



Alameda County Public Health Diabetes Program Newsletter



Diabetes Program (510) 383-5185

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Finding the Middle Ground

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Living with diabetes is about finding the balance that allows you to live your life but make healthy decisions at the same time. When the doctor says you have pre diabetes or type 2 diabetes, there are three ways to go – two extreme ways and one in the middle.

One extreme way is to ignore it and not take it seriously. This person will continue to eat the way he has always eaten, exercise the way he has always exercised, and shove the diagnosis to the back of his mind, having too many other things to worry about. Chances are he feels fine anyway. The other extreme is to take it to heart when the doctor says “you should cut out white bread”. The next thing you know, this person has eliminated all white foods from her diet, anything with sugar is now forbidden and scary and fear of food becomes the rule. Neither of these extremes is something that can last very long. Fear does not create long term changes in our lifestyle, though it might feel effective in the short term.

Ignoring diabetes can be devastating, as blood sugars can be high without causing any symptoms. Even without symptoms, damage to your cells can be happening and the road to complications can be started. But eliminating an entire food group and living in fear is also not healthy. We hope that you live a good long life with diabetes and to do that you must find moderation in the changes you make and lifestyle you choose. How do you find the middle ground?

The middle ground means making small changes so that most of your meals are a balance of whole grains, fruits and vegetables, low fat protein and healthy fat. Whole grains can be whole wheat bread, brown rice, quinoa, barley, oatmeal, pasta. Lentils and beans make excellent additions to your meals. A small piece of fruit 3 or 4 times a day and vegetables 2 to 3 times a day gives you fiber. Low fat protein fills you up and helps your muscles, but limit your meat to a 3-4 ounce piece two to three times a day (3 ounces is a deck of cards). Remember, there IS NO DIABETIC DIET. It can be as simple as serving your carb foods on a quarter of your plate, your protein foods on another quarter and filling half your plate with vegetables. A piece of fruit, a glass of milk or a cookie on the side makes a fitting lunch or dinner. It sounds easy on the surface, but of course putting it into practice can be more challenging, especially when the message to eliminate certain foods and to think of food as “good” or “bad” is so ingrained in our society. Smaller portions of foods you enjoy, taking a walk and checking your blood sugar are all ways to find the middle ground in taking care of your diabetes.

Dijon Glazed Chicken Breasts with Zucchini

Serves: 4; Serving size: 1 piece chicken, 2 Tbsp sauce, and 1/2 cup zucchini

Ingredients

1/4 cup all-purpose flour
1 tsp salt
Freshly ground pepper, to taste
2 boneless, skinless chicken breasts (8 oz each), sliced in half width-wise making 4 (4 oz pieces)
1 Tbsp extra-virgin olive oil
2 cups fat-free or low-sodium chicken or vegetable stock
3 zucchini (about 6 oz each), cut into thin slices
2 Tbsp Dijon mustard
1/4 cup fresh Italian parsley, finely chopped

Preparation

1. Mix flour, salt, and pepper together in a large shallow bowl. Lightly coat each chicken breast and set aside.
2. Heat olive oil over medium heat in a large, wide skillet. Add chicken and cook for 5 minutes on each side, or until brown, turning once. Pour stock over chicken. Arrange zucchini slices around the chicken, so that they are covered by the stock. Bring mixture to a boil. Reduce heat to low, cover, and simmer for 10-12 minutes or until chicken and zucchini are cooked through.
3. With a slotted spoon, remove chicken and zucchini and place on a serving platter. Add mustard to remaining stock in the pan, and whisk to incorporate. Increase heat to high. Cook for a few minutes, or until sauce has thickened and barely coats the bottom of pan. Pour sauce over chicken and zucchini. Sprinkle fresh parsley over the top.

Nutrition Information

Calories: 225
Total Fat: 7 g
Total Carbohydrate: 12 g
Dietary Fiber: 2 g

8 Tips for Caregivers From *Diabetes Forecast*

Start Your Education Now. Some people believe that diabetes is “not a big deal” or, alternately, that it’s a death sentence, so it’s important to know the facts.

Take Some Time. You can learn things and make changes bit by bit, to avoid overhauling your lives based on a loved one’s diabetes.

Encourage Self-Care, but Don’t Be a Pest. There’s a fine line between checking in on someone’s well-being and what Gerald Strauss, PhD, a psychologist with the Veterans Affairs (VA) health care system, calls “miscarried helping”—also known as nagging.

Make Changes Together. Going through that alone might feel isolating, so why not make the changes together as a team or household? Start exercising together or look for diabetes-friendly recipes together—then cook and eat them together.

Set Small Goals. Doing small things, such as taking a walk after dinner, can improve blood glucose and overall diabetes management, and allow you to look at the results and reevaluate as needed.

Work With the Diabetes Care Team. Attend doctor’s appointments and diabetes education classes together if your loved one agrees. That includes making sure the health care team is complete, including, say, a dietitian or a mental health counselor, if needed.

Find Support for Yourself. The best way to be a caregiver is to take care of yourself, too. “

<http://www.diabetes.org/living-with-diabetes/recently-diagnosed/8-tips-for-caregivers.html?loc=lwd-slabnav?referrer=http://diabetes.org/> By Lindsay Wah

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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 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>