Diabetes: Understanding the Risks & Complications

November is National Diabetes Month! According to the CDC, 29 million Americans have diabetes, although 1 in 4 do not know it. Another 86 millions adults have pre-diabetes and many of them do not know it either. Here are a few things you should know about assessing your risk and the management of diabetes.

What is Diabetes?
Diabetes is a disorder in which your body has trouble controlling its blood sugar levels. This may be related to insulin resistance and/or insulin production.

There are different types of diabetes:
- **Type 1:** The body does not produce insulin. It is often diagnosed as a child. Individuals need to take insulin injections for treatment.
- **Type 2:** There is insulin resistance and/or not enough insulin is produced, so your cells cannot take up sugar from the blood.
- **Prediabetes:** Blood sugar levels are higher than normal but not high enough to be classified as Type 2. This is likely to progress to diabetes without lifestyle and/or weight changes!

Diabetes complications:
- Fatigue
- Heart disease
- Nerve damage
- Amputations
- Kidney disease and dialysis
- Eye problems or blindness

Are you at risk?
Having one or more of these factors may put you at higher risk for developing diabetes.
- Over age 45
- Family history of diabetes
- Overweight
- Inactivity
- Low HDL cholesterol
- High LDL cholesterol
- High triglycerides or blood pressure
- Hispanic, African American, Native American, and Asian descent
- History of gestational diabetes
The Hype About Sugar

The idea that sugar causes diabetes is a common myth. The biggest dietary risk factor for developing type 2 diabetes is simply having a high calorie diet and being overweight. The extra calories can come from any source, not just refined sugars. Type 1 diabetes, however, is a genetic disorder which is not caused by overeating.

It was once thought that people with diabetes needed to completely avoid sugar because it would increase blood sugar levels. Although the type of carbohydrate affects how quickly blood sugar levels rise, the total amount of carbohydrates in the diet have a greater effect. Tracking carbohydrate intake is the best way to keep blood glucose levels steady.

Label Reading and Meal Planning For Diabetes

Using the Nutrition Facts Label
- Check the number of servings per container.
- 2 servings means the box contains twice as many calories, fat, protein, and carbs as listed on the label.
- Check the total carbohydrates. Most people need 30-60 grams of carbohydrate per meal, but this amount will vary based on a person's calorie needs and snacking habits.
- Sugar is included in the total carbohydrates. Compare labels and choose options with less sugar.
- Look for foods with fiber. High fiber foods can help with blood sugar control.

What is a Carbohydrate?
Carbohydrates are nutrients that break down into sugars and provide your body with energy. These foods include sweets, beans and legumes, fruit and fruit juices, grains, starchy vegetables and dairy products. Too much sugar in your blood can lead to complications.

Follow the Plate Method!
Fill 1/2 your plate with non-starchy vegetables such as spinach, carrots, green beans, or broccoli. Fill 1/4 of the plate with starchy foods like whole grains, beans, corn or potatoes. Fill the last 1/4 of the plate with meat or meat substitutes. You can also choose to have 1 cup of low fat dairy and 1/2 cup of fruit with some of your meals or for snacks.

Meal planning to prevent and manage diabetes should be individualized for your needs. Talk to a registered dietitian to determine the calories and carbohydrates that are right for you!
Due to several requests, we dipped into our recipe archives to share these tasty recipes perfect for Thanksgiving. Be sure to also check out our November Recipe of the Month: **Walnut, Wild Rice and Cranberry Salad.**

### Guilt Free Turkey Gravy

**Ingredients:**
- ½ cup onion (finely chopped)
- ½ cup mushroom (finely chopped)
- 2 tablespoons fresh parsley (finely chopped)
- 2 cups chicken broth (reduced-sodium and fat-free), divided
- 2 tablespoons cornstarch
- ⅛ teaspoon ground black pepper

**Directions:**
1. In a saucepan over medium heat, sauté vegetables and parsley in ¼ cup of broth until tender.
2. In a separate bowl, combine cornstarch, pepper, and ½ cup broth; stir until smooth. Add this to saucepan along with remaining broth. Bring to a boil, stirring occasionally. Boil for 2 minutes. For extra flavor, add a splash of white wine and turkey bits straight from your roasting pan.

Serving size: about 1/4 cup  
Serves: 8  
Carbohydrates per serving: 3 grams

### Almond and Green Bean Casserole

**Ingredients:**
- 1 Tbsp olive oil
- 2/3 cup pearl onions, halved
- 8 oz Portobello mushrooms, sliced
- 1 pound fresh green beans (about 4 cups)
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp freshly ground pepper
- 1/4 cup all-purpose flour
- 2 cups lowfat milk
- 3 Tbsp dry sherry (not cooking sherry)
- 1 cup red, yellow, or orange peppers, sliced
- 1 small container non-fat plain yogurt (5-6 oz)
- 3 Tbsp buttermilk powder
- 3/4 cup sliced almonds

**Directions:**
1. Preheat oven to 400°F. Coat a 2-quart baking dish with cooking spray.
2. Heat oil in a large saucepan over medium heat, sauté mushrooms and onions for ~4 min. Stir in green beans (with tips removed), onion powder, salt, thyme and pepper. Cook, stirring often, for 3 to 5 minutes. Sprinkle 1/3 cup flour over the vegetables; stir to coat.
3. Reduce heat to low. Add milk, sherry, and peppers and bring to a simmer, stirring often. Continue cooking (stirring frequently) for 3 to 5 minutes, and then stir in yogurt and buttermilk powder. Transfer to the prepared baking dish. Sprinkle almonds evenly on top of the casserole.
4. Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.

Serving Size: 3/4 cup  
Serves: 6  
Carbohydrates per serving: 20.9 grams
FALL 2014
Check out our nutrition coaching, customized cooking classes, and individualized nutrition presentations at www.nutritioncenter.colostate.edu

SPRING 2015
Plan ahead; classes fill up fast

★ Dining With Diabetes returns with 4 weekly classes that combine nutrition information and social support with meal planning and cooking skills practice. Dinner is included each week in addition to a program manual and pedometer. This program is especially helpful for anyone with pre-diabetes or type 2 diabetes.

Thursdays: January 29th and February 5th, 12th, and 19th from 5:30 7:30 pm
Cost: $100 for complete series ($60 CSU employees and students)

★ Healthy You returns with 6 weekly classes that include weight loss, mindful eating and nutrition information. Participants receive program manual, pedometer, weekly snacks and prizes, and social support.

Wednesdays: March 25th and April 1st, 8th, 15th, 22nd, and 29th from 6-7 pm
Cost: $100 for complete series ($60 CSU employees and students)

Sign up online or call soon to reserve your spot!
www.nutritioncenter.colostate.edu or (970) 491-8615

Location for all activities: Room 114 Gifford building on the CSU campus
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