

Diabetes

Life Lines



February–March 2009

High, Low Blood Glucose Can Be Cause for an ER Visit

When should you go to the emergency room if you have diabetes? First of all, remember that you need some kind of identification like a diabetes bracelet or pin. That way, the emergency room personnel will know you have diabetes even if you can't tell them.

Both high and low blood glucose may be a reason to visit the emergency room. It really depends on how high or low your blood glucose is, and how you feel.

If you have checked your blood glucose and it is 240 mg/dl or higher, you should check your urine for ketones. When blood glucose becomes this high, ketones can build up. They can change the pH or acidity of your blood and have a bad effect on you. Extreme cases of high blood glucose with ketones can result in coma or death. The worst part is you can't feel your blood glucose rising. These are symptoms of high blood glucose:

- Increased thirst
- Increased urination
- Deep and/or rapid breathing
- Nausea and vomiting
- Fruity smelling breath from the ketones

Having your blood glucose fall too low can also be a reason to go to the emergency room. Technically, blood glucose below 60 mg/dl is low blood glucose (hypoglycemia). However, this can vary from person to person. Symptoms of hypoglycemia include these:

- Headache
- Dizziness or blurred vision
- Lack of coordination
- Shakiness or trembling

A glucose tablet, orange juice, or hard candy may help alleviate symptoms. If one of these doesn't help or the person can't swallow, an emergency room visit is needed.

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

Written by
Karen Chapman Novakofski
Associate Professor of Nutrition

www.extension.uiuc.edu



UNIVERSITY OF ILLINOIS
EXTENSION

In the Kitchen

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

BREAKFAST	Amount/Portion
Scrambled eggbeaters	1/2 cup
Bran muffin, low-fat	1
Apple juice	6 ounces

Breakfast Total: 462 kcal, 77 gm carbohydrate, 5 carb units

LUNCH	Amount/Portion
Crustless Spinach Quiche*	1 serving
Whole wheat toast with whipped margarine	2 slices, 2 teaspoons
Lettuce salad with fat-free French dressing	1½ cups salad, 2 tablespoons dressing
Peaches in juice	1 cup
Skim milk	1 cup

Lunch Total: 575 kcal, 78 gm carbohydrate, 5 carb units

DINNER	Amount/Portion
Tuna rice pie*	1 serving
Seasoned green beans*	1 cup (lots of beans!)
Breadsticks	2
Whipped margarine	1 tablespoon
Applesauce molasses cake	1 serving

Dinner Total: 595 kcal, 79 gm carbohydrate, 5 carb units

Total for the Day

1632 kcal, 234 gm carbohydrates, 15 carb units

Meals may also include a calorie-free beverage

(diet soda, tea, coffee, etc.).

Medication Update

Should you take a vitamin D supplement?



The general recommendation is to get your vitamins from food whenever possible. The reason is that it is too easy to “over-do” on supplements. Upper limits for vitamins have been set at levels that researchers have found might be bad for health. It is harder to reach those levels with food than with supplements because food generally has less vitamin D than a supplement.

The second reason for getting vitamins from food rather than a supplement is that food contains many other nutrients we need to be healthy.

That being said, some people may benefit from a vitamin D supplement. Older adults do not make as much vitamin D from sunlight because of changes in their skin. Those with darker skin tones also may not be getting enough vitamin D. A blood test to determine your vitamin D status is available. Talk to your doctor or dietitian if you have concerns or questions.

Recipe Corner

Baked Steak Fries

Makes 6 servings, 4 fries each

3 medium-large potatoes	1 teaspoon garlic powder
2 teaspoons chili powder	1/2 teaspoon salt
2 teaspoons onion powder	non-stick cooking spray

Directions

1. Pre-heat oven to 425°F.
2. Wash and slice each potato into 8 wedges. Spray wedges with non-stick spray.
3. Combine remaining ingredients in a plastic bag.
4. Add wedges and gently shake to coat.
5. Bake for 30 minutes.

Total preparation and cooking time: 35–45 minutes

Per serving: 112 calories; 3 grams protein; 0 grams cholesterol; 3 grams fiber; 0 grams fat; 0% calories from fat; 25 grams carbohydrate; 210 mg. sodium

Applesauce Molasses Cake

Makes 16 servings

36 ounces unsweetened applesauce	1/4 teaspoon salt
1 cup dried apple slices	1/3 cup shortening
2¾ cup flour + 2 tablespoons	¾ cup Splenda [®]
2 teaspoons cinnamon	1/3 cup molasses
1/4 teaspoon nutmeg	2 eggs
1/4 teaspoon allspice	6 ounces lowfat buttermilk
1 teaspoon baking soda	non-stick cooking spray

Directions

1. Spray three 9-inch cake pans with cooking spray and dust with 2 tablespoons flour. Preheat oven to 350°.
2. Combine applesauce and apple slices in saucepan. Bring to boil and simmer about 20 minutes until thick. Set aside to cool.
3. Combine flour, spices, baking soda, and salt. In another bowl, blend shortening, Splenda[®], molasses, and eggs. Combine dry and wet ingredients, alternating with buttermilk.
4. Turn into pans, patting batter out towards pan edges. Bake 20 minutes. Cool.
5. Use applesauce mixture as frosting between each layer and on top. Can be served with fat-free whipped topping (adds 15 calories per 2 tablespoons). Refrigerate cake to store.

Total preparation and cooking time: 45 minutes

Per serving: 201 calories; 4 grams protein; 27 gram cholesterol; 2 grams fiber; 5 grams fat; 20% calories from fat; 36 grams carbohydrate; 60 mg. sodium

Vitamin D Getting Lots of Attention



Vitamin D is in the news quite a bit these days. Until recently, vitamin D was only known for bone health and preventing osteoporosis. Today, research is linking vitamin D to many diseases, including diabetes and heart disease.

This research may have us wondering how much vitamin D we need. Here are the current recommendations: adults 19 to 50 years old need 2 to 3 cups of vitamin D fortified milk (or other dairy equivalents); adults 51 to 70 need 4 cups; and those over 70 need 6 cups. That is a lot of milk! Researchers say even this much may not be enough to help prevent chronic diseases.

Fortified milk is not the only source of vitamin D. Some juice, yogurt, cereal, breakfast bars, and margarine are now fortified with vitamin D as well. Read the label to be sure. Natural sources of vitamin D include salmon, tuna, and mackerel, with less in beef liver and egg yolks. Some mushrooms even have vitamin D. Skin exposed to sunlight can make vitamin D, but this doesn't happen to a great extent in northern climates where skin is usually covered or when sunscreen is used.



Inside . . .

High, Low Blood Glucose
Can be Cause for ER

In the Kitchen

Medication Update

Recipe Corner

Vitamin D Gets Attention