

Diabetes News



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The holidays are fast approaching - such a wonderful time of year! Along with the fun and family gatherings come the challenges of good self-care and diabetes management. Managing your diabetes may not be easy (especially during the holidays), but it is worth it. The day-to-day activities needed to manage diabetes can be hard. But if you keep your blood glucose as close to normal as is safe for you - what is called your target range - you can reduce your chance of serious health problems. It is worth the effort. Ask your health care team for a referral for diabetes education and see your health care team for regular diabetes check-ups. Included in this newsletter are tips for negotiating the holidays and staying healthy in mind, body, and spirit! This diabetes health care team wishes you happy holidays filled with much joy and many memorable moments.

Warmly, Julie Panontin RN, BSN, CDE; Program Director, Diabetes Center at Sequoia Hospital



Seven Tips for Eating Right During the Holidays and Beyond

By Karen Tyrrell M.A. MFT-I, Sequoia Hospital

Enjoying the holidays and feeling in control with holiday treats and choices can be a challenge—'tis the season, eat drink and be merry ...' Parties abound, everyone's baking, work desks seems to have sprouted chocolate boxes or candy jars overnight. It's wonderful—unless you are trying to lose weight or gain control of emotional eating and overeating.

Here are seven tips to help you stay in the drivers seat and create new, more effective habits now and throughout the year.

1. **Sleep** — The hormones that control your appetite get out of whack when you haven't had enough sleep. Make it a priority. Exhaustion can make you feel hungrier, and impair your judgment. Aim for around 8 hours of good sleep a night.
2. **Start with a Plan** —Without a plan that includes portion sizes you'll eat more and

have less impulse control. Make sure that you have healthy and filling options around. Determine and commit in writing *before* you begin your day or at least mentally before you walk into your office, a party or your family holiday celebration. Plan now how you are going to spend your calories- not on mindless grazing but on the things you really like.

3. **Stop** — Push the Pause Button. When you are in overdrive you are not in control. You are *reacting* to the mental or emotional (happy, sad, mad, stressed, lonely, tired, bored etc.), stressors and demands you feel—probably in an “automatic pilot” kind of way (like mindlessly reaching for a snack you aren't really hungry for).

I often use the story 'if you were driving and you accidentally went through a red light in the

morning, you would not say “Darn it, well I may as well go through every red light I see today and begin again tomorrow.” Sounds crazy, right! That is however exactly what we do when we are on a diet or food plan and we ‘mess up.”

4. **Say it: “I forgive myself.”** —You have a Plan. You overindulge (we all do!) Stop! (Progress not perfection) **Forgive** yourself; skip the regret, guilt or self-blame which tends to lead to emotional overeating or all-or-nothing eating. Forgiving yourself frees you up emotionally and Stopping allows you to regain control and make a *deliberate choice* about your behavior. Then start over—**not tomorrow, but today, right now.** Learning from your mistakes and focusing on the positive will go along way in ensuring your continued weight loss success.

5. **Support**— Find a co-worker, family member, friend, therapist or support group (A few examples: Sequoia’s Weight Maintenance Group, Weight Watchers, Overeaters Anonymous, Yahoo groups, Sparkperople.com), to help you stay on track and if need be ‘talk you down or help you walk away’ when the food becomes too compelling.

Not all family or friends will want to ‘help’ choose wisely. Practice your assertive skills so you feel free to turn down certain foods or extra helpings without feeling guilty or becoming resentful.

6. **Socialize**— Find other ways to socialize, take care of yourself, or reward yourself that don’t involve food so that avoiding the cookie trays, food table or party platters isn’t all about deprivation. Plan ahead-what nonfood treat can you have instead of eating food you don’t want to over-indulge in?

7. **Set time aside to Exercise.** It helps relieve stress and anxiety, generates energy, helps combat some of those food choices and it makes you feel good about yourself.

The more you practice these skills, the easier and easier it gets- Cheers!



Sick Day Rules

By Julie Morimoto, RN, BSN, CDE

It’s that time of year again. Time for your annual flu vaccination. The American Diabetes Association recommends that adults with diabetes, including pregnant women, should get an annual flu shot. Adults with diabetes should also receive the pneumococcal vaccine.

If you do get sick, it can be harder to keep your blood sugar levels under control. You will likely not feel well enough to follow your meal plan or be active. What is important is that you test your blood sugar more often as illness can raise blood sugar levels quickly. Drink plenty of water and non-caffeine containing liquids to stay hydrated. Try to follow your meal plan. If you are unable to eat solid foods, try foods like soup, yogurt, regular juice/soda or sports drinks. Don’t stop taking your diabetes medication unless directed to by your physician. And, this is the time to get plenty of rest.

When to Call the Doctor

Call the doctor right away if:

- You can’t keep liquids down for more than 4 hour.
- You have vomiting or diarrhea for more than 6 hours.
- Your blood glucose stays over 300 or under 70.
- You have not eaten normally for more than 24 hours.
- You have a fever over 100.4° F (38°C).
- You have trouble breathing.
- You can’t stay awake or think clearly.



Plan Your Holiday Treats

By Marian Marcella, RD, CDE

Holiday time may be particularly challenging for those with diabetes or pre-diabetes. We encourage you to develop a new mindset. Even with diabetes, no holiday foods are forbidden *if* eaten in small amounts. So, if you want that fun size Milky Way, plan ahead by accounting for it (or any holiday treat) into your meal plan. Here are helpful nutrition values for holiday treats:

Candy Counts 			
Ever wonder how many carbs are in treats you pick up on Halloween? (You know, the ones without nutrition information on their wrappers?)			
Candy	Calories	Fat (g)	Carbs(g)
Snickers, fun size	80	4	10.5
Snickers, mini	43	1.6	4.4
3 Musketeers, fun size	63	2	11
3 Musketeers, mini	24	0.7	5
Skittles Original, (fun size mini)	60	0.5	14
Candy corn, 1 oz.	100	0	25.6
Milky Way, fun size	80	3	12
Milky Way, mini	38	1.6	6
Almond Joy, snack size	80	4.5	10
Hershey's Kiss, 3 pcs.	67	4	8.3
Kit Kat, mini	18	2	5.6
Peanut M&M's, fun size	90	5	10.5
M&M's, fun size	73	3.3	10.6
York Peppermint Patty, (mini)	50	1	11
Tootsie Roll	23	0	4.6
Charms Blow Pop	60	0	17
Jolly Rancher	23	0	5.6
Smarties roll	25	0	6
<i>Nutrition information is shown per piece of candy or per bag for appropriate items (such as M&M's).</i>			

It may help to keep healthy snacks available to satisfy the “munchies”. Try: low fat string cheese, small fresh fruit, cherry tomatoes, sugar/snap peas, small red or yellow peppers, light or Greek yogurt, hard boiled eggs, cottage cheese, or 100 Calorie packs of nuts. And, remember, drinking water is a great way to curb appetite, and it also contributes to beautiful skin!

Dessert Food Item	Calories	Fat (g)	Carbs(g)
Candy and Nuts			
1 small piece Godiva Chocolate	52	3	12
1 Lindt Truffle	75	6	5
½ oz pecans, walnuts, cashews, almonds (2T)	100	10	2
Cake, Cookies, pie			
2 small or 1 med chocolate chip cookies	130	6	16
1/8 piece cheesecake	375	22	38
1/8 pumpkin or custard pie	240	13	28
1/8 2 crust pie – fruit pie	290	13	46
Ice Cream and Yogurt			
½ cup regular ice cream	134	7	16
½ cup low fat frozen yogurt	120	1.5	23
½ cup nonfat, frozen sugar free yogurt	95	0	20
1 Dole Fruit Juice bar	45	0	11
1 Fudgesickle fudge bar	45	0.5	9

And, last but not least, you'll enjoy the holiday most when your focus is on friends, family, and celebration – instead of what you can or cannot eat.



November is Diabetes Awareness Month!

Check out our website for the 2011 class schedule and feature articles.

www.SequoiaHospital.org

...and consider one or more of our Workshops:

- Weight Loss & Diabetes - October 19
 - Grocery Tour - October 28
 - Meal Planning - December 15

Happy Holidays!

