



Alameda County Public Health Diabetes Program Newsletter



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Diabetes Program (510) 383-5185

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Risk Factors for Type 2 Diabetes

In case you or your family are wondering where your diabetes or pre diabetes came from, here is an article from www.NIDDK.nih.gov. As you can see, the causes of diabetes are many, and not all of them are in your control. And so you do your best to prevent it, and to manage it.

Your chances of developing type 2 diabetes depend on a combination of risk factors such as your genes and lifestyle. Although you can't change risk factors such as family history, age, or ethnicity, you can change lifestyle risk factors around eating, physical activity, and weight. These lifestyle changes can affect your chances of developing type 2 diabetes.

Read about risk factors for type 2 diabetes below and see which ones apply to you. Taking action on the factors you can change can help you delay or prevent type 2 diabetes.

You are more likely to develop type 2 diabetes if you

- are overweight or obese
- are age 45 or older
- have a family history of diabetes
- are African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian, or Pacific Islander
- have high blood pressure
- have a low level of HDL ("good") cholesterol, or a high level of triglycerides
- have a history of gestational diabetes or gave birth to a baby weighing 9 pounds or more
- are not physically active
- have a history of heart disease or stroke
- have depression
- have polycystic ovary syndrome , also called PCOS
- have acanthosis nigricans—dark, thick, and velvety skin around your neck or armpits

You can also take the Diabetes Risk Test to learn about your risk for type 2 diabetes at the above website.

Breakfast Ideas

Aim for *30 to 45 grams of carbohydrate* for breakfast (*2 to 3 servings of carbs*) and 1-3 ounces of low fat protein. Carbs are breads, potato, cereal, fruit, milk, yogurt. Protein is eggs, sausage or bacon (which are high fat and should be limited), meat or poultry, cheese, peanut butter and tofu. Here are some ideas. These are not exact calorie or carb counts but will provide between 30 and 45 grams of carbohydrate:

One:

1 to 2 slices whole wheat toast or whole wheat English muffin
1 tsp butter or margarine (like Smart Balance)
1-2 tsp peanut butter or one egg for protein
½ cup fruit like a small apple, orange, pear, banana or berries

Two:

½ cup to 1 cup cooked oatmeal (not instant, which lacks fiber)
½ cup nonfat or 1% milk
½ cup berries or fruit on the oatmeal
1 tsp brown sugar or Splenda brown sugar
1 egg or 2 Morningstar Farms vegetarian sausages for protein.

Three:

Breakfast burrito:

1 whole wheat tortilla or 2 corn tortillas
1 scrambled egg or egg whites, add chopped bell pepper or other vegetables.
1 ounce cheese (the size of two dice)
½ cup fruit like a small apple, orange, pear, banana or berries OR
1 cup nonfat or 1% milk

Cold cereal, grits, cream of wheat or pancakes: If you like cold cereal, try Cheerios or a brand with 3-5 grams of fiber. Many people find that cold cereal raises their blood sugar very quickly and needs to be limited to once in a while. Grits and cream of wheat have very little fiber and can also raise blood sugars very quickly, or “spike” them. Try 2 small 4 inch pancakes or waffles made with whole wheat flour to add some fiber, have low sugar syrup.

The best way to learn how a food affects your blood sugar is to test before and 2 hours after eating.

Whole Wheat Blueberry Muffins

Serves 12 / Serving size: 1 muffin

1 cup whole-wheat flour
5 1/2 Tbsp Splenda sweetener
1 tsp baking powder
6 Tbsp nonfat milk
3 Tbsp Smart Balance margarine
1/2 cup egg substitute
1/2 cup blueberries

Preparation

1. Preheat oven to 400° F. In a medium bowl, combine flour, Splenda*, and baking powder.
2. In a small bowl, beat milk, margarine, and egg substitute; stir into dry ingredients until just moist.
3. Fold in blueberries and spoon batter into 12 paper-lined muffin cups. Bake for 20 to 25 minutes or until golden brown. Serve immediately.

Nutritional Information

Calories: 70

Total Fat: 2.5 g

Total Carbohydrate: 9 g

Dietary Fiber: 1 g

* If you use regular sugar instead of Splenda, it adds about 6 grams of carbohydrate to each muffin. So each muffin would have 15 grams of carbohydrate, a perfectly fine amount.

Have a breakfast of a muffin or two, with an egg white omelet with veggies and you're good to go!

Alameda County
Public Health
Department

Diabetes Programs

7200 Bancroft Ave. Ste. 202
Oakland, CA 94605

Phone:
(510) 383-5185

Fax:
(510) 383-5183

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

Brenda Yamashita – Director

Rajinder Singh – Registered Dietitian

Marisa Castaldini – Registered Dietitian

Kathy McFadden – Registered Dietitian

Leticia Somoza – Program Clerk

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 Heritage Estates 900 E Stanley Blvd., 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>