4. Before serving, sprinkle with lemon juice and pepper.

*Per serving:* 36 calories; 1 gram protein; 0 mg cholesterol; 2 grams fiber; 0 grams fat;  
0 calories from fat; 7 grams carbohydrate; 10 mg. sodium

# Getting the Exercise You Need

The 2008 Physical Activity Guidelines encourage adults to get at least 2½ hours of physical activity each week.

This activity could include walking, bicycling, dancing, running, using resistance bands, and trying weights. When you try new activities, it's important to start slowly and increase time and exertion as you become comfortable. You should also talk to your doctor to see what is best for you.

You can even exercise when you are in the office or watching TV at night. Bob, from *TV's Biggest Loser*, has several ideas for exercising during the day.

**Push Ups . . .** Lean forward against a desk or a firm table at an angle and keep your hands spread more than shoulder-width apart on the desk. Do push-ups into the desk. Try to do 30 each day.

**Bicep Curls . . .** Standing straight, hold a dumbbell (if no dumbbells are available, use a small can of soup) in each hand by your side and curl. Do 25 curls each day.

**Overhead Stretches . . .** Stand up and reach up above your head, hold your wrists together, and stretch to one side and then stretch to the other side.

For more ideas go to <http://health.gov/PAGuidelines/>



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## Inside . . .

Proper Eye Care Vital

In the Kitchen

Think Healthy Foods

Recipe Corner

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You Need