



Alameda County Public Health Diabetes Program Newsletter



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Diabetes Program (510) 383-5185

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Our Kids' Health

Diabetes and heart disease is a frightening combination, as many people know. Imagine being a 10 year old and told you have type 2 diabetes and high cholesterol. These are words children would never have heard 20 years ago. About 1 out of every 3 of America's children are overweight, soon to be up to half of our children, especially children of African American and Mexican decent. While our weight is related to our genes, our family history, it is our environment that has changed and brought on this astounding rise in childhood obesity and diabetes. What can be done?

First of all, if you have children or grandchildren, please be sure they see their doctor once a year, where their height and weight can be measured and charted. If your doctor suggests that your child may be overweight, please be open to this conversation. It is not an accusation, but a diagnosis. Being overweight tends to run in families, though many parents don't see it in their own children. Ask your doctor to refer you to a registered dietitian. A registered dietitian is a nutrition expert who can help your family make lifestyle changes to improve health.

What do they mean by "lifestyle changes?" Our lifestyle has changed in the past few decades. Screen time, or time sitting front of a television or computer, has increased to four hours a day for many children. While they are sitting, they are often eating high sugar, high fat snacks like chips and soda. Fast food restaurants surround us and in our busy lives it feels easier and cheaper to grab a burger than to cook dinner at home. As parents and grandparents, we can take an objective look at a week in our lives. How many times did you eat out? How many fruits and vegetables were eaten that week? How many hours are spent sitting in front of a screen? How many hours are spent playing and running around?

While many adults need medications to manage their chronic conditions like diabetes and high cholesterol, for children it all comes down to lifestyle. Get your kids out to play, whether it is a safe park, an after school program, or dancing in the living room. Set a timer and limit their time in front of the TV and computer. Do not "diet" with children, but rather be sure to have fruits and vegetables around the house. Low fat snacks like pretzels and string cheese can replace high fat chips. Children will eat what is available to them. When they are watching TV, slip some apple slices in front of them. Buy only 100% fruit juice and limit it to the one cup per day. Lastly, make healthy living and eating a family lifestyle.

For more information on healthy kids, visit the Kids Health website:
kidshealth.org/en/parents/

Lunch Ideas

The recommended amount of food for a healthy meal plan is 45 to 60 grams of carbohydrate PER MEAL, or 3 to 4 servings of carbohydrate. Include some lean protein and some healthy fat for a balanced meal that keeps you satisfied longer. Sliced veggies add very little carbohydrate and lots of fiber. Here are some lunch ideas that provide about 45-60 grams of carbohydrate.:

Sandwich and fruit: two slices whole wheat bread, low fat lunch meat or tuna made with low fat mayo or peanut butter and low sugar jam for 30-40 grams of carb. Small, tennis ball size piece of fruit is 15 grams of carb.

Tuna or Turkey salad made with low fat mayo on a small roll. 8 oz glass milk.

Quesadilla with two corn tortillas or one whole wheat tortilla, with sliced tomatoes or avocado. Two small cookies or small piece of fruit.

Light yogurt with 8-10 crackers and peanut butter, added frozen berries, ¼ cup almonds.

Pita sandwich – ½ whole wheat pita with choice of filling, mixed fruit, sugar free pudding.

Veggie omelet with 1- 2 pieces of whole wheat toast, Smart Balance margarine, low sugar jam, orange or other small fruit.

Turkey patty on whole wheat bun, lettuce, tomato, light mayo, frozen vegetables, 1 or 2 small cookies.

Leftover chicken and zucchini, 2/3 cup rice, salad, small piece of fruit.

½ cup beans/lentils/chickpeas etc., 2/3 cup rice or ½ piece naan.

Remember, you can enjoy all of the foods you love. Keep your carbs on ¼ of your plate plus one serving on the side and you will be within a reasonable amount of food for lunch. Look for progress in controlling your diabetes, not perfection!

Tuna casserole

Serves 4; serving size: 1/4 recipe

Ingredients

1/2 lb whole wheat penne pasta
1 Tbsp margarine
1 Tbsp all-purpose flour
1 cup nonfat milk
1/2 tsp pepper
1 oz Parmesan cheese
1 6-oz can water-packed white albacore tuna, drained
1 tsp paprika

Preparation

1. Preheat oven to 350°F.
2. Cook pasta in a large pot of boiling water until al dente. Drain water.
3. Combine margarine and flour to make a roux. Cook in a medium saucepan over low heat for 5 minutes.
4. To roux, add milk, pepper, and cheese. Cook for 5 minutes, until sauce is smooth.
5. Combine pasta, tuna, and sauce in a casserole dish. Sprinkle with paprika, and bake for 20 minutes.

Nutrition Information

Calories: 345
Total Fat: 6.0 g
Sodium: 295 mg
Total Carbohydrate: 50 g
Dietary Fiber: 6 g
Protein: 21 g

<http://www.diabetes.org/food-and-fitness/food/recipes/tuna-casserole.html>

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*This publication has been brought
to you by your friends at the
Diabetes Program*

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The Diabetes Team provides education and counseling for patients with Type 2 diabetes. The Team provides education on meal planning, medication management, blood glucose monitoring, and helps clients link with local services.

Come and join our diabetes support groups!

English: Dublin Senior Center 7600 Amador Valley Blvd, Dublin
1st Tuesday of every other month beginning 2/6/18,
10:00 am – 12:00 pm.

English: Livermore Parks & Rec. 4444 East Ave, Livermore
2nd Tuesday of every other month beginning 1/9/18,
10:00 am – 12:00 pm.

English: Castro Valley Kenneth C. Aitken Senior & Community Center
17800 Redwood Road, Castro Valley
2nd Tuesday of every other month beginning 1/9/18, 1:00 – 3:00 pm

English: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202, Oakland
3rd Tuesday of every other month beginning 1/16/18,
10:00 am – 11:30 am

English: Alameda Recreation and Parks, Mastick Senior Center
1155 Santa Clara Avenue, Alameda
4th Wednesday of every other month beginning 1/24/18, 1pm - 3 pm

English: San Leandro Senior Community Ctr 13909 E. 14th St, San
Leandro
4th Tuesday of every other month beginning 1/23/18,
10:00 am – 12:00 pm

Spanish: Hayward La Familia Counseling Service 22366 Fuller Ave,
Hayward
1st Tuesday of every other month, 10:30 am – 12:00 pm

Spanish: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202
1st Thursday of the month, 10:00 am – 12:00 pm **Also** Quarterly May 19,
2018 10:00 am – 12:00 pm

For details go to our website <http://www.acphd.org/diabetes.aspx>