

Diabetes Recipe Corner

Grilled Caribbean Chicken Breasts

Number of servings: 6
Serving Size: 3 to 4 oz.

Ingredients

¼ cup orange juice
2 ea garlic clove, minced
1 tsp orange peel
¼ tsp hot pepper sauce
1 Tbsp olive oil ½ tsp fresh oregano, minced
1 Tbsp lime juice
1½ lb boneless, skinless chicken breasts, halved
1 tsp ginger, minced

Instructions

In a blender, combine all ingredients except the chicken. Pour the marinade over the chicken breasts and marinate in the refrigerator for at least 2 hours or up to 48 hours.

Grill or broil the chicken for about 6 minutes per side until no trace of pink remains.



Exchanges per serving: 4 very lean meat

Nutrition Information:

Calories per serving: 154
Calories from fat: 41
Total Fat: 5 g
Saturated Fat: 1 g
Cholesterol: 69 mg
Sodium: 651 mg
Total Carbohydrate: 1g
Dietary Fiber: 0 g
Sugars: 1 g
Protein: 25 g

Source: American Diabetes Association
Recipe of the Day

Humana Military Healthcare Services
P.O. Box 740017
Louisville, KY 40201

Health Information Audio Library
Available 24 hours a day,
7 days a week at: 877-217-7946

Health and Wellness web site:
www.humana-military.com



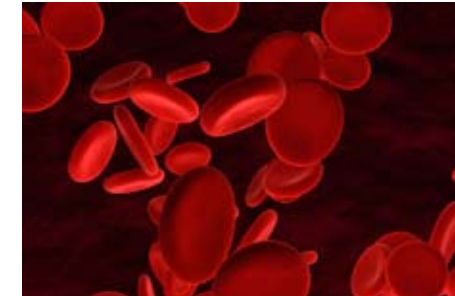
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Diabetes Disease Management Newsletter

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Measuring Control: Hemoglobin A1C



Many patients diagnosed with diabetes have been instructed by their doctors to check their blood sugars daily using a glucose meter. This test measures your blood sugar level at the exact time taken and is a necessary tool in checking blood sugar levels that can be affected by diet, medicines, illness and other things. In addition to the daily readings, though, there is a very important test called hemoglobin A1C. This test is done from a blood sample taken at your doctor's office every 3 to 6 months, depending upon any changes that have been made in your treatment plan. The American Diabetes Association recommends a goal of less than 7% on an A1C test.

Knowing that blood sugar levels can vary greatly during the day, the A1C can better measure the overall management of blood glucose levels over a longer period of time and can only be changed by several weeks of increased attention to your diet, exercise and medications. This does not mean that an A1C test should be the only measurement of diabetic management. Your doctor will still need to see daily logs from your blood glucose readings to determine what medications or treatments are important for managing your specific needs and when. Studies show that the closer to normal the A1C test is, the lower the risk of damage to small vessels in the eyes, kidneys, and nerve endings. Monitoring your daily readings along with your A1C results can help you and your doctor make changes toward better diabetic management.

Source: *Stepping Toward Control 2006*, Hospital Educators Resource Catalogue, Inc.
www.diabetes.org "Diabetes Forecast, December 2007"

Tips You Can Share with your Family and Friends

If you have diabetes you know staying healthy takes work, lots of work. Diabetes stays on your mind every day as you plan your meals and activities. A little help from your family and friends may be just the thing to make those Summer vacations, picnics and parties fun and easy.

Share your intentions with your loved ones and ask them to learn more about diabetes and how to help you stay in control. They can go to the American Diabetes Association (ADA) and get information or ask local hospital diabetic programs for suggestions. You can give them a jump start with a few simple suggestions tailored for you individual needs. Once they learn and understand what diabetes really is and how food and activities affect your blood sugar, they can help you by having better choices available.

Share your concerns and stressors. Tell them not to be afraid to ask you how you feel or what they can

do to help you when you are blue or down. Point out the things that make it hardest and easiest for you to control your blood sugar and what they can do to help you. When they ask what they can do for you, tell them. They can provide simple assistance such as running errands for you or keeping appropriate snacks available to help you make better choices. Talking about your feelings, sharing frustrations, hopes, concerns and fears, will help everyone avoid difficulty in your relationship with diabetes and loved ones.

Talking to each other and sharing ideas and intentions, will help you help your loved ones better understand your difficulties and work toward better control. Controlling your diabetes means you stay healthy longer and everybody wins!

<http://www.diabetes.org/all-about-diabetes/thriving-with-diabetes.jsp>



DIET AND MANAGING YOUR DIABETES – The Food Nutrition Label Tells All

Diet is a major component in the management of your diabetes. A well-managed diet can assist in keeping blood pressure, blood glucose levels and cholesterol within normal ranges. The ability to interpret the information provided on food nutrition labels is important in making healthy food choices.

There are three major sections on a food label:

1. Serving size and servings per container – The serving size on the food label is probably not the same as the serving size you normally eat. In the example above, there are two servings per container. If you would normally consume the entire container at once, you would need to double all of the numbers listed on the label.

2. Nutrient Content – The left side of the label contains the amounts of different nutrients per serving. Your physician may have asked you to monitor or restrict one or more of these nutrients. We'll review these nutrients in more detail below.

3. Percent Daily Value – The right side of the label and across the bottom contain the percent daily values. This is a general guide to help you connect your nutrient intake to your overall daily dietary totals. It can help you decide if a food is high or low in a nutrient. A general rule is 5% or less is low, 20% or more is high. It is typically based on a 2000 calorie diet.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Information In Detail

Calories — Monitoring your caloric intake is important if you are attempting to lose or maintain your weight. Losing weight is based on consuming fewer calories than your body burns. Often, your physician or nutritional counselor will provide you with a number of calories that you should attempt to limit yourself to on a daily basis.

Total Fat — Total fat is sub-divided into as many as 4 sub-categories. Saturated fats and trans-fats are not good for you. They often contribute to increased cholesterol and increased risk of heart disease. Mono and polyunsaturated fats are healthier. Replacing the bad fats with these healthier alternatives can help to lower your cholesterol.

Cholesterol — Your body makes some cholesterol. The remainder comes from the foods that you consume. Foods that come from animals are major sources of cholesterol.

Sodium — Sodium (from salt) is normally consumed in much larger quantities than is needed by the body. Although you can taste how salty some foods are, there is hidden salt in others such as canned foods, prepared dressings, and pre-packaged foods.

Total Carbohydrate — This category includes sugars, complex carbohydrates (starches) and fiber. Using the total carbohydrate number when planning meals can help prevent you from excluding nutritious foods such as fruits and milks or overeating foods such as cereals that have little sugar but lots of carbohydrates. Fiber comes from parts of plants that are not digested when we eat them. If the dietary fiber is over 5 grams in a serving, you can subtract it from the total carbohydrate number for a more accurate estimate of carbohydrates ingested. Limit your intake of foods with added sugars. These add calories but add no nutritional value.

Protein — This nutrient is found in meat, poultry, fish and dried beans to name a few sources. Most Americans get plenty of protein but not always from the healthiest of sources. It is important when selecting foods for their protein content that you choose foods that are lean, low-fat or fat free.

Food Chart—Making Better Choices

The chart below can help you make better food choices in each food group.

Type of food	Tips
Protein and meat: two to three daily servings of meat, eggs, cheese, fish, poultry, dry beans.	Skinless meat and fish is best. Avoid frying - bake, roast or broil.
Dairy: two to three daily servings.	Low or non-fat milk or yogurt. Yogurt may contain added sugar or sugar substitutes and contains natural sugar. It is best to limit your calories by choosing yogurt with sugar substitutes.
Fruits: two to four daily servings of fruits or fruit juices. Fruits are low in fat and add minerals, vitamins and fiber to your diet.	Whole fruits are best and preferable over juices because they add fiber. Fruits like oranges, grapefruits or tangerines are recommended. Read your labels and avoid juice with added sweeteners.
Grains: six daily servings of grains, beans and starchy vegetables.	Whole grains are best. Look for bread that is whole wheat or rye. Brown rice and beans are high in fiber. Low-fat bread like pita, English muffins and bagels are preferred.
Vegetables: three to four daily servings. Vegetables provide needed nutrients, are low in fat and contain fiber.	Choose fresh or frozen without added sauces, fat or salt. Vegetables considered dark green or deep yellow are preferable. Choose broccoli, romaine lettuce, carrots, spinach, peppers.
Sweets, alcohol and fats: avoid high fat, high sugar foods.	Sweets are high in sugar and fat and should be avoided. Consult your doctor about drinking alcohol. If you do drink it is best to drink with a meal. Solid fats, known as saturated fats like butter and cheese should be reduced.

Resource: http://www.diabetes.com/diabetes_and_diet.html

Final Thoughts On Making Good Food Choices—FREE Foods

Free foods are foods with less than 20 calories and 5 grams of carbohydrates per serving. This includes foods such as: sugar-free gelatins, sugar-free ice pops, sugarless gum and diet soft drinks.

However, fat free foods can often be higher in carbohydrates and calories than the foods they replace. Many times sugars and other carbohydrates are added in lieu of the fats. It is important to read the labels carefully as the fat-free version of a product is not always better than the original.

And, just because a label reads “sugar-free” does not mean that it is carbohydrate free. Again, be sure to read your labels and compare.

Finally, make sure that you have adequate time when doing your weekly shopping. Allowing yourself extra time to read the labels can help you make healthier choices for you and your family.