

RECIPE CORNER

Check here each issue for new, healthy and diabetes-friendly recipes.

It seems like we are always being told to eat dark green vegetables and made to think there is no nutritional value in foods that are white. Well, cauliflower disproves that theory completely. High in potassium, vitamin C and compounds that activate the body's detoxification system, cauliflower has many potential health benefits. And, at only about 25 calories and 5 grams of carbohydrate per cup raw, the vegetable is a great fit for anyone following a meal plan to lose weight and manage blood sugars. Try the recipe below as a satisfying side dish to compliment your favorite low fat meat.



Ingredients

2 slices sandwich bread, torn into large pieces
2 Tbsp grated Parmesan cheese
3 Tbsp diet margarine
1/3 cup all-purpose flour
2 cups skim milk
1 head cauliflower (about 2 pounds), cored and cut into small florets
Coarse salt and ground pepper
2 ounces Gruyere cheese, grated (1/2 cup)

Serves: 8

Cauliflower Gratin

- Preheat oven to 350 degrees. In a food processor, combine bread and Parmesan. Pulse until coarse crumbs form, about 3-4 times; set aside.
- In a large saucepan with a lid, melt butter over medium heat. Add flour; cook, whisking constantly for 1 minute. Wisk in milk.
- Add cauliflower and season with salt and pepper. Bring to a boil and reduce to a simmer. Cover and cook until starting to soften, about 5 minutes. Remove from heat; gradually stir in Gruyere.
- Pour mixture into a 2 quart baking dish and sprinkle with breadcrumb mixture. Cover with aluminum foil; bake until cauliflower is easily pierced with a knife, about 20 minutes. Remove foil and bake until breadcrumbs are golden brown (about 20 minutes). Serve.

Nutrition info: Calories: 142, Fat: 5.8g, Carbohydrates: 15g, Fiber 3g, Protein: 8.6g, Sodium 222g

Spring Into Healthy Habits

Spring is a time for new life, for cleaning and refreshing. Apply that "spring cleaning energy" to yourself this year with these healthy tips.

Get Outside and Try Something New: Pick a new activity to get your body and mind stimulated. Community gardening, outdoor sports like volleyball and softball, attending festivals, walking with your dog – all of these activities get your body moving and nurture your mind.

Enjoy Fresh Fruits and Vegetables: The time is ripe for tender asparagus, baby lettuce salads and juicy strawberries. Your grocery store produce aisle is full of delicious produce. How will you know what is best? Just follow your nose and look at the price tag- the best fruits will smell great and the lower the price, the more likely the produce is plentiful and freshly picked, in season. Aim for 5 servings of fruits and vegetables per day – 2 fruits and 3 servings of vegetables, or more!

Do Spring Cleaning in Your Pantry: Take a look at the foods you keep in the pantry for snacks and side dishes. Do you see processed mixes or high fat, high sodium snack foods? Make one healthy swap per week, and you will have cleaned up your diet by summer. Start by switching snack foods for fresh fruits and vegetables, or whole grain snacks like popcorn. Then, try out a simple side dish like wild rice or baked potatoes, instead of high sodium prepared foods. Keep going, you will soon discover how easy and delicious whole foods can be!

Keep Active Everyday: Think of movement as part of your hygiene; it is maintenance for your body. Physical activity regulates our body like eating, drinking and sleeping do, but we often neglect this very important health behavior. Try for at least 30 minutes every day for health maintenance. Will you walk to visit a neighbor? Visit a museum? Go for a jog in the park? Take a friend! There are so many ways to get in your 30 minutes a day. How will you move more today?

Get Your ZZZ's: People who don't sleep the recommended 8 hours a night tend to weigh more. Start by making sleep a scheduled event, and then set up your sleep environment to be free of noise and light. You will get in your ZZZ's and you will have better quality sleep. Now you're rested for an active and exciting spring season!

Welcome to the Diabetes Center at Nebraska Medicine. This newsletter contains information on our facility, our team and programs. The Diabetes Center is one of its kind in the state and region, dedicated to offering comprehensive care for patients with diabetes.



DIABETES CENTER connections

FINDING BALANCE | LIVING WELL

SUMMER 2016

Diabetes: Understanding Carbohydrates

Just as a car needs the right type of fuel (gas) to run, you need the right kind of fuel (food) to function. To sustain energy, your body needs food that contains **carbohydrates**. But carbohydrates raise blood sugar levels higher and faster than other kinds of food. Your dietitian will work with you to determine the appropriate amount of carbohydrates in your diet.



Carbohydrates raise blood sugar levels higher and faster than other kinds of food.

Starches

Starches are found in grains, some vegetables and beans. Grain products include bread, pasta, cereal and tortillas. Starchy vegetables include potatoes, peas, corn, lima beans, yams and squash. Kidney beans, pinto beans, black beans, garbanzo beans and lentils also contain starches.

Sugars

Sugars are found naturally in many foods. Or sugar can be added. Foods that contain natural sugar include fruits and fruit juices, dairy products, honey and molasses. *Added* sugars are found in most desserts, processed foods, candy, regular soda and fruit drinks. These are very helpful to treat low blood sugar (hypoglycemia) by promptly providing sugar.

Fiber

Fiber comes from plant foods. Most fiber isn't digested by the body. Instead of raising blood sugar levels like other carbohydrates, it actually keeps blood sugar from rising too fast. Fiber is found in fruits, vegetables, whole grains, beans, peas and many nuts.

Carb counting

You can learn to figure out how many carbohydrates you are eating every day. Ask your dietitian to teach you a technique called "carb counting." This system helps you keep track of the carbohydrates you eat at each meal. There are different ways to do carb counting. Basic carb counting is described below. **This method is a good way to get started with carb counting:**

- When you count carbohydrate servings, 1 serving of a starch, fruit or dairy product counts as 1 "carb."

Diabetes: Understanding Carbohydrates

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Each carb is about 15 grams of carbohydrate. For example:

- 1 slice of bread = 1 starch serving = 15 grams of carbohydrate
- 1 apple = 1 fruit serving = 15 grams of carbohydrate
- 1 cup milk = 1 dairy serving = 12 grams of carbohydrate
- Your dietitian will help you determine how many carbohydrate servings to have at each meal and snack.

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This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

Diabetes Education Now Available at Nebraska Medicine – Bellevue



Nebraska Medicine-Bellevue now has outpatient diabetes education available for people newly diagnosed or with an established history of diabetes. Education is interactive, informal and taught by diabetes professionals.

A clinical certified diabetes educator specializing in diabetes case management can assist you with creating personalized and relationship-based plan of care, defining individual goals and identifying specific needs.

Individual visit(s):

- Basic diabetes education, individualized to meet person's needs.
- Medications: Learn about the oral or injectable diabetes medication(s) you have been prescribed and how to take them correctly.
- Carbohydrate Counting: Learn to recognize carbohydrate foods, how they affect blood sugar and how to incorporate carb counting.
- Meal Planning: Learn how much and what kind of foods to eat at meals and snack times and tools that can assist.
- Blood Sugar Review: Learn what your blood sugars mean, identify patterns, best times to check your blood sugar and the effect insulin has on blood sugars.
- Gestational diabetes management: Meal planning, monitoring and blood sugar guidelines during pregnancy with the goal of a healthy baby.

Group visit(s):

- Managing Type 2 Diabetes: Designed for the person with newly diagnosed or with established Type 2 Diabetes in need of a refresher. Includes free glucose meter.

Education revolves around:

- Healthy Eating
- Being Active
- Monitoring and Medications
- Problem Solving
- Healthy Coping
- Reducing Risks

To find out more about diabetes education at Nebraska Medicine – Bellevue call 402.763.3230. To schedule an appointment call Centralized Scheduling at 402.763.3400, Option 1.

Myth v. fact

MYTH:
Thyroid nodules are a rare finding.

FACT:
They are actually quite common. About 50% of people may have a thyroid nodule by the age of 50-60 years old and only 5-10% overall are cancerous. This risk depends on imaging, characteristics of the nodule and other risk factors. Many people may not even know that they have a nodule. Often, thyroid nodules are found incidentally when having a scan for an entirely different reason (CT/MRI/Ultrasound). Although nodules may be detected on CT and MRI scans, the best way to evaluate a thyroid nodule is by having an ultrasound.

Diabetes: Inspecting Your Feet

Diabetes increases your chances of developing foot problems. It is important to inspect your feet every day. This helps you find small skin irritations before they become serious infections. If you have trouble seeing the bottoms of your feet, use a mirror or ask a family member or friend to help.

How to check your feet

Below are tips to help you look for foot problems. Try to check your feet at the same time each day, such as when you get out of bed in the morning:

- **Check the top of each foot.** The tops of toes, back of the heel, and outer edge of the foot can get a lot of rubbing from poor-fitting shoes.
- **Check the bottom of each foot.** Daily wear and tear often leads to problems at pressure spots.
- **Check the toes and nails.** Fungal infections often occur between toes. Toenail problems can also be a sign of fungal infections or lead to breaks in the skin.
- **Check your shoes, too.** Loose objects inside a shoe can injure the foot. Use your hand to feel inside your shoes for things like pebbles, loose stitching, or rough areas that could irritate your skin.



Warning signs

Look for any color changes in the foot. Redness with streaks can signal a severe infection, which needs immediate medical attention. **Tell your doctor right away if you have any of these problems:**

- **Swelling**, sometimes with color changes, may be a sign of poor blood flow or infection. Symptoms include tenderness and an increase in the size of your foot.
- **Warm or hot areas** on your feet may be signs of infection. A foot that is cold may not be getting enough blood.
- **Sensations** such as burning, tingling, or "pins and needles" can be signs of a problem. Also check for areas that may be numb.
- **Hot spots** are caused by friction or pressure. Look for hot spots in areas that get a lot of rubbing. Hot spots can turn into blisters, calluses, or sores.
- **Cracks and sores** are caused by dry or irritated skin. They are a sign that the skin is breaking down, which can lead to infection.
- **Toenail problems** to watch for include nails growing into the skin (ingrown toenail) and causing redness or pain. Thick, yellow, or discolored nails can signal a fungal infection.
- **Drainage and odor** can develop from untreated sores and ulcers. Call your doctor right away if you notice white or yellow drainage, bleeding, or unpleasant odor.

STAFF PROFILE

Tracie Jackson, RD, LMNT, CDE, recently joined the Diabetes Center as an educator. She has been counseling patients on diabetes management for the past 17 years in the Omaha area. Tracie enjoys helping patients come up with practical ideas to improve their diets, while helping them to enjoy their food. Her free time is spent walking her dog, spending time with family and cooking.

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