

EXPERT ADVICE, NUTRITION TIPS, GREAT RECIPES & MORE!

HOLIDAY 2011/WINTER 2012

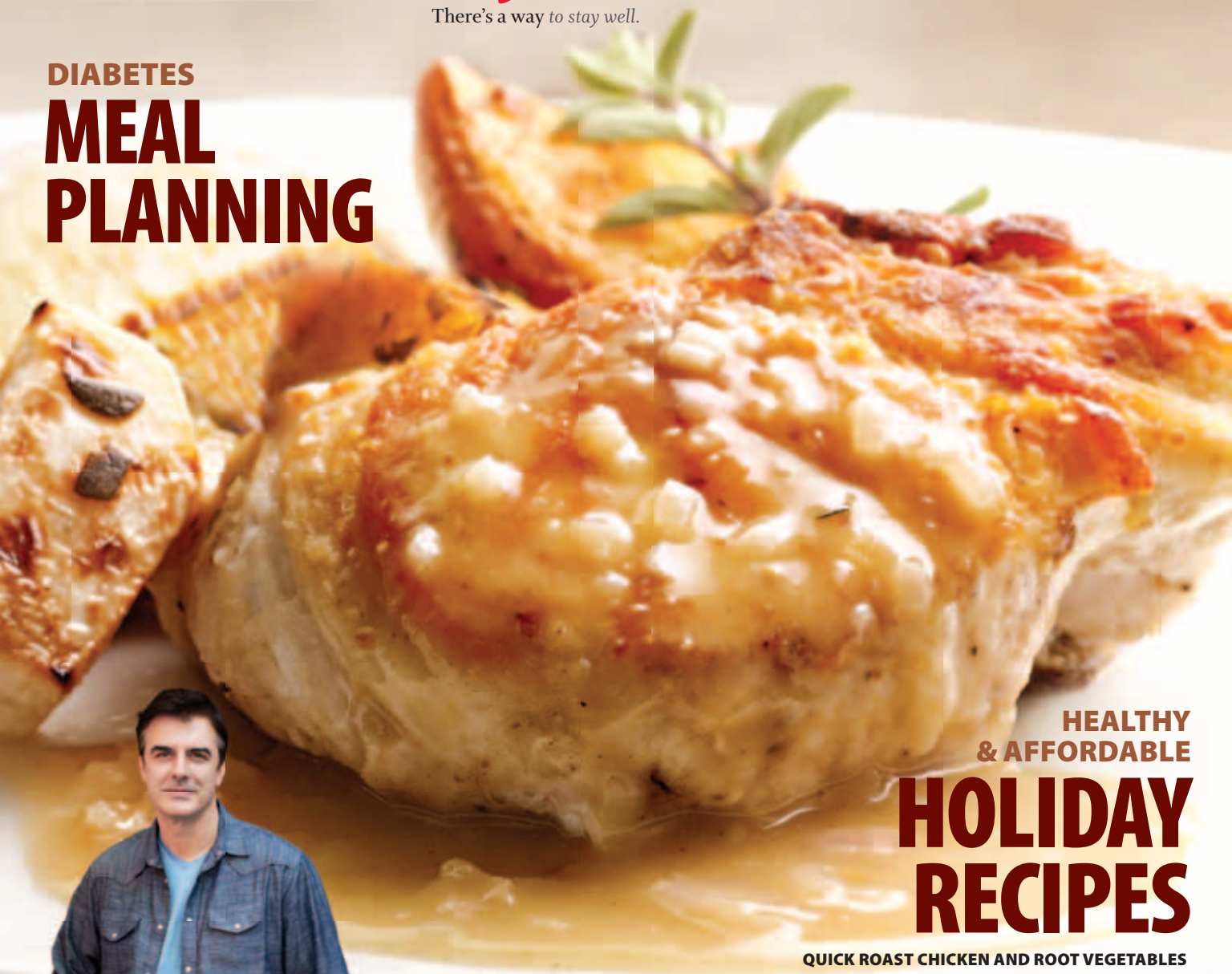
diabetes & you[®]

Walgreens

There's a way to stay well.



DIABETES MEAL PLANNING



HEALTHY
& AFFORDABLE

HOLIDAY RECIPES

QUICK ROAST CHICKEN AND ROOT VEGETABLES



AWARD-WINNING ACTOR
CHRIS NOTH
ON ASK.SCREEN.KNOW.

A NATIONAL DIABETES
PROGRAM SPONSORED BY



editor's letter



Dear Readers:

Our *Walgreens Diabetes & You* Holiday 2011/Winter 2012 issue can help you handle holiday food challenges with several expert-written, nutrition-related articles. Learn strategies for eating healthy at holiday time, meal planning and breaking the “stress-eating” cycle. To help you eat right this holiday season, try our delicious recipes that are diabetes- and budget-friendly, such as the Quick Roast Chicken and Root Vegetables recipe shown on the cover, as well as Salmon Rösti, Savory Orange-Roasted Tofu & Asparagus, and Frozen Pumpkin Mousse Pie.

In our feature article, Chris Noth, an award-winning actor perhaps best known as Mr. Big on HBO’s “Sex and the City,” talks about his newest role as ambassador for a Novo

Nordisk-sponsored program called Ask.Screen.Know. This national educational initiative highlights the need for early diabetes screening and detection.

And if you are in the market for a new meter, take a look at our annual Blood Glucose Meter Comparison Chart on page 27, with the most updated information on all the meters Walgreens carries.

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). Walgreens customers can contact us at diabetes.magazine@walgreens.com to receive an electronic version of the magazine.

As always, we invite you to share your questions or comments. Our contact information is below:

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Sincerely,

Michael Wolf, PharmD
Director of Merchandising, Diabetes Care
Walgreen Company

For past issues of *Diabetes & You*, or for the Walgreens Diabetes Newsletter, visit walgreens.com and click on health info

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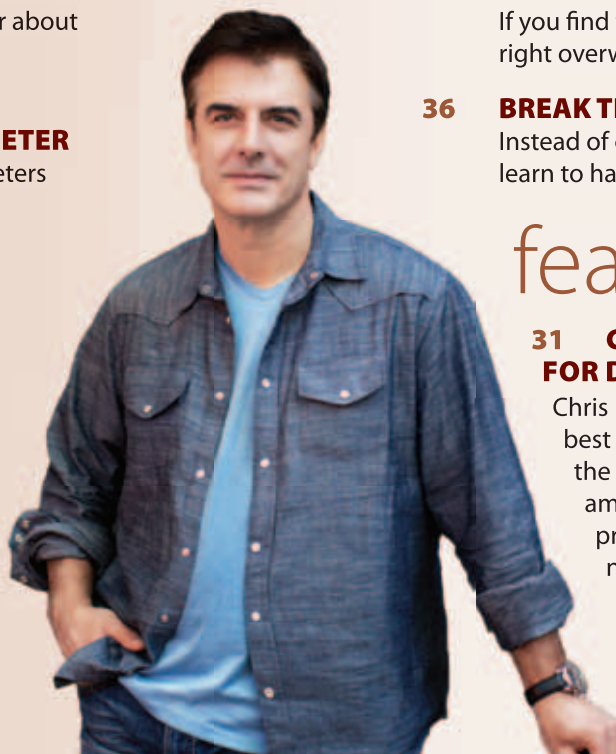
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what's new at Walgreens

By Jonathan Jarashow

Walgreens and First Lady Michelle Obama work to prevent childhood obesity

At a meeting with Walgreens and other retailers in July at the White House, First Lady Michelle Obama spoke about how access to fresh food can help prevent obesity: "People should have fresh food retailers right in their communities—places that sell healthy food at reasonable prices, so that they can feed their families in the way that they see fit because when they have these choices, that can have a real, measurable impact on a family's health—and

we all know that. Studies have shown that people who live in communities with greater access to supermarkets eat more fresh fruits and vegetables, and they have lower rates of obesity."

Walgreens President and Chief Executive Officer Greg Wasson responded to the First Lady's call by announcing that Walgreens will convert or open at least 1,000 "food oasis" stores across the country over the next five years to help prevent childhood obesity, "With more than 45 percent of our stores located in areas that don't have access to fresh food, Walgreens is uniquely positioned to bring more food options to Americans and also provide needed pharmacy, health and wellness services directly in those communities."

First Lady Michelle Obama at the White House July 20, 2011




OFFICIAL WHITE HOUSE PHOTO BY SAMANTHA APPELTON

Walgreens Live Pharmacy Chat Service

Last year, Walgreens introduced Live Pharmacy Chat, a free, one-on-one, live online chat with a pharmacy staff member available 24/7. We recently spoke with Walgreens pharmacist Kathleen Reidelbach, who has been with the Live Pharmacy Chat program since it began, about the benefits of this service for people with diabetes. Reidelbach says she often helps Walgreens customers with diabetes who are concerned about the costs of their prescriptions and over-the-counter items and are looking for alternatives. She also gets many questions about vitamins and herbal supplements and potential interactions with diabetes medicines. And many customers ask

for expert advice from their Walgreens pharmacist on their diabetes care. As she says: "Some people have questions about supplies for their diabetes testing. I've had questions



regarding blood glucose testing and results that they've gotten when they're testing. I've had questions about our various meters and supplies we carry over-the-counter. I have also had diabetic wound care questions and questions about products we carry for wound care." For more information and to give this valuable service a try, visit www.walgreens.com/pharmacychat. 

Walgreens pharmacist Kathleen Reidelbach



• The Complete Needle Collection & Disposal System

An all-in-one solution for collection, transport and disposal of "sharps," such as

syringes, pen needles and lancets used by self-injectors of medications. Simply fill the container, secure the lid, package it in the included shipping box, print or order a mailing label and drop it in the mail.

* Additional fees may apply to return and treatment.

• Neoteric Diabetic Shampoo & Scalp Care

Deep cleaning action works on the hair and soothes the irritated scalp without stripping moisture. For all hair types, it rinses easily without leaving a residue or an itchy, dry feeling.



• Glucerna Hunger Smart

Specially designed for people with diabetes, these shakes and bars are a delicious way to help



manage hunger as part of your weight loss plan. Glucerna Hunger Smart has CARBSTEADY®, which includes slowly digestible

carbohydrates designed to help minimize blood glucose spikes. Try a shake as part of your meal, or grab a bar for a delicious snack on the go.

BRIEF SUMMARY OF PRESCRIBING INFORMATION HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.

LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection

Initial U.S. Approval: 2000

INDICATIONS AND USAGE

LANTUS is a long-acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

DOSAGE AND ADMINISTRATION

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

DOSAGE FORMS AND STRENGTHS

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

CONTRAINDICATIONS

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)
- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

DRUG INTERACTIONS

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

USE IN SPECIFIC POPULATIONS

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

See Full Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling

**Revised: 04/2010
Rx Only**

GLA-BCPH-AS-APR10

research updates

By Richard Jackson, MD,
Director of Medical Affairs,
Healthcare Services



THE WONDER OF EATING BREAKFAST


Breaking the fast, better known as eating breakfast, was an important part of our metabolic evolution. In recent times, however, this important meal has fallen out of favor. Those of us who are trying to lose weight often pick breakfast as an easy meal to skip. Even more commonly, we find that

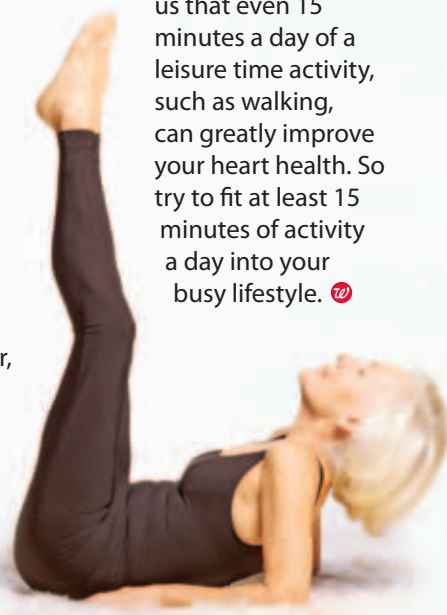
the hectic structure of our mornings makes fitting in a good breakfast more difficult.

This is another case, however, of research telling us that our mothers were right: Eating a nutritious breakfast regularly is one of the few common behaviors of people who have successfully lost weight and managed to maintain this weight loss for several years. Other research studies have shown that eating breakfast, compared with skipping breakfast, improves your body's metabolic response to your lunchtime meal. Your insulin and glucose responses are much improved when lunch comes after a good breakfast.

WHO WANTS TO EXERCISE?

Exercise improves your glucose control if you have diabetes and can lower your chance of developing diabetes if you are at risk for the disease. It also has a major impact on improving your heart health. This is the good news. The bad news is that, as we all know, it is difficult to find the time for the recommended daily 30 minutes of non-work related exercise. Recent research, however, has told us two things: first, while increasing your physical activity is important, the most important thing is to make sure that you are

not inactive. Those who are least active have the highest risk of heart disease. And second, another recent study tells us that even 15 minutes a day of a leisure time activity, such as walking, can greatly improve your heart health. So try to fit at least 15 minutes of activity a day into your busy lifestyle. 



healthy & affordable

holiday recipes



Quick Roast Chicken and Root Vegetables

4 servings. Active time 45 minutes. Total time 45 minutes.

- 1 pound turnips, peeled and cut into ½-inch chunks
- 1 pound baby potatoes, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ cup all-purpose flour
- 1 cup reduced-sodium chicken broth
- 2 bone-in chicken breasts (12 ounces each), skin and fat removed, cut in half crosswise
- 1 large shallot, chopped
- 1 tablespoon Dijon mustard
- 2 teaspoons red- or white-wine vinegar

1. Preheat oven to 500°F.

2. Toss turnips, potatoes, 1 tablespoon oil, marjoram, ½ teaspoon salt and ¼ teaspoon pepper together in a medium bowl. Spread in an even layer on a large baking sheet. Roast for 15 minutes.

3. Meanwhile, place flour in a shallow dish. Transfer 2 teaspoons of the flour to a small bowl and whisk in broth; set aside. Season chicken with the remaining ¼ teaspoon salt and ¼

teaspoon pepper. Dredge the chicken in the flour, shaking off excess.

Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add the chicken, skinned-side down, and cook until well browned on the bottom, about 5 minutes. Remove from the heat.

4. After the vegetables have been roasting for 15 minutes, stir them and place one piece of chicken, skinned-side up, in each corner of the baking sheet. (Set the skillet aside.) Return the vegetables and chicken to the oven and roast until the chicken is cooked through and the vegetables are tender, about 20 minutes more.

5. When the chicken and vegetables have about 10 minutes left, return the skillet to medium heat. Add shallot and cook, stirring, until fragrant, about 1 minute. Whisk the reserved broth mixture again, add to the pan and bring to a boil. Cook, stirring occasionally, until reduced by about half, about 8 minutes. Stir in mustard and vinegar. Serve the chicken and vegetables with the sauce.

NUTRITION INFORMATION

Per serving:

333 calories; 10 g fat (2 g sat, 6 g mono); 72 mg cholesterol; 29 g carbohydrate; 31 g protein; 4 g fiber; 770 mg sodium; 1033 mg potassium

Dietary exchanges:

1 starch, 1½ vegetable, 3½ lean meat, 1½ fat



Salmon Rösti

4 servings, 2 rösti (salmon cakes) each.
Active time 30 minutes. Total time 30 minutes.

- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- ½ cup finely chopped red onion
- 2 large eggs plus 1 large egg white, lightly beaten
- 1 tablespoon whole-grain mustard
- 3 tablespoons chopped fresh dill or 3 teaspoons dried, divided
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 4 cups frozen hash-brown shredded potatoes (about 12 ounces)
- 2 tablespoons extra-virgin olive oil, divided
- ⅓ cup reduced-fat sour cream
- 1 tablespoon capers, rinsed and chopped
- 1 teaspoon lemon juice

1. Combine salmon, onion, eggs and egg white, mustard, 2 tablespoons fresh dill (or 2 teaspoons dried), pepper and salt in a large bowl. Add potatoes and stir to combine.
2. Preheat oven to 200°F.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat until shimmering. Fill a 1-cup measure two-thirds full with the salmon mixture and firmly pack it down. Unmold into the pan and pat to form a 3-inch cake. Repeat, making 3 more cakes. Cover and cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more. Transfer the cakes to a baking dish; keep warm in the oven. Wipe out the skillet and cook 4 more cakes with the remaining 1 tablespoon oil and the remaining salmon mixture.
4. Combine sour cream, capers, lemon juice and the remaining dill in a small bowl. Serve the salmon cakes with the dill sauce.

NUTRITION INFORMATION Per serving:

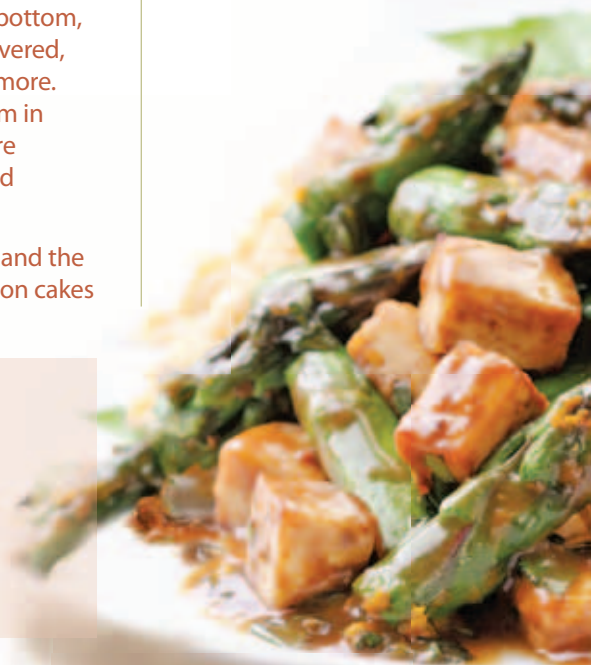
317 calories; 18 g fat (4 g sat , 7 g mono);
143 mg cholesterol; 19 g carbohydrates;
0 g added sugars; 21 g protein; 2 g fiber;
559 mg sodium; 605 mg potassium

Dietary exchanges: 1 starch,
2½ lean meat, 2 fat

Savory Orange-Roasted Tofu & Asparagus

4 servings, scant 1 cup each.
Active Time: 25 minutes.
Total Time: 40 minutes.

- 1 14-ounce package extra-firm water-packed tofu, rinsed
- 2 tablespoons red miso, divided
- 2 tablespoons balsamic vinegar, divided
- 4 teaspoons extra-virgin olive oil, divided
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 3 tablespoons chopped fresh basil
- 1 teaspoon freshly grated orange zest
- ¼ cup orange juice
- ¼ teaspoon salt



1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. Pat tofu dry and cut into ½-inch cubes. Whisk 1 tablespoon miso, 1 tablespoon vinegar and 2 teaspoons oil in a large bowl until smooth. Add the tofu; gently toss to coat. Spread the tofu in an even layer on the prepared baking sheet. Roast for 15 minutes. Gently toss asparagus with the tofu. Return to the oven and roast until the tofu is golden brown and the asparagus is tender, 8 to 10 minutes more.
3. Meanwhile, whisk the remaining 1 tablespoon miso, 1 tablespoon vinegar, 2 teaspoons oil, basil, orange zest and juice, and salt in the large bowl until smooth. Toss the roasted tofu and asparagus with the sauce and serve.

NUTRITION INFORMATION

Per serving:

152 calories; 9 g fat (2 g sat, 5 g mono); 0 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 10 g protein; 4 g fiber; 482 mg sodium; 319 mg potassium

Dietary exchanges: 1 vegetable, 1 plant-based protein, 1 fat



Frozen Pumpkin Mousse Pie

10 servings. Active time 20 minutes.

Total time 2 hours 20 minutes (including freezing time).

Crust

- 30 small gingersnap cookies, (about 7½ ounces)
- 2 tablespoons raisins
- 1 tablespoon canola oil

Filling

- 1 cup canned pumpkin puree
- ⅓ cup packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon freshly grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream, softened

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.

2. To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.

3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.

4. To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

NUTRITION INFORMATION Per serving:

230 calories; 5 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 42 g carbohydrates; 4 g protein; 2 g fiber; 179 mg sodium; 165 mg potassium

Dietary exchanges:

3 other carbohydrate, 1 fat



Adapted from *Eating Well on a Budget* by Jessie Price, & the Eating Well Test Kitchen (© 2010 by Eating Well, Inc., published by The Countryman Press).

Available at your local bookstore, online at EatingWell.com or www.countrymanpress.com, or by calling 1-800-233-4830.



Joslin Diabetes Center

healthy holidays

By Dana Opp, RD, CDE,
Joslin Diabetes Center Affiliate at The Western
Pennsylvania Hospital – Monroeville, PA

'T is the season...to be tempted by holiday gatherings, gooey desserts and festive beverages. Even though the holidays are a wonderful time to get together with family and friends, it can be a challenge to keep your blood glucose in check and not gain weight.

It's no wonder that on Jan. 2, we make our New Year's resolutions, mostly focused on shedding all the holiday pounds. This year practice your holiday survival skills during the celebration, so that your New Year's resolution can focus on more exciting things.

We all know that the holidays bring about those favorite treats like candied yams and Aunt Linda's famous Christmas cookies. How do you enjoy the holiday fun while resisting so many temptations? Below are some tricks and ideas to help you enjoy the holidays while keeping your blood glucose in target and limiting the typical holiday weight gain.



Eating healthfully during the holidays may sound like “bah-humbug,” yet with some simple strategies, it’s doable.

GETTING INTO THE SPIRIT

Alcoholic beverages, soda and holiday punches can also keep your calories afloat. Liquid calories do not make us feel full, and can tip the calorie and carb scale very quickly. If you choose to drink alcohol, set a limit of one to two drinks per occasion. Alternate alcoholic beverages with calorie- and carb-free drinks. Sparkling water with a twist of lemon, lime or orange or a splash of fruit juice is refreshing and won’t break your carb budget, or stick to your waist. Need some ideas on how to cut back on calories and carbs? Check out the list below to see how small changes can save lots of calories during your holiday festivities.

ON THE MOVE

Last but not least, keep moving during the holidays. We all feel the added stress of shopping, holiday cards and wrapping, but keeping your body active will help with the stress, lower your blood glucose and also burn off those holiday goodies, too. Include your family in taking walks, playing Wii games, going bowling or making snowmen. Any activity is better than none and will make you feel more energized to get through the holidays. ‘Tis the season to be happy and healthy! 🍷

5 WAYS TO conserve calories

1 Keep calories in check by loading up on colorful veggies.

Non-starchy vegetables, like celery, carrots, cucumbers and peppers, are low-calorie, high-fiber “fillers” sure to keep anyone full. Want to wow your guests this year? Roast some cauliflower, asparagus or green beans in a little olive oil and your favorite herbs and spices, rather than cooking them in the usual way on the stove. Roasting in the oven adds a different twist and gives them a great nutty flavor.

2 Avoid skipping meals during the day in an effort to save up your carbs and calories.

Going hungry to any party can lead to spending more time at the food table than mingling with your family or friends. Stay with your usual meal and snack schedule as much as possible. Eat a piece of fruit, a small container of yogurt or a handful of nuts before a party or dinner to keep you from greeting the food first.

3 Pick the foods that are “special” and skip the “everyday” foods.

If you really want a piece of pumpkin roll, then forgo that scoop of potatoes at dinner, allowing for the extra carbohydrates and calories in that small piece of dessert.

4 Finding it hard to take a smaller piece of pecan pie?

Your taste buds only really need three or four of something to be satisfied! Anything more than that is just “wasted” calories. Try using smaller plates, bowls and cups to keep portions in check. Larger plates lead to larger portions.

5 Practice slow eating as this will help to keep portions smaller too.

Take the time to enjoy your food, noticing the flavor and feel of it in your mouth. When we eat fast, we tend to overeat. Spend more time talking to your friends and less time near the food table.

Instead of this...

Mashed potatoes (1½ cups) =
300 calories and 45 g carbs

Pecan pie (¼ of 8” pie) =
440 calories and 57 g carbs

Spinach and artichoke dip and 10 pita chips =
280 calories and 25 g carbs

Wine (8 oz) =
195 calories and 7 g carbs

Soda (12 oz) =
150 calories and 41 g carbs

Eggnog (8 oz) =
340 calories and 34 g carbs

Try this...

Roasted cauliflower (1½ cups) =
70 calories and 10 g carbs

Pumpkin mousse (approx. ½ cup) =
140 calories and 26 g carbs

Raw veggie medley with 2 Tbsp Greek yogurt dip =
60 calories and 15 g carbs

Seltzer water (8 oz) and
2 oz cranberry juice =
32 calories and 8 g carbs

Water =
0 calories and 0 carbs

Coffee with 2 oz of eggnog =
84 calories and 8 g carbs

healthy **mouth,** healthy **life**

By Jonathan Jarashow

Walk with Walgreens spokeswoman

Alison Sweeney has joined with Crest and Oral-B on the Life Opens Up Project, a program that encourages people to share their stories on LifeOpensUpProject.com of how their healthy mouths have played a pivotal role in shaping who they are today. “The Biggest Loser” host, “Days of Our Lives” star and author of The Mommy Diet is used to being in the spotlight—with her healthy-mouth smile leading the way.

Sweeney is always in front of the camera, and in show business it is crucial to have a healthy mouth.

It helps give her confidence to stand on stage and to speak out in public. As she says: “Healthy mouth basics just start with making your oral hygiene a part of everyday routine. It’s about looking after your mouth just like you do your nutrition and your fitness. Your health needs to be a priority for you.”

As Sweeney says, “My partnership with Crest honors my basic principles about health and wellness and what’s important to


me, and that was how my relationship with Walgreens on the Walk with Walgreens program got started, as well.”

Sweeney appreciates how the Life Opens Up Project emphasizes oral health as a major part of your well-being: “It embraces the idea that your physical wellness—which is your oral hygiene and having a healthy mouth—contributes to your overall wellness and your confidence. We encourage people to submit their stories about how their oral health, their healthy mouths, gave them the confidence to have that sort of breakthrough moment in life, whether professionally or personally—stories in which their healthy mouths gave them the confidence to take that next step.”

Sweeney points out the link between a healthy body and a healthy mental outlook: “Oral hygiene has an impact on your mental health, when you feel that confidence to go out there and speak your mind.” Self-image pays a role, as well: “I think the attractiveness comes from the confidence of being healthy. When you are

a confident, outgoing person with this big smile, it is the ultimate in attractiveness.”

Sweeney leads by example when it comes to her kids Ben and Megan. They know keeping healthy is a big priority for her and that she goes to the gym every day. “They know that’s important to me. It’s part of my routine, part of my life, and that’s how it will become a part of theirs.” And Sweeney feels when they see their parents brushing their teeth and taking time to keep their mouths healthy, it’s more effective than any pre-bedtime speech.

Sweeney emphasizes to her kids that eating right keeps you stay healthy, and avoiding sweets is important for a healthy mouth, as well. So when Sweeney goes out to eat with her kids, she walks the talk. “You have to start ordering vegetables. When your kids look at what’s on your plate and see that you’re doing as you say, that is exactly how your healthy lifestyle message will get across.” 

oral care tips for people with diabetes

- Keep your blood glucose as close to normal as possible.
- Use dental floss at least once a day.
- Brush your teeth after meals and snacks.
- Let your dentist know you have diabetes. Call right away if you have any dental problems.
- Get your teeth cleaned and your gums checked twice a year.
- If you smoke, talk with your health care provider about ways to quit.



PHOTO CREDIT: ROBERT TRACHTENBERG

DIABETES

meal planning

which method is best for you?

By Janis Roszler, RD, CDE, LD/N

Diabetes and food do a unique dance. You need to eat a variety of foods to stay healthy, but too much of some foods can lead to weight gain and can affect your diabetes control. Your diabetes food plan should fit your nutritional needs, daily routine, eating habits, food likes, and blood glucose and diabetes goals. You and your diabetes care team should find the method that best helps you plan meals, stay healthy, and maintain proper weight and blood fat (lipid) goals. And if one approach doesn't work for you, try another.

There are many diabetes meal planning methods to choose from. Which one is best for you? Here are three popular methods to consider.

1 The Plate Method

This simple meal planning method is easy to use at home and when you eat out.

For breakfast

Draw a pretend line down the middle of your 9-inch plate. Place a small carbohydrate serving of whole-grain toast or cereal on one side. Split the other half of the plate into two sections. Fill one with a meat or meat substitute, such as an egg, egg whites, low-fat cottage cheese or Canadian bacon. Fill the other part with a small piece of fruit or enjoy ½ cup of juice. If you wish, you can also have a cup of skim or low-fat milk, sugar-free hot chocolate or light yogurt. If you use a bowl at breakfast, keep your portions small.

For lunch and dinner

Again, draw a pretend line down the middle of a 9-inch plate. Fill one side with non-starchy (low-carb) vegetables, such as green beans, zucchini, cauliflower, spinach, summer

squash, Brussels sprouts, carrots, broccoli, peppers, tomatoes, cucumbers, celery and lettuce. Then, split the other side into two equal parts. Fill one part with carbohydrate-rich foods, such as baked or sweet potato, corn, peas, chickpeas, lentils, kidney beans, or whole-grain rice, pasta or bread. The last part of your plate should be filled with protein foods, such as skinless chicken or turkey, fish, eggs, lean beef or pork, low-fat cheese, low-fat cottage cheese or tofu. To round out your meal, add a small fruit serving (½ cup or one small piece of fruit) and 8 ounces of skim or low-fat milk or 1 cup of light yogurt.

If you eat the portions mentioned above for breakfast lunch and dinner, you'll consume about 1,200 to 1,500 calories a day and about 45 to 60 carbohydrate grams per meal, not counting snacks. A dietitian can help you adjust this plan to meet your own health goals.


2 Carb Counting

When you know how many carbohydrates (carbs) are in each serving of food, you can eat the amount that will help you maintain good glucose control.

Foods that have carbohydrates will raise your blood glucose level. Experts suggest that people with diabetes eat at least 130 grams of carbohydrates each day to stay healthy. Many people eat 45–60 grams of carbs at each meal and 10–15 grams for each snack. A dietitian can help you use this method to plan your meals. If you use insulin, your dietitian can also help you use your carbohydrate totals to figure out how much insulin to take at mealtimes.

3 Glycemic Index

This tool can help you get the most out of your diabetes meal plan.

The Glycemic Index (GI) ranks carbohydrate foods by the effect they have on the body's glucose level. Foods are listed as having a high, medium or low GI. Low foods have the smallest effect and high foods have the greatest. The list is not perfect but can help you make better food choices when you plan your meals. For example, if you want to eat a fruit but don't want your glucose level to jump too high, choose one that has a low or medium GI. 

These meal-planning methods offer you ways to eat well while at home and away. Meet with a dietitian to learn the best way to use them.

leave my diabetes alone

By Janis Roszler, RD, CDE, LD/N

It can be fun to get together with friends and family —until someone makes a negative comment about your diabetes.

Many people feel it is OK to comment on how you handle your diabetes. However, their words can sting sometimes, like when you reach for a cookie from a tray at an office party and a coworker asks, “you aren’t allowed to eat cookies, are you?” Here are a few ways to deal with comments people make or unwanted tips they offer.

THINK AHEAD

If your mother-in-law always comments on how much weight you’ve gained, expect her to say something about your weight at the next family event. Before you leave home, decide how you’d like to handle this. You can ignore her comment, thank her for her interest and move away or change the subject. However you respond, hearing her will be much easier if you are prepared.

You can then answer calmly and not become frazzled or upset.

KEEP A PRETEND SCORECARD

This can help take the sting out when you get hurtful comments. The goal is to turn insulting remarks into a game that you play during your visit. Create a list of comments you expect to hear from the folks who may be there. When anyone says a phrase on your list, give yourself a point. To add to the fun, enlist the support of a friend. When the comments start flying, report them to your friend and share a prize if you check off all the barbs on your list.

CALL THE HOST AHEAD OF TIME

Many negative comments come during meal times. So before any party, contact the host and review the menu. If nothing meets your diabetes needs, either eat before you attend or bring a diabetes-friendly entrée that everyone can enjoy.

HOST THE PARTY

When the event is at your home, you control the evening. You can plan the menu to suit your health needs and showcase the foods you prefer to eat. If they are willing, suggest that your guests each bring a diabetes-friendly dish to the meal. You can suggest recipes or direct them to appropriate cookbooks. This will be a pot-luck, healthy meal for you and all of your guests. 🍷

4

diabetes conversation strategies:

1

CHANGE THE SUBJECT

“Thanks for the idea. So how was your trip to the city?”

2

ACCEPT THEIR TIP

“Really? I’ll mention that to my doctor.”

3

TEACH THEM SOMETHING NEW

“Your husband was never allowed to eat this? Well, diabetic meal plans have changed a lot over the past few years.”

4

JUST SAY THANKS

“Thank you for your concern. I’ll keep it in mind.”

choosing your blood glucose meter

Accuracy. It's important for you to know that the meters are not as accurate as the results of blood tests taken at the lab. Your meter will likely measure your blood glucose within 20 percent of your usual lab test numbers. This is considered the acceptable range.

Alternate site testing. If you want to get blood from a site other than your fingers, make sure the meter you buy is approved for what's called alternate site testing.

Ease of use. Take the meter for a "test drive" to make sure you feel comfortable using it. Your Walgreens pharmacist or your diabetes educator can help you do this. Some

meters are more difficult to handle than others. Also, see if you can read the results from the machine easily. The screens on some meters are larger than others.

Portability. If you carry your meter with you, make sure it is small and portable. Most meters come with a carrying case in which there is room for your testing supplies.

Speed. If you check your blood glucose several times a day, you may want a quick test.

Results upload. Most meters allow you to upload results to your computer and analyze them electronically. This feature can help you and your healthcare provider make more sense of your blood glucose numbers.

METERS AVAILABLE AT WALGREENS

Meter Box	Meter	Memory	Test Time	Sample Size (µL)*	Features and Comments
		500 tests, 7-, 14- & 30-day avg.	As fast as 4 sec.	Very Small 0.5 µL	Advanced performance, no-coding system for easy, accurate testing. Strip release button eliminates handling of strips. Lifetime meter warranty. Data uploading capability. Alternate site testing. Ketone testing reminders.
Walgreens TRUEresult					
		99 tests	As fast as 4 sec.	Very Small 0.5 µL	World's smallest meter. Meter easily attaches to the top of a vial of TRUEtest strips for true on-the-go convenience. No coding simplifies testing. Comes in Red, Purple or Blue.
Walgreens TRUE2go					
		365 tests, 14- & 30-day avg.	10 sec.	Small 1 µL	Easy two-step testing with fast results. Capillary-action test strips with small sample needed. Affordably priced. Data uploading capability. Alternate site testing.
Walgreens TRUEtrack					
		500 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.6 µL	Easy to handle and use, with two simple steps. Large, wide test strip fills quickly and easily. Over 150 quality checks to detect and prevent unreliable results. Alternate site testing.
Accu-Chek Aviva					
		500 tests, 7-, 14- & 30-day avg.	5 sec.	Small 1.5 µL	No strip handling. Seventeen strips are contained in a drum, which is loaded into the meter. Attachable lancet device that uses Softclix lancets. Automatic coding. Alternate site testing.
Accu-Chek Compact Plus					

* µL = microliters

(CHART CONTINUED ON NEXT PAGE)

diabetes care

* μL = microliters

Meter Box	Meter	Memory	Test Time	Sample Size (μL)*	Features and Comments
		420 tests, 1-, 7-, 14- & 30-day avg.	5 sec.	Small 1 μL	Easy to use with 10-test disc. Eliminates handling individual blood glucose test strips. Both the BREEZE [®] 2 meter and the 10-test disc received the Ease-Of-Use Commendation from the Arthritis Foundation [®] . Results in just 5 seconds. No Coding [™] technology.
Bayer Breeze 2					
		480 tests, 7-, 14- & 30- day avg.	5 sec.	Very Small 0.6 μL	Easy and accurate testing starts here. Large, easy-to-read display. Fast 5-second test time. No Coding [™] technology eliminates inaccurate results due to miscoding.
Bayer Contour					
		2000 tests, 7-, 14- & 30- day avg.	5 sec.	Very Small 0.6 μL	Transform daily testing into understanding. An easy-to-use meter with proven accuracy. Plugs into any computer for easy access to your testing results. Know your blood sugar patterns and trends, share them with your health care provider.
Bayer Contour USB					
		400 tests, 7-, 14- & 30- day avg.	5 sec.	Very Small 0.3 μL	Easy to read, easy to hold meter. Large numeric display. No coding. Very small sample size. Use with FreeStyle Lite [®] Blood glucose test strips with ZipWik [™] tabs for easier application and fast uptake.
FreeStyle Freedom Lite					
		400 tests, 7-, 14- & 30- day avg.	5 sec.	Very Small 0.3 μL	Small, compact meter with backlight display and test strip port light. No coding. Very small sample size. Use with FreeStyle Lite [®] Blood glucose test strips with ZipWik [™] tabs for easier application and fast uptake.
FreeStyle Lite					
		500 tests, 7-, 14- & 30-day avg.	5 sec.	Small 1 μL	Helps you see if your food and portion choices are working so you stay in range. Two-way scrolling buttons and a backlight make it easy to read and operate. Download ports for data management. Alternate site testing.
OneTouch Ultra2					
		500 tests	5 sec.	Small 1 μL	Testing made small and simple. Large, easy-to-read screen. Two-way scrolling buttons for simple navigation. Available in a variety of colors (colors vary by store). Download ports for data management. Alternate site testing.
OneTouch UltraMini					
		3,000+ tests, 7-, 14-, 30-, 60- & 90-day avg.	5 sec.	Small 1 μL	Only meter proven to help reduce A1C. Also ideal for people who make insulin adjustments because it automatically collects and organizes glucose results into useful charts. Download ports for data management. Alternate site testing.
OneTouch UltraMini					
OneTouch UltraSmart					

Bayer A1CNow Self Check. The first and only at home A1C test with results in 5 minutes, making it simple to check A1C at home and monitor progress in between doctor visits. Product is lab accurate and provides a 2-3 month indication of average blood glucose. Check with your plan for Flexible Spending Account eligibility.



Answers
at Walgreens[™]

chris noth

screenings for diabetes offer BIG benefits

By Jonathan Jarashow

Chris Noth is an award-winning actor currently appearing on CBS's "The Good Wife," and he's also known for his roles as Detective Mike Logan on "Law and Order" and Mr. Big on HBO's "Sex and the City." His newest role is ambassador for a Novo Nordisk-sponsored program called Ask.Screen.Know., an educational initiative that highlights the need for early diabetes screening and detection. Noth is delivering



an important message: Americans age 45 or older should get tested for diabetes and talk with a healthcare professional about the risk factors. The American Diabetes Association recommends that those who are 45 years or older get tested for diabetes once every three years. There are approximately seven million Americans—nearly 1-in-12, who have diabetes, but nearly 1-in-3

of them don't know it.

Says Noth: "It is such a simple process to be screened and get tested for diabetes, and it is really not on the radar. People aren't aware of how important it is. I would equate it with what happened years ago when people suddenly realized they had to check their cholesterol because it could be the precursor to heart disease. It is the same with this: The symptoms aren't always obvious, but if you are 45 or older, it's extremely important to do the testing."

Noth knows that it is critical to follow the

recommended guidelines for testing. "I get screened once every couple of years like I do for other things, and I watch my blood sugar and exercise. As I get older, it actually feels better to be fit than not to be fit, and it's more fun to be healthy than not. It's a natural evolution of health awareness, it seems to me."


Noth has a close friend who was vastly overweight, extremely fatigued and was urinating constantly. Noth didn't know at the time that he might have diabetes. He just thought he was out of shape and needed to get to the gym. But Noth got him to look into it, and his friend did, in fact, have diabetes. He is now on a regular regimen of diet and exercise, walking three or four miles every day. He also lost more than 100 pounds. Noth believes his friend's diagnosis of diabetes actually saved his life.

According to Dr. Silvio Quaglia, who is teaming up with Noth to deliver the message for the diabetes screening education program, the obesity epidemic in the United States means we have to start screening now earlier than we used to. "A lot of people go on for a long period of time with maybe five symptoms of diabetes and just don't want to do anything for it. But when a friend or a loved one comes up to you and says 'I think you might have diabetes,' you better go get checked out. Hopefully, that friend or loved one will keep up with that nagging

risk factors for type 2 diabetes

- 45 years or older
- Lack of physical activity
- Being overweight
- High blood pressure
- Diabetes in the family
- Being a member of certain ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders and American Indians and Alaska Natives)
- Having had diabetes during pregnancy or giving birth to a baby who weighed more than 9 pounds

until you finally go and get checked out. And that's a big, important, life-saving thing that Chris did."

As Noth says: "You can be a marathon runner and have high cholesterol. It can actually kill you or give you heart disease. And now, for men in their 40s, getting tested for cholesterol is a no-brainer. And that's what we are looking for with prediabetes. We have to raise the level of awareness and spread the idea of getting people screened—getting them protected—so we can treat them and prevent the complications." 

For more information, go to askscreenknow.com

Americans age 45 or older should get tested for diabetes and talk with a health care professional about the risk factors.

FOOD FACTS AND FALLACIES

what you don't know can hurt you

By Susan Herzlinger, MD



So you have been diagnosed with diabetes or are starting to take your diet and health more seriously. Congratulations! Diet can make a big difference in your diabetes management and your overall health. But if you find the amount of information about eating right—some of which seems to change on a daily basis—overwhelming, you are not alone. Dietary recommendations can seem like a moving target. Low-fat, no fat, no trans fat, yes “good fat,” low-carb, no carb. What should you do? Read on to learn the correct answers to some commonly asked questions.

TRUE OR FALSE

“I should eat as little fat as possible.”

Answer: False

Fat is an essential building block for many vital cells in the body. These include cell membranes—the walls of every cell in the body. The fat-soluble vitamins, A, D, E and K, need fat to be absorbed. Fat is essential for healthy nails, skin and bones. Our organs require fat for cushioning. And finally, fat provides much of the energy that we need to survive.

There are four main types of fat. Monounsaturated and polyunsaturated fats (the “good” fats) can actually

sources of different fats

Monoun-saturated	Polyun-saturated	Saturated	Trans
Canola oil	Safflower oil	Animal fats	Stick margarine
Peanut oil	Cottonseed oil	Butter	Some fast foods
Olive oil	Flaxseed	Cream	Snack foods
Avocados	Sunflower seeds	Cheese	Commercial baked goods
Nuts	Soybean oil	Prepared foods	Some fried foods
Olives	Fish	Coconut oil	
	Walnuts	Chocolate	

help to lower LDL or “bad” cholesterol and increase HDL or “good” cholesterol. Of course, fat, even healthy fat, is very high in calories and eating too much can make it harder to lose weight. Some fats, like saturated and trans fats (the “bad” fats), can raise LDL cholesterol. Limit how much you eat of these fats as much as possible.

TRUE OR FALSE

“Whole grains are best.”

Answer: True

Whole grains are the seeds from grasses. The term “whole grain” means that the entire kernel (including the bran, endosperm and germ) is left intact during processing. Whole grain foods contain all three layers of the grain—the bran (fiber-rich outer layer), the endosperm (middle part) and the germ (nutrient rich inner part). When grains are milled, or refined, the bran and germ portions are removed, leaving only the endosperm. Along with the bran and germ, much of the vitamins, minerals and fiber—and health benefits of the grain—are lost as well. Examples of whole grains include whole wheat, quinoa, bulgur and oatmeal. Whole grains may help to reduce cholesterol

levels and risk of diabetes, and the fiber in whole grains limits blood sugar spikes compared to refined carbohydrates. But buyer beware: some whole grain foods are not always good choices. Many refined products now make an effort to include “whole grains” on the packaging and on the labels. While these foods may indeed include whole grains, they may also have added sugars, fats and additives. Read the ingredient list to know exactly what you’re getting.

TRUE OR FALSE

“Carbohydrates are bad for me.”


Answer: False

Carbohydrate is the body’s main fuel source, just like gasoline for your car. The brain actually prefers to use glucose for fuel. Everyone (even people with diabetes!) needs some carbohydrate in their diet. Remember that weight gain occurs when you take in more calories than you burn off. So, if you eat too much of any food, you’ll end up gaining weight. The key is knowing how much to eat to help keep blood glucose levels in a safe range and keep you at a healthy weight. Choose carb foods that are whole grain and high in fiber for overall good nutrition.

TRUE OR FALSE

“Organic foods are always best.”

Answer: Unknown

The term “organic” means “grown without pesticides,” not necessarily “more nutritious.” For example, a chocolate bar may be organic, but that does not mean that it is healthier to eat than a conventionally grown carrot. There are certainly fewer pesticides in food that is organically grown than food that is conventionally grown. But organic does not mean that there are more nutrients in the food. And to add to the confusion, while there is some evidence that pesticides are bad for us, some experts believe that the levels of pesticides in conventionally grown foods do not pose a health risk. So whether organic fruits and vegetables are better for us than conventionally grown produce is not yet known. Organic fruits and vegetables tend to cost more than conventionally grown fruits and vegetables, too. If organic produce doesn’t fit within your food budget, don’t worry—you’ll still get the health benefits of eating any kind of fruits and vegetables, organic or not. 

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QUANTUM
HEALTH

break the stress-eating cycle

By Martha Funnell, MS, RN, CDE



Has this ever happened to you: You are using your meal plan and keeping your blood glucose levels in the target range. Just when you feel you have it all under control, something happens to stress you out. Almost without thinking, you reach for your favorite comfort food.

You feel better for a while, but then your blood glucose levels go up. So now you feel tired, guilty and even more stressed. You can break this stress-eating cycle. Instead of getting down on yourself or thinking there is nothing you can do to change, you can learn to handle stress in a new way.

FOOD AND STRESS

There is nothing wrong with eating during times of stress—the problem is what you eat. Most people don't choose carrots and celery as a way to ease stress. It's much more likely that you'll reach for comfort foods that are often high in carbs, fat and calories, such as potato chips, cookies and ice

cream. The foods that you find comforting often go back many years, maybe even to childhood. It can be a tough cycle to break, but by learning more about yourself and making a plan, you can do it.

DID IT HELP?

The first thing to do is to think about why you use food and how well it is working for you. Think back to when you last ate due to stress. Many people find that food is only a short-term solution. It does not really fix the problem or make the stress go away. In fact, you may feel more stressed.

One idea is to avoid people or things that are stressful as often as you can. It takes


time to feel good about saying “No,” but it may help to remember that it is in your best interest. And you will be more help to others if you are in better health. But even if you can't get rid of or control the things you find stressful, you do have a choice about how you handle it.

MAKE A PLAN

One of the reasons people eat when they are stressed is that comfort foods are often not part of their daily meal plan. They end up craving those foods and during stressful times, they reach for them because they feel they deserve it. A way to lessen those cravings is to have small portions

of comfort foods routinely so they are less of a treat. A dietitian can help you learn how to fit favorite foods into your meal plan.

There are lots of tips for handling stress, but it can be hard to remember these ideas when you are in the middle of a tough situation. One thought is to make a plan when you are not stressed. Being ready for stress with a list of things you know will work or want to try can make it easier to use these tips when you need them. Think of it as reaching for your list instead of a cookie.

Stress is part of life. So having a plan in place just makes sense. It can help you break the stress-eating cycle and help you feel more in charge of your diabetes and your life. 

7

tips for managing stress

1

Avoid or get rid of what's causing it.

2

Change your belief about it.

3

Learn new ways to deal with it.

4

Take a walk.

5

Talk with a good listener.

6

Write down your feelings.

7

Pray and/or meditate.

ask yourself

- Did eating help?
- Did I feel better or worse?
- If I felt better, for how long?
- Did eating cause additional stress or make it go away?
- What could I do instead?

IS YOUR TV killing you?

By Martha Funnell, MS, RN, CDE

The next time you are watching your favorite police drama on TV, ask yourself who is the victim? According to a recent study, it may be you.


TV AND YOUR HEALTH

The link with television viewing and health is getting a lot of attention lately, in part because of the growing problem of obesity and type 2 diabetes among adults and children in the United States. A recent report combining many of the best and newest studies on this topic, showed a very strong link between the amount of time spent watching TV and type 2 diabetes, heart disease and death.

When they looked at studies of more than 175,000 adults with type 2

diabetes, they found that the risks for heart disease and death increased significantly for every two hours spent watching TV per day. Among people without diabetes, the risk for type 2 diabetes, heart disease and death increased significantly with TV viewing of more than three hours per day. Other studies have shown the risk for obesity in children and teens is also linked to time spent watching TV. Almost $\frac{3}{4}$ of U.S. children and teens (ages 8 to 18) have a TV in their bedroom. They are also more likely to interact less with their families and friends, sleep less and have more difficulty in school.

Of course, your television does not cause these problems. But

watching TV is a sedentary activity. We don't even have to get up to change the channel. Most of us settle into a comfortable chair with the remote and only get up to go to the kitchen. TV viewing has been linked to eating more fried foods, processed meat and sugary drinks and eating fewer vegetables, fruits and whole grains. People who smoke tend to do so while watching TV. Although you may sit for long periods of time at a computer or work, it is harder to eat and smoke when your hands and mind are busy. So while your TV may not be killing you, it is probably not helping you reach your goal of managing your diabetes well. 

28

Hours per week, on average, kids 6–11 spend watching TV

32

Hours per week, on average, kids 2–5 spend watching TV

35

Hours per week, on average, adults spend watching TV

watching how much you watch

You could simply unplug the TV or cancel your cable subscription, but that is not realistic for most of us. After all, watching TV can be relaxing, enjoyable and informative. Here are some ideas for making it a little healthier, as well.

1. Walk around during every commercial and between programs. This also helps you avoid the many tempting food ads.
2. Watch programs that you really want to see rather than just sitting down and watching whatever you happen to find. It is easy to get involved and lose track of time spent.
3. Use your TV as a way to exercise. There are programs and video games that give you a good workout.
4. Keep snacks on-hand that will help you manage your diabetes rather than get in your way. Turn off the TV while you are eating. Eating in front of the TV is often “mindless eating”—even during meals. It is harder to pay attention to how much you eat or even to enjoy your food.
5. Plan activities with your kids instead of watching TV. Plan a family game or reading night. Or go outside and teach them the games you enjoyed as a child. For more information visit yourdiabetesinfo.org or kidshealth.org.