

EXPERT ADVICE, NUTRITION TIPS, GREAT RECIPES & MORE!

SPRING 2010

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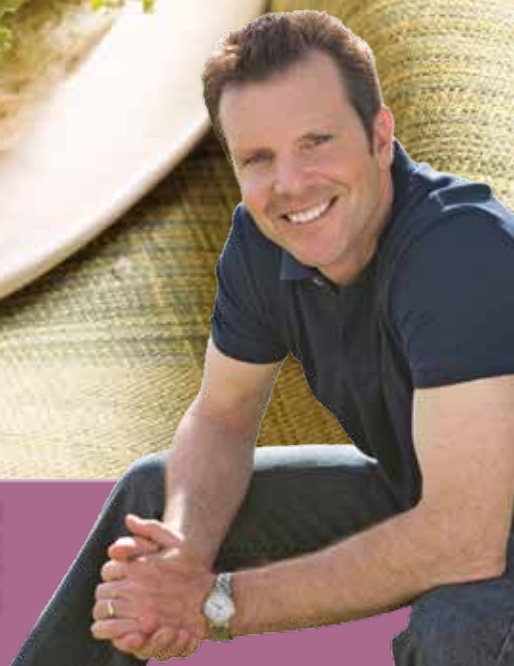
## THE HEART HEALTH ISSUE

\* SPECIAL  
SECTION

### BOB GREENE'S BEST LIFE HEALTHY RECIPES

TURKEY BURGER ON A WHOLE WHEAT BUN

OPRAH'S TRAINER  
**BOB GREENE**  
TAKES ON DIABETES







## Dear Readers:

As the new editor-in-chief, I would like to welcome you to the Spring 2010 issue of *Walgreens Diabetes & You*. I am excited to have the opportunity to help you manage your diabetes, your health and your lives starting with this issue—which features a special section called *Heart Health & You*. The articles in this section are for everyone who has concerns about heart health—not just people with diabetes. *Heart Health & You* features a *Heart Health Checklist*, and articles on how helping your diabetes helps your heart, what your heart health numbers mean and how walking can help you to a healthier heart.

Whether you have diabetes, pre-diabetes, heart disease, or any other health concerns,

our article *Oprah's Trainer Bob Greene Takes on Diabetes* will give you practical tips for living a healthier life. Bob, who is the architect of a diet and fitness plan called Best Life, tells us why we make bad food decisions and what we can do about it, tips for healthy exercise and overcoming excuses, because as Bob says, "I've heard every excuse on the planet...except a good one." We also feature healthy recipes from Bob's best-selling cookbooks: The mouthwatering Turkey Burger featured on our cover as well as Carrot and Grape Slaw, Scallops with Jicama and Oranges and Sugar Snaps with Peanut Dressing.

As always, we invite you to share your questions or comments. If you are a health care provider, we'd be happy to send you additional, complimentary copies for your office (U.S. addresses only, no P.O. Boxes, one shipment per address):

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# diabetes & you<sup>®</sup>

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spring 2010

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Practical tips for living a healthier life from Oprah's Trainer Bob Greene. Bob, who is the architect of a diet and fitness plan called Best Life, tells us why we make bad food decisions and what we can do about it, and gives us tips for healthy exercise and overcoming excuses.

# what's new?

By Jonathan Jarashow

## whole grains for less body fat

A study reported in the *Journal of Nutrition* looked at the overall eating habits of 177 men and 257 women averaging 68 years old. Researchers also examined the number of whole grain foods they ate, including whole grain bread, brown rice, and popcorn.

There are many health benefits to eating whole-grain foods and that's why U.S. dietary guidelines recommend older people eat three or more servings of whole grain foods, and 21 to 30 grams of dietary fiber per day.

Although study participants fell short of these guidelines—eating only 1.5 servings a day of whole grain foods and 18 grams of dietary fiber a day, on average, a major benefit for those who ate the highest amounts of whole grains was that they had 2% less total body fat and 3% less belly fat than those who ate the least.



eat right and get active to prevent diabetes

U.S. government researchers reported in the journal *The Lancet* that losing weight and exercising can delay or prevent diabetes more effectively than even metformin, a popular diabetes medicine. In a long-term study, over 3,000 overweight or obese adults with high blood glucose levels were assigned to one of the following three groups to lower their blood glucose:

- Group 1** Made lifestyle changes such as better diet and more exercise.
- Group 2** Took the diabetes medicine metformin.
- Group 3** Did not take metformin and made no lifestyle changes.

Study participants in Group 2 reduced their risk of getting diabetes by 18% compared with those in Group 3 who didn't take metformin and made no lifestyle changes.

Study participants in Group 1, whose lifestyle changes include cutting back on calories and fat and exercising at least 150 minutes a week, did even better: they reduced their risk of getting diabetes by 34% compared with those in Group 3.

## A1C test screens for pre-diabetes

The American Diabetes Association (ADA) now recommends the A1C test as a way to screen for pre-diabetes. Pre-diabetes is a condition in which blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. Because the A1C test is a simple blood test that does not require fasting, people may be more willing to take this test than others currently used to screen for diabetes and pre-diabetes.


### A1C BY THE NUMBERS

<b>5.7–6.4%</b>	blood glucose levels in the pre-diabetes range.
<b>6.5% or higher</b>	diagnosis of diabetes.
<b>7% or less</b>	ADA recommendation for most people with diabetes.

## Nutrisystem® D™ now available at Walgreens

Walgreens is now the exclusive retailer for Nutrisystem® D™, a weight loss program designed for people with type 2 Diabetes who need to lose weight.

A 3-month clinical study conducted at Temple University School of Medicine shows that Nutrisystem® D™ helps overweight people with type 2 diabetes lose weight. The study, published in the journal *Postgraduate Medicine*, randomly assigned 69 overweight patients with type 2 diabetes to either a Nutrisystem® D™ weight loss program or a diabetes support and education program. The Nutrisystem® D™ group lost an average of 18 pounds, compared to the diabetes support and education group, that lost an average of a little over one pound. In addition, the Nutrisystem® D™ group had greater reductions in their blood glucose and A1C levels, total cholesterol and triglycerides.

The Nutrisystem® D™ Weight Loss Starter Program can be found at Walgreens stores in the diabetes aisle and at Walgreens.com. In addition to 28 days of restaurant-style cuisine—breakfast, lunch, dinner and dessert—Nutrisystem® D™ includes free delivery, around-the-clock access to weight loss coaches and free on-line membership, tools and menu planning. 



## DIABETES IS A balancing act

By Joy Pape, RN, BSN, CDE, WOCN

Your blood glucose level can change because of many things, such as the foods you eat, your activity level and the diabetes medicines you take. It's a balancing act you can master when you learn to juggle these three things.

### FOOD

Many foods cause blood glucose to rise. Some will cause your glucose level to rise more than others. For the most part, the foods you eat are made up of carbohydrates, proteins and fats.

#### ♦ Carbs

Carbohydrate-based foods have the greatest effect on blood glucose levels. But many are good for you, so don't stop eating carbohydrates altogether. Choose healthy ones, such as vegetables, fruits, beans, low-fat milk and yogurt and whole-grain products. Eat the amount that fits into your diabetes meal plan.

#### ♦ Protein

Protein foods don't cause blood glucose levels to rise as much as carbohydrates, but you need to balance your portions of these foods too. Some healthy protein foods are fish, lean meats, eggs, low-fat cheese and soy. How much should you eat? A good rule of thumb is for the protein part of your meal to be about the size of the palm of your hand.

#### ♦ Fat

Fat alone won't cause your blood glucose to rise, but fats have the most calories. Eating too much fat can cause you to gain weight and may raise your cholesterol (lipids). Also, there are healthy and less-healthy fats. Some healthy fats are nuts, oils (such as olive oil) and nut butters like peanut and almond butter. Fatty fish like salmon, sardines and mackerel are also good sources. For nuts, an ounce makes up a serving size. That is about 20 almonds or about 14 walnut halves.

To find out how many carbohydrates, proteins and fats are in a food, read the label, look in a food counter book or search the Internet. To see how eating a certain food or meal affects your blood glucose, check your blood right before you eat then two hours after you take your first bite.

### MEDICINE

The medicines you take to lower your blood glucose work in different ways. Some help your body use the insulin it makes. Some slow down the amount of sugar your liver produces. Some slow how quickly your food is absorbed and others push the pancreas to produce more insulin (if the beta cells of your pancreas are still able to do so).

Insulin helps glucose enter the cells of the body. If your physical activity is not balanced with the insulin

or medicines you take to push the pancreas to make more insulin, your blood glucose level may drop too low. This may happen if you eat less than normal, skip a meal or are more active than usual. Talk with your health care provider and your Walgreens pharmacist about the medicine you use. Ask what it does, when and how to take it and if it can cause you to have low blood glucose. Check your blood glucose often to see how you respond to your medicine.

### PHYSICAL ACTIVITY

Physical activity or exercise can lower your blood glucose level. It may be as powerful as some diabetes medicines. You may notice that on the days you are more active, your blood glucose is lower. Physical activity can lower your glucose level right away or after you finish your activity. This effect can last up to 72 hours.

If you take medicines that lower your blood glucose, don't exercise if your blood glucose is too low, as your activity may drop your glucose level even more.

Find out how physical activity affects your blood glucose by checking it before you exercise, then several times during the next 24 hours.

**THE BALANCING ACT:** To find out how all you do works together, keep records of what you do and when you do it, along with your blood glucose levels. Note the foods you eat, the physical activities you do and the medicines you take. This will help you get the information you need to become an expert diabetes juggler. 🎪



# DO YOU believe it?

By Martha Funnell, MS, RN, CDE

**There is a lot to do when you have diabetes, including making choices about food, physical activity and medicines. Each day, you decide what things you will do to care for yourself.**

**Health professionals and experts who study behavior are always trying to figure out how they can be more helpful to people with diabetes and make it easier for them. One of the things they have learned that affects how we behave is called “Perceived Treatment Efficacy.” In other words, if you believe something will help you, you are more likely to do it. It also means that if you trust your health care provider cares about you and makes suggestions that are in your best interest, you are more likely to follow them.**

It's hard to do things you don't enjoy if you don't feel there is any benefit or don't believe they are in your best interest.


Think about the things you choose to do or not do to care for your diabetes. Could the way you think about them affect your actions? If you believe something works, are you more willing to do it? If you think it may not work, are you more likely to skip it? Do your choices affect your weight and your blood glucose, blood pressure and cholesterol levels? If your answer is yes, then consider the following ideas. They may change the way you care for your diabetes.

## ASK: HOW DOES THIS MEDICINE WORK?

On average, people with diabetes take about nine different medicines for their diabetes, blood pressure and cholesterol. One of the things experts have found is that the more you know about your diabetes and your treatment, the more likely you will be to take your medicines. When you pick up your medicine, say “yes” when the technician asks if you would like to talk with the pharmacist. It's a free service you can use.

## ASK: HOW CAN THIS MEDICINE HELP ME?

One of the reasons it can be a struggle to do all you need to do to manage diabetes is you may not see a real change in your health right away. That's because many of the things you do are to prevent future problems. For example, you may feel the same whether you take your cholesterol medicine or skip it. That's why it's a good idea to ask your health care provider or Walgreens pharmacist, “How can this medicine help me?” The more specific the question and answer, the better.

We all make decisions based on how much we think we will gain from our choices and how hard things will be to carry out. Learn all you can about yourself and your treatment. It will help you make the best choices for your own life, diabetes and future health. 

# 7

## questions to ask about your medicines:

What does this medicine do?

•

How will I know if it is working?

•

What kind of side effects might I have and what can I do if I have those side effects?

•

Why is this medicine or treatment good for me and my diabetes?

•

How much can weight loss, exercise or this medicine lower my blood glucose, blood pressure or cholesterol?

•

How quickly will I see benefits?

•

What can I expect if I don't take this medicine or follow this advice?



OPRAH'S TRAINER

# Bob Greene

TAKES ON

# Diabetes

By Jonathan Jarashow

**FOR OVER 30 YEARS AS A TRAINER AND MENTOR,**

Bob Greene has helped people improve their lives through eating better, exercising and working through the emotional issues that lead to weight gain. His coauthor on the first of his several bestselling books, *Make the Connection: Ten Steps to a Better Body and a Better Life*, was TV star and media mogul Oprah Winfrey. Bob has been Oprah's trainer for more than 16 years and is a regular contributor to her TV show and *O, The Oprah Magazine*.

**BOB'S MOTIVATION FOR WRITING  
A DIABETES BOOK**

Bob's most recent book, *The Best Life Guide to Managing Diabetes and Pre-Diabetes* (Simon & Schuster © 2009), is important to Bob personally because both of his parents have type 2 diabetes. Because of his family history, he knows he is a candidate for diabetes. But few are as careful about their health as Bob Greene. He is the architect of a diet and fitness plan called Best Life which has several offshoots, including his Best Life series of books and thebestlife.com Web site. And there are several Best Life-approved products available at Walgreens, such as Hershey's® Extra Dark Chocolate and select offerings from Barilla® Pasta, Benefiber® and Smart Balance®.

Bob wrote *The Best Life Guide to Managing Diabetes and Pre-Diabetes* with his parents in mind, but he also was thinking about the future generation. Bob is a new father, late in life, now in his 50s, with a 5-year-old daughter and an infant son. He worries about type 2 diabetes in his kids' generation as well as the strain it will put on the health care system. His book was motivated by the desire to put together a complete diabetes guide that covers medications and drug interactions, as well as a healthy lifestyle that includes diet and exercise.

Bob teamed up with endocrinologist John J. "Jack" Merendino Jr., M.D. and Best Life nutritionist, Janis Jibrin, M.S., R.D., to ensure the program laid out in his book properly balances diet, exercise and medication use. The authors offer a three-phased program, filled with practical tips for people with diabetes, and many of these tips are part of the regular Best Life diet plan, as well. For example, vinegar is something Bob encourages everyone to use, whether or not they have diabetes, because it lowers the glycemic index of a carb-containing meal. The leading theories: vinegar reduces starch digestion—so you're actually taking in fewer carbohydrates—and it slows the rate at which the stomach empties, leading to a slower, more even trickling of glucose into the bloodstream.



## Why we make bad food decisions

and what we can do about it


\* Bob notes that we often made bad food decisions to comfort ourselves when we're bored or going through some kind of emotional stress. "We need to understand why food is misused in our lives. That may or may not prevent us from running to the refrigerator if we are upset, lonely or bored or if we had an argument with a spouse. But understanding it allows us to start working on the root cause."

\* Bob suggests some healthy ways to reduce the stress in our lives: "Taking a bath, taking a walk or doing things that are soothing can help. Even warm soup or tea can calm us down."

\* Bob encourages writing as a very powerful tool to use at stressful times: "At the moment you write, you are the closest to identifying the component of your life that is off. So if you sit with a cup of tea that doesn't have any calories and you soothe yourself with a pen, you can think, 'What is this really about? Is it the argument with my spouse? Is it that I hate my job?'"

Bob works with many clients who have diabetes or pre-diabetes and emphasizes that diabetes requires great communication with your health care team because the medicines you take and your reaction to them needs to be monitored regularly. "I can't tell you how many people with type 2 I've worked with that if their weight drops, their condition improves drastically, and they can lower the amount of medication. There is a serious connection, and in many cases, people don't let their doctor know about the weight loss; doctors can't adjust your meds if they don't know about it." His advice to them is not just about the foods they should be eating, but that exercise may be as potent as diabetes medicine, since it actually changes the way the body uses insulin. When it comes to exercise, Bob emphasizes the importance of looking at each person he works with as an individual. "Some people who have diabetes can sustain long workouts without

a significant rise or fall in blood sugar. But for others, working out can lead to a drop in blood sugar—even severe hypoglycemia. This doesn't mean those people should avoid exercise—instead, they need to work with their blood sugar monitor and their doctor to adjust medicines, and, perhaps, add some carbs around workout. We can't emphasize enough the importance—especially when starting an exercise routine—of very frequent blood glucose monitoring. You should use the information in the book, but back it up with testing."

Bob notes that people with diabetes are sometimes more motivated to take charge of their health and see their condition as an opportunity to improve their overall life, while others fall prey to the woe-is-me syndrome. But Bob finds ways to motivate them all because over the years, as he says, "I've heard every excuse on the planet... except a good one." 

## Bob and Oprah

As Oprah's close friend and trainer, Bob wants to make sure she gets a fair shake. Bob notes that even though Oprah is portrayed as a yo-yo dieter in the media, the reality is that for the past 16 years her weight has been quite consistent, except for twice, when her life went off-kilter. The most recent episode began with the diagnosis of a thyroid condition, which is not only physically taxing, but takes an emotional toll as well. "To make matters worse, she was advised to cool it on exercise until the condition was better understood, and needless to say, she took that advice. (Anyone who's watched her show knows that exercise is definitely not one of her favorite things.) Oprah's working through

these challenges and getting back her balance. However, she still has a very hectic work schedule that often includes 16 hour days. So although she does have the convenience of working with a trainer and a chef for part of the year, it's a small convenience in her very hectic and very public life." Bob's role—and what he does for a living—is to help people overcome excuses, including those of his most famous clients. "Does Oprah make excuses? Yes. And she does own up to the fact that in the end they are excuses. Ultimately, she always finds a way to dig deep and find the motivation to achieve her goals." Most people have a stash of excuses, but Bob says: "You don't necessarily need a gym

membership. You need to get some athletic shoes and go outside to walk. Or, find a treadmill—everyone should be able to find a treadmill somewhere. There are very reasonable programs available. Try to work out at least five times a week."



WALKING YOUR WAY TO A  
HEALTHIER HEART:

# ONE STEP AT A TIME

By Jacqueline Shahar, MEd, RCEP, CDE



**B**eing active is good for your health and can prevent problems down the road. Walking is one of the most popular forms of physical activity among middle aged and older people. Why? It's easy to do, you don't need fancy machines, and you can walk just about anywhere—indoors, outdoors, on a treadmill, in the park, in the mall or around the block.

## THE MORE YOU WALK THE BETTER

When you walk, a lot of good things happen in your body. For starters, when you move your legs and swing your arms, you burn calories. Your body uses more energy when you walk than when you're sitting down. And when you're active, your body needs fuel. Glucose is the main source of fuel for your muscles and the longer and more often you walk, the more likely your muscles will start to burn fat for energy, too. In turn, this helps you to burn more calories, even when you're not walking. So, walking can help you lose weight or stay at your present weight.

## HOW WALKING HELPS YOUR HEART

Diabetes and heart disease often go hand in hand. When you have diabetes, your chances of having a heart attack or stroke increase. But you can do something about this. Studies show that doing regular physical activity lowers your risk of heart disease, in part, by: lowering LDL (bad) cholesterol, raising HDL (good) cholesterol, lowering blood pressure and improving circulation.

Walking may help you live a longer life, too. One study showed that people who walked at least two hours per week had about a 40% lower chance of dying early.

## WHAT ELSE CAN WALKING DO?

If you're at risk for getting diabetes, dig out your sneakers and go for a walk. Being active can prevent diabetes. If you have diabetes, walking helps because it lowers blood glucose and A1C levels and raises the amount of lean body mass or muscle you have. When you have more muscle and less fat, you burn calories at a faster rate. It also helps your body use its insulin better to keep your blood glucose in a healthy range.

Regular physical activity does more than protect your heart and lower your blood glucose. As we get older, our muscles and bones tend to weaken over time. We all need strong bones and muscles to perform daily activities, such as climbing stairs, doing housework or shopping for food. Regular walking helps to strengthen the bones and muscles in your body, like your heart. When you have stronger bones and muscles, you're less likely to fall and injure yourself.

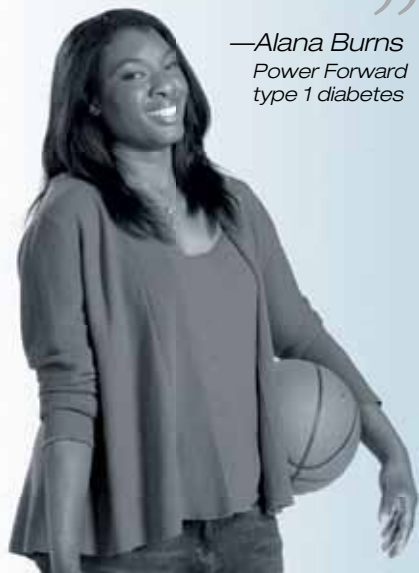
Feeling stressed or anxious? Go for a walk. Walking is a great way to deal with all the stresses of life. It can ease depression, too. See the next page for some tips on getting started.





“Knowing my A1C levels keeps me ahead of the game,”

—Alana Burns  
Power Forward  
type 1 diabetes



**Bayer's A1CNow® SELF CHECK**  
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1 (UKPDS 35): prospective observational study, BMJ Volume 321, 2000

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# 10 steps to take to make sure that walking is a safe and enjoyable activity for you.

## 1 Make sure it's safe for you

Check with your health care provider before you start any kind of physical activity program. You may need special tests, such as a stress test.

## 2 Start slow

Start off by warming up and walking at a slow pace. Pick up your speed after 3-5 minutes. Then, cool down for another 3-5 minutes as you end your walk. Finally, do some leg stretches to loosen your muscles.

## 3 Keep up a safe pace

Use the Talk Test to see how hard you're walking. If you walk at a "moderate intensity" you should be able to talk but not sing a song.

## 4 Walk regularly

Both the American Heart Association and the American College of Sports Medicine suggest doing at least 30 minutes of physical activity at least 5 days a week. Aim to do some kind of activity every day. Don't have the time to do all 30 minutes at once? That's okay: split up your walking into three sessions of 10 minutes each throughout the day.

## 5 Set goals

Use a pedometer and set a goal. Pick the number of steps you want to walk each day to keep you motivated and on track. One study showed that people who used a pedometer had lower blood glucose levels than those who didn't.

## 6 Add weights

Besides walking, include some strength-training exercises, such as using hand weights or resistance bands at least twice a week to strengthen your bones and muscles and boost your metabolism.

## 7 Discuss your medicines

If you take diabetes medicine (pills or insulin), find out if you're at risk for low blood glucose (hypoglycemia). If so, make sure you know how to treat a low glucose level (70 or lower for most people) and always carry some kind of treatment with you. Good choices are glucose tablets, glucose gel, juice boxes or fresh fruit. It's a good idea to wear a medical identification bracelet or necklace, as well.


## 8 Glucose checking

Check your blood glucose before and after you walk. Your glucose might keep dropping for more than 24 hours after walking, so check your glucose more often when you first start your walking program. If your glucose is below 100, eat a snack that contains 15 grams of carbohydrate, such as a piece of fruit, three graham crackers, or 6 ounces of light-style yogurt. As you walk more regularly, your body will use its insulin better, so you may not need as much diabetes medicine. To avoid blood glucose lows (and having to eat snacks all the time which can make it hard to lose weight), talk to your provider about taking less medicine.

## 9 Protect your feet

Make sure you have a comfortable, well-fitting pair of walking shoes or sneakers and absorbent socks to avoid blisters and other kinds of foot problems.

## 10 Don't overdo it

Stop walking if you have any pain or discomfort. Seek medical help if you have chest pain or shortness of breath. 

# WHAT DO MY HEART HEALTH numbers MEAN?

By Martha Funnell, MS, RN, CDE

Whenever you visit your health care provider, it can seem as if a lot of time is spent talking about your numbers. These numbers tell a story—one that is important for you to understand, as well.

## BLOOD PRESSURE

Blood pressure results show two things:

**1** The amount of force on your blood vessel walls when your heart pumps (*top number*).

**2** When your heart relaxes between beats (*bottom number*).

You have high blood pressure if the top number, bottom number or both are too high. Along with high blood glucose levels, high blood pressure raises your risk for strokes, heart attacks, kidney damage and eye disease.

*The goal for most people with diabetes is below 130/80 mm Hg.*

**♦ To help lower your blood pressure, you can:**

lose weight and stay at a healthy weight.

stop smoking.

eat less salt.

take blood pressure medicine as directed.

change the dose or type of blood pressure medicine.

exercise more.

limit alcohol to less than two drinks per day.

## — THE GOOD, THE BAD AND THE UGLY —

### \* GOOD CHOLESTEROL

The good cholesterol HDL helps to get rid of some of the bad cholesterol in your body. It protects you from heart and blood vessel disease. The higher your HDL reading, the better.

*The HDL goal for most men with diabetes is above 40; women above 50.*

**♦ To help raise your HDL, you can:**

be more active.

lower your triglyceride level.

use oils, such as canola, olive and grapeseed oil, in place of saturated (hard) fats.

eat more baked or broiled cold-water fish.

**Two sets of numbers that tell a story about your risk for heart disease and other diabetes problems are your blood pressure and your cholesterol level.**

### \* BAD CHOLESTEROL

The bad cholesterol LDL deposits fat in your blood vessels and puts you at risk for a heart attack or stroke. The lower your LDL reading, the better.

*The LDL goal for most people with diabetes is less than 100.*

**♦ To help lower your LDL, you can:**

eat less saturated (hard) trans fat and cholesterol foods like butter, bacon, shortening.

eat skinless, lean meats.

be more active.

take medicine to lower cholesterol.

eat more soluble fiber, such as dark green leafy vegetables and whole grain cereals.

use margarines and dressings with added plant stanols/sterols.

### \* TRIGLYCERIDES

Triglycerides are another kind of fat that may raise your risk for heart attacks and strokes. High blood glucose levels and alcohol raise your triglyceride levels.

*The triglycerides goal for most people with diabetes is less than 150.*

**♦ To help lower your triglyceride levels, you can:**

lower your blood glucose levels.

eat fewer sweets.

drink less sweet liquids (including unsweetened fruit juice).

drink less alcohol.

eat more broiled or baked cold-water fish.

Cholesterol is a waxy, fat-type substance in your blood. Your body makes some cholesterol from saturated fats, and it is also found in certain foods. High cholesterol adds to your risk for heart and blood vessel disease. There are three different kinds of cholesterol—sometimes known as “The Good, the Bad and the Ugly”—the good cholesterol (HDL), the bad cholesterol (LDL) and the ugly (triglycerides).

**Want a lot of pay-off for your hard work? Weight loss and exercise help lower your blood pressure, cholesterol and blood glucose levels. Using the information you get from your numbers can help you live a longer, healthier life. 🍷**

## HELPING YOUR DIABETES

## helps your heart, too

By Joy Pape, RN, BSN, CDE, WOCN

**F**or years, 62-year-old Jane knew she was at risk for heart disease but put off doing anything about it. Her father died at a young age from a heart attack, and her mother had a stroke due to high blood pressure. Jane acted as if nothing was going to happen to her, yet in the back of her mind, she knew she was at risk for the same problems—especially when she found out she had diabetes.

Jane was an inactive, overweight smoker. She had high blood pressure and high cholesterol levels. When she was told her blood glucose was high, she was surprised. She thought no one in her family had diabetes. But little did she know, many of her aunts, uncles and cousins had it, too.

At first she didn't believe she could change. Then Jane went to diabetes classes and learned that she didn't have to change everything in her life to improve her health. She could make one change at a time. She decided to make a series of small changes to take care of her diabetes and her heart. By doing so, she lowered her risk of a heart attack and stroke.

Diabetes raises your risk for heart disease. However, most of the things you do to manage your blood glucose are the same things experts suggest you do to help care for your heart. Jane learned that even small changes helped her become healthier. You, too, can choose something to work on from the list to the right and take your first steps toward better diabetes control and a healthier heart.



## simple tips

to help you reach your diabetes and heart health goals

**1** Lose some weight.

If you are overweight, you don't have to lose a lot to improve your health. A 5 to 10% weight loss can make a big difference. If you weigh 200 pounds, a loss of just 10 to 20 pounds can help your diabetes and your heart.

**2** Check at home.

Monitor your blood glucose, your blood pressure and your weight at home. Share the information with your health care provider at your next diabetes care visit.

**3** Get more sleep.

The amount and quality of sleep you get affects your health. Try to get 7 to 9 hours of sleep per night. If you can't get that, if you snore or go to the bathroom often during the night, talk with your health care professional. You may also need to see a sleep expert to help you sleep better.

**4** Move more.

Physical activity helps your diabetes, heart and a lot more. To add more activity to your day, try moving more. Get things yourself: Don't ask others to get them for you. Buy a pedometer (step counter). Wear it for three days to see how many steps you take in a normal day. Then set a goal of 500 more steps each day. Increase your goal when you're ready. Ten thousand steps is equal to about 5 miles.


**5** Stop smoking.

Smoking greatly raises your risk for diabetes problems and heart disease. Don't be ashamed. Tell your health care provider that you smoke and need help quitting. Most hospitals and community centers offer special classes that can help you stop. There are also new tools to help you succeed. Learn more at [smokefree.gov](http://smokefree.gov).

**6** Care for your mouth.

There is a link among diabetes, heart disease and your oral health. See your dentist at least twice a year. Brush at least twice a day, and floss once a day.

**7** Limit your salt.

That can help your blood pressure. If you slowly cut the amount of salt you use, you won't notice the change as much. Start by using half of what you usually use for one week, then cut back a bit more the next week. Finally, try to stop using your salt shaker all together. Replace salt with different herbs and spices. Food labels show the salt (sodium) content of your foods. Choose fresh and frozen foods over canned foods, which are usually higher in salt (sodium). If you want to buy canned items, choose those that are labeled "low salt" or "low sodium." If you have high blood pressure, you should take in no more than 1,500 mg of sodium each day. 





# heart health

## CHECKLIST

By Elaine Sullivan, MS, RN, CDE



**Joslin Diabetes Center**

You've probably heard that people with diabetes are at greater risk of heart attack and stroke than people who don't have diabetes. The good news is that lowering your average blood glucose (A1C), blood pressure and cholesterol (bad fat) can decrease your risk of heart attack or stroke. There are many things you can do to lower your risk of heart attack or stroke. But where do you start? A checklist, such as the one below, can help get you on your way to a healthier heart.



**\* If you don't know your numbers, meet with your health care provider to find out your targets and to get your results. Write your results in the chart below.**

### \* Know Your Numbers...

Description	Target for most people	Your Number Before Your Action Plan	Date	Your Number After Your Action Plan	Date
A1C—average blood glucose for the last 3 months	Less than 7%				
Fasting blood glucose	70-130				
Blood glucose 2 hours after meals	Less than 180				
Bedtime blood glucose	90-150				
Blood pressure	Less than 130/80				
LDL (bad) cholesterol	Less than 100 Less than 70 if you have heart disease				
HDL (good) cholesterol	Greater than 40 for men and 50 for women				
Triglycerides	Less than 150				
Microalbumin (test for protein in the urine)	Less than 30				
Body Weight					
Body Mass Index (Multiply your weight in pounds by 703, divide by your height in inches, divide again by your height in inches)	Less than 25				

See our article on page 21 to help you use the information you get from your heart health numbers to live a longer, healthier life.

**Check off the things you are already doing to keep your heart and blood vessels healthy.**

## 1 I make healthy food choices most of the time by eating:

- ☐ Heart-healthy fats, such as olive oil, canola oil and corn oil.
- ☐ Low-fat dairy foods and foods low in saturated fat and trans fat.
- ☐ Less salt and fewer salty foods.
- ☐ Foods high in fiber and whole grains.
- ☐ At least five fruits and vegetables every day.
- ☐ Fish at least 2 times each week.

## 2 I am physically active:

- ☐ At least 3 times a week for more than 30 minutes.
- ☐ 4–6 times a week for more than 30 minutes.
- ☐ Every day for more than 30 minutes.

## 3 Other things I do to stay healthy:

- ☐ Keep my medical appointments
- ☐ Visit my dentist at least twice a year
- ☐ Do a relaxation activity such as yoga or deep breathing at least 3 times a week
- ☐ See a diabetes educator and/or dietitian at least once a year
- ☐ Have fun or laugh every day
- ☐ Make a plan to quit smoking (if you smoke)

## Take your medicines as prescribed by your provider.

- \* Many people need more than one type of pill to get and keep A1C, blood pressure and cholesterol in a healthy range.
- \* Even if you feel fine you still need to take your medicines.
- \* If you have side effects from your medications, talk to your health care provider or pharmacist.

**Pick one or two things you are willing to start doing and write your plan here. Here's an example to help you get started.**

**What I will do** (be specific)?

*Make a salad for dinner each night with low-fat dressing and eat dessert only 1 time per week.*

**When I will start?**

*Tonight.*

**Who will help me follow my plan?**

*My husband.*

**What is my goal?**

*To eat less fat in order to lose 1–2 pounds per week.*

**How and when will I reward myself?**

*Go to the movies once a week with my husband.*

Now, fill in your plan:

What will I do (be specific)?

---

When will I start?

---

Who will help me follow my plan?

---

What is my goal?

---

How and when will I reward myself?

---

**Once you reach your goal, stay with it and then set a new goal. Step by step you can lower your risk for heart disease. **

***Pat yourself on the back for what you are already doing.***

# best life *healthy recipes*

FROM OPRAH'S  
TRAINER, BOB GREENE

## Turkey Burger

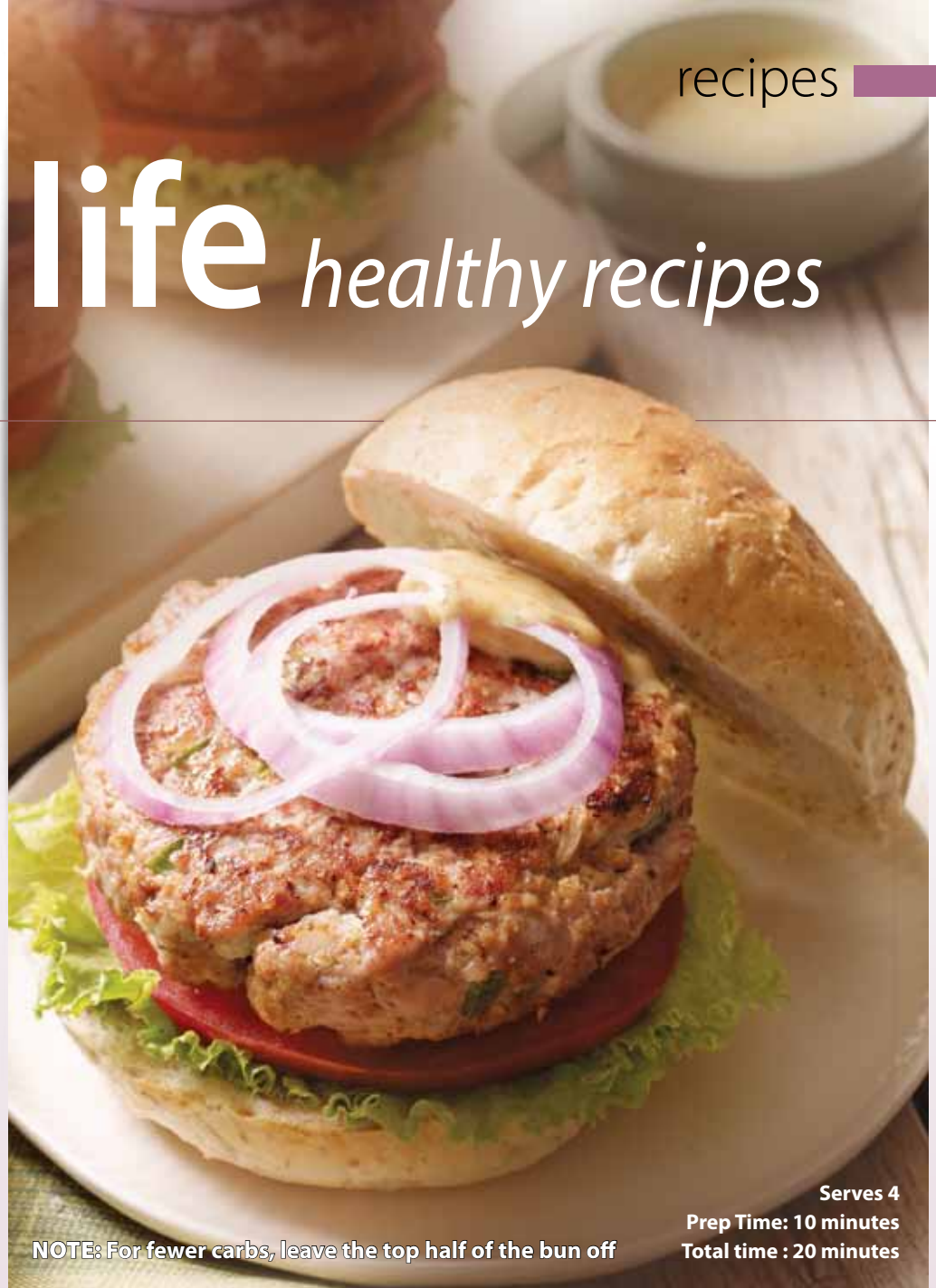
*Satisfy a hankering for a hamburger with this lower-calorie option. It's just as flavorful, but more diet friendly.*

- 1 pound ground turkey breast
- ¼ onion, shredded, on the large holes of a hand grater or in a food processor
- ¼ cup finely chopped green onion (scallion)
- 2 slices whole wheat bread, toasted and processed in a food processor for 1 minute to make crumbs
- ¼ cup liquid eggs
- 2 cloves garlic, finely chopped
- ½ teaspoon ground mustard

Black pepper to taste

Vegetable oil cooking spray

- 4 whole wheat hamburger buns—1 bun per person (with about 115 calories and 22 g carbs each)
- 1 tablespoon mustard
- 8 leaves romaine
- 8 thick slices tomato
- 4 slices red onion



**NOTE:** For fewer carbs, leave the top half of the bun off

**Serves 4**

**Prep Time:** 10 minutes

**Total time :** 20 minutes

1. Thoroughly mix the turkey, onion, green onion, bread crumbs, egg, garlic, mustard and pepper to taste in a large bowl. Form the mixture into 4 patties.

2. Heat a large, heavy-bottomed skillet over medium heat.

3. Lightly coat the pan with cooking spray and place the patties in the pan. Cook until the pink just disappears in the center, about 4 minutes on each side, or until a thermometer inserted into the center of the burger reads 160°F.

4. Slice the buns. Spread each top with mustard. Place the lettuce, tomato, onion and a burger on the bottom bun and cover with the top. Serve.

### **NUTRITION INFORMATION Per serving:**

367 calories; 13 g fat (3 g sat, 0 g mono); 143 mg cholesterol; 36 g carbohydrate; 29 g protein; 6 g fiber; 118 mg calcium; 487 mg sodium; 3 g sugars.

**Dietary exchanges:** 2 starch/grain servings, 1 vegetable serving, 4 lean protein servings



## Carrot and Grape Slaw

*Serve this flavorful—and colorful—dish as a side to a sandwich or a main meal like rotisserie chicken.*

- |  |                                       |
|--|---------------------------------------|
| 2 cups shredded carrots                            | 1 tablespoon finely chopped red onion |
| 2 cups shredded cabbage (preferably red or purple) | 2 tablespoons red wine vinegar        |
| 1 cup halved green grapes                          | 1 tablespoon olive oil                |
| ¼ cup roughly chopped walnuts                      | ¼ teaspoon salt                       |
|  | Freshly ground black pepper           |

Toss all ingredients together in a large bowl. Serve. (If making slaw in advance, reserve the walnuts and toss in just before serving.)

### NUTRITION INFORMATION Per serving:

140 calories; 8 g fat (1 g sat); 0 mg cholesterol;  
16 g carbohydrate; 2 g protein; 3 g fiber;  
45 mg calcium; 191 mg sodium; 10 g sugars.

### Dietary exchanges:

2 vegetable servings, ⅓ fruit serving, 1½ fat servings

Serves 4

Prep time: 10 minutes

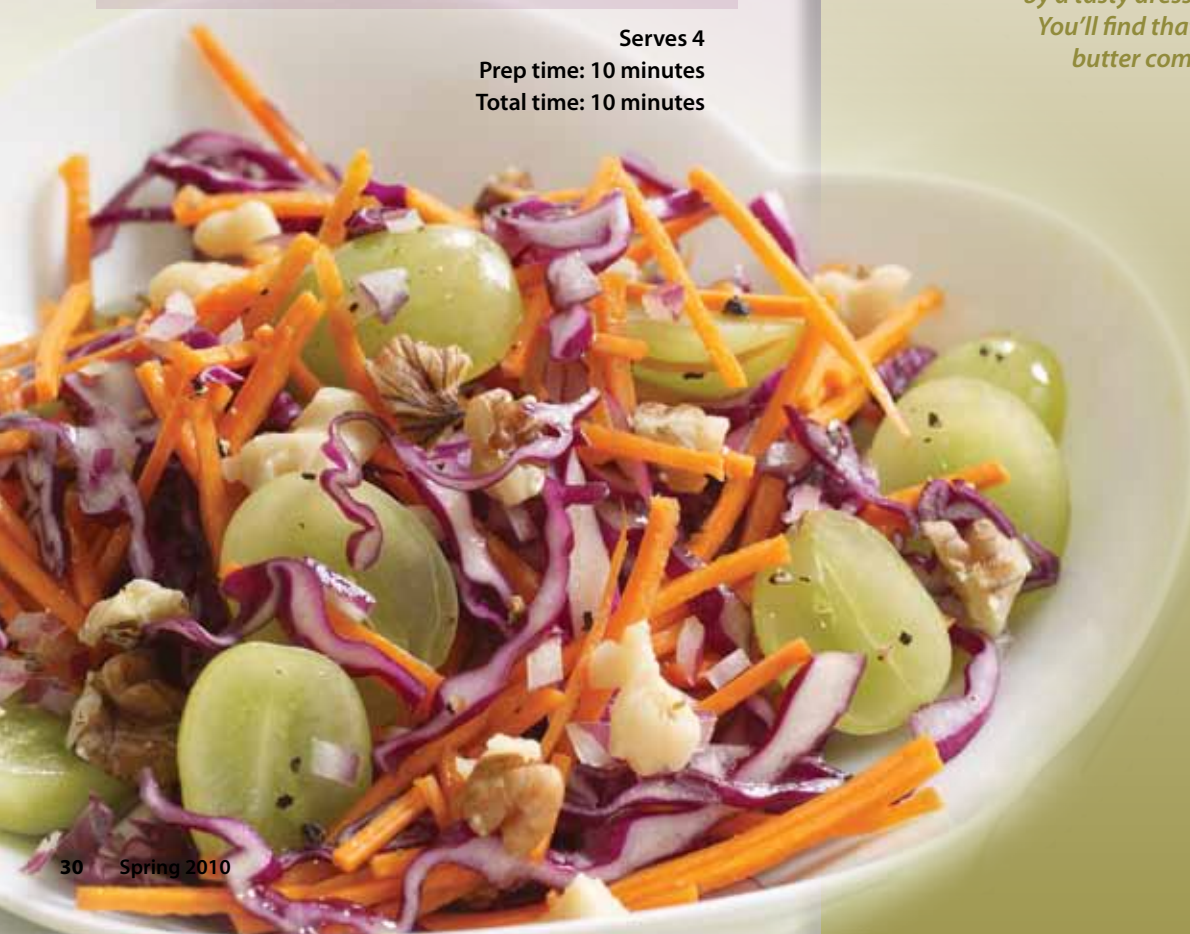
Total time: 10 minutes



## Sugar Snaps with Peanut Dressing

*Delicious raw sugar snaps are enhanced by a tasty dressing made of peanut butter. You'll find that the richness of the peanut butter combined with the freshness of a salad really hit the spot.*

- 3 tablespoons peanut butter
- 3 tablespoons freshly squeezed orange juice
- 1 tablespoon water
- ¼ teaspoon grated fresh ginger (optional)
- ⅛ teaspoon salt
- 3 cups sugar snaps
- 1 cup sprouts, any type (if sprouts aren't available, use 1 cup baby greens or chopped romaine)





# Scallops with Jicama and Oranges

*This fresh-tasting dish is perfect for either lunch or dinner.*

- 2 cups peeled and cubed jicama
- 2 oranges, peeled and sectioned
- ¼ teaspoon salt (⅛ for salad, ⅛ for scallops)
- Juice of 1 lime
- ½ cup cilantro
- Vegetable oil cooking spray
- 1 pound (12 to 16) sea scallops, each sliced in half horizontally
- Black pepper to taste

1. Heat a large, heavy-bottomed skillet over medium heat.
2. Combine the jicama, oranges, ⅛ teaspoon salt, lime juice and cilantro in a large bowl.
3. Spray the skillet with cooking spray and place the scallops in the pan. As soon as you put in the last scallop, flip the first scallop (if you would prefer to work slowly, cook half of the scallops at a time). As soon as you flip the last scallop, remove the first scallop to a clean plate. The scallops should be cooked only 30 seconds on each side. Season the scallops with ⅛ teaspoon salt and pepper.
4. Add the scallops to the jicama mixture, toss and serve.

## NUTRITION INFORMATION Per serving:

160 calories; 1 g fat (0 g sat); 37 mg cholesterol; 17 g carbohydrate; 20 g protein; 5 g fiber; 67 g calcium; 334 mg sodium, 7 g sugars.

**Dietary exchanges:** 2 vegetable, ½ fruit, 4 lean protein

1. Combine the peanut butter, orange juice, water, ginger, if desired, and salt in a food processor and puree until smooth, about 1 minute.

2. Put the sugar snaps and sprouts in a large bowl and dress with the peanut butter dressing. Serve.

## NUTRITION INFORMATION Per serving:

104 calories; 6 g fat (1 g sat); 0 mg cholesterol; 9 g carbohydrate; 5 g protein; 3 g fiber; 30 mg calcium; 78 mg sodium; 4 g sugars.

## Dietary exchanges:

2 vegetable servings, 1½ fat servings

**Serves 4**

**Prep time: 5 minutes**

**Total time: 5 minutes**

**Serves 4**

**Prep time: 18 minutes**

**Total time: 20 minutes**



All recipes (except Carrot and Grape Slaw) adapted from *The Best Life Diet Cookbook*, Simon & Schuster ©, 2009. Used with permission.

Carrot and Grape Slaw adapted from *The Best Life Diet, Revised and Updated*, Simon & Schuster ©, 2009. Used with permission.





SOME THINGS IN LIFE ARE

# free

By Janis Roszler, RD, CDE, LD/N



Robin thinks her diabetes meal plan is boring. She follows it each day because it helps her control her diabetes, but she isn't happy. She would like to have more food choices and snacks she can nibble on that are tasty and fun.

Do you ever feel this way? You don't have to. Just because you have diabetes doesn't mean you must stop eating all of the foods you love. A diabetes meal plan can be very flexible. Visit your dietitian and let him or her update your meal plan so you can eat more of the foods you enjoy and still improve your diabetes control. You may have to eat smaller amounts of those items and eat them less often, but you should be able to find a way to have them.

## FREE FOODS

Did you know there are foods you can add to your meal plan right now, even before you see a dietitian? These are known as "free" foods. A free food has less than 20 calories AND 5 or fewer grams of carbohydrates. Most people can enjoy up to 3 free food servings each day without any effect on blood glucose or weight. However, because some free foods contain small amounts of carbohydrates, it's a good idea not to eat them all at one time, as the total carbohydrate amount may cause your glucose level to jump too high.

The following is a list of foods that are usually free. Be aware that some brands of these items may not be free, so check the nutrition facts food label on the package before you eat them:

## Vegetables

Salad greens (endive, spinach, iceberg lettuce, romaine), 1 cup raw cabbage, cucumber, celery, 5 baby carrots, (or 1 small carrot), ¼ cup cooked carrots or green beans, hot peppers, green onion, mushrooms, zucchini, radishes, Chinese cabbage, ½ cup cooked cauliflower



## Proteins

½ ounce of lean meat or ½ ounce of fat-free sliced cheese



## Fruits

¼ cup blueberries, 10 small strawberries, ½ cup rhubarb sweetened with sugar substitute

## Drinks

Club soda, coffee and tea, (unsweetened or sweetened with a sugar substitute), diet soda, sugar-free drink mixes, 1 packet diet hot cocoa mix, flavored water (carb-free), plain, sparkling or mineral water, bouillon (low-sodium), fat free broth

## nutrition

### Snacks

1 cup light popcorn,  
2 saltine crackers, 10  
goldfish-style crackers, 1  
sugar-free popsicle, sugar-  
free gelatin, a piece of hard candy  
(regular or sugar-free), sugar-free gum

*A free food has less than 20 calories AND  
5 or fewer grams of carbohydrates.*


### Condiments

Many are free: 1 tablespoon ketchup, ¼ cup  
salsa, 2 tablespoons yogurt, 1 tablespoon  
Parmesan cheese, horseradish, mustard,  
dill or unsweetened pickles, 2 tablespoons  
diet salad dressing, 3 tablespoons taco  
sauce, vinegar, 2 teaspoons sugar-free jam/  
jelly, 1–2 tablespoons sugar-free pancake  
syrup, 1 tablespoon light chocolate syrup,  
2 tablespoons sugar-free whipped topping



The next time you're at the store, look for other free foods you can add to your meal plan. To do this, check the nutrition facts label listed on the package. Find the serving size at the top of the food label. If one serving of the item contains less than 20 calories and 5 or fewer grams of carbohydrates, add it to your free food list.

The list of free foods has opened up many new food choices for Robin. She now nibbles on a small amount of fat-free

sliced cheese if she gets hungry between lunch and dinner, and enjoys ¼ cup of blueberries with 2 tablespoons of sugar-free, whipped topping when she wants something sweet. She also plans to meet with her dietitian to find a way to add more of the foods she enjoys to her daily meal plan. Robin is no longer bored with her meal plan now that she has so many options to choose from. It is so nice to know that her meal plan can change. Yours can, too. 

# Don't Miss A Beat

The advertisement features a collage of images. In the top right, a woman and a man are laughing and wearing winter jackets. In the bottom left, a man and a young girl are playing chess. In the center, there is a large Energizer battery pack with a digital display showing '2025' and '2032'. To the right of the battery pack is a pink Energizer Bunny wearing sunglasses. Below the battery pack is a smaller Energizer battery pack labeled 'Ez4Change' with '10' and '8' on it. The background is a light blue and white gradient with a large white circle behind the text 'Don't Miss A Beat'.

From heart rate and glucose monitors to pedometers and hearing aids, you can always count on the Energizer family of specialty batteries to keep you and all your devices running.

