

Diabetes Watch

Learn How to Count Your Carbs ! It's Easier Than You Think

When you have diabetes, what you eat, when you eat, and how much you eat are important choices you make every day. Carbohydrate counting (also known as carb counting) is a meal-planning tool that can help you to make better food choices. It is an easy way to keep track of the carbohydrate you eat at meals and snacks. Whether you eat at home or dine out, you can use carb counting to help you manage your glucose levels and your diabetes.

Glucose Control is a Balancing Act

Carbohydrate foods raise your blood glucose. Insulin and physical activity lower blood glucose. Why is this important to know? Because, to help keep your blood glucose from going too high or too low, you need to balance:

- The amount of carbohydrate you eat.
- The type and amount of physical activity you do.
- Any diabetes medicine you take.

Good blood glucose control keeps you healthy!

How do Carbohydrate, Insulin, and Physical Activity Work Together in the Body?

Carbohydrate—Food is made up of three main nutrients: carbohydrate, protein, and fat. These nutrients provide energy (or fuel) for your body. This booklet focuses on carbohydrate, but it is good to remember that protein and fat are also important parts of your diet.



When you have diabetes, eating too much carbohydrate can raise your blood glucose too high. Carb counting helps you track how much carbohydrate you eat and drink. This helps you control your blood glucose and manage your diabetes.

Insulin—Insulin is a hormone made by the pancreas, and it helps glucose enter the body's cells. In people without diabetes, the pancreas releases insulin into the blood as needed to keep blood glucose levels in balance. As the blood glucose level rises after food eaten, the amount of insulin released matches with the blood glucose level. In people with diabetes, however, the body does not make insulin or it does not use insulin effectively.

- **Type 1 diabetes** develops when the pancreas stops making insulin completely.
- **Type 2 diabetes** occurs when the pancreas cannot make enough insulin or the body becomes resistant to the insulin that is produced. Insulin resistance is often a result of being overweight or obese.

If your body does not have enough insulin, or if the insulin is not working properly, your blood glucose levels can rise too high. Having high blood glucose for long periods of time can cause problems with your eyes, kidneys, nerves or heart. For this reason, many people with diabetes need to take medicines to help control their blood glucose. These medicines may include pills and/or injections.

Different diabetes medicines work in different ways. Some lower your blood glucose. Others help your body use insulin better.

Source: MERCK American Diabetes Association
Eatright. American Dietetic Association

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Recipe of the Month

Go for the Gold

Fitness Tips for the Everyday Olympian

Cranberry Turkey Salad Recipe



Ingredients:

- 2 cups cooked turkey breast cubed
- 4 cups romaine lettuce, torn into small pieces
- 1 large red apple, cored & cut into small pieces
- 1 orange peeled and segmented (or use a small can of mandarin oranges)
- 1/4 cup dried cranberries
- 3 tablespoons walnuts, coarsely chopped
- 3 kiwifruit, peeled and sliced

Dressing ingredients:

- 1 cup jellied whole-berry cranberry sauce
- 1/4 cup frozen orange juice concentrate, thawed

Preparation:

1. In a medium bowl, combine turkey, apple pieces, cranberries, orange & walnuts.
2. In a small bowl, mix cranberry sauce and orange juice concentrate.
3. Arrange lettuce leaves among four plates.
4. Just before serving gently toss turkey mixture with dressing.
5. Garnish with kiwi slices. Makes 4 servings.

Source: www.webmed.com