

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter May 2011

A Publication of the Diabetes Education Department at the New Medical Office Building

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

May 3rd at 2pm at the New Medical Office Building

Speakers: Diane Wilcox

Topic: Chair exercises

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Diabetes Self Management Classes for May 2011

May 3rd at 3:30 pm

Introduction to Self Management of Diabetes

May 10th at 3:30 pm

Prevention of Diabetes Complications

May 17th at 3:30pm

Meal Planning and Carbohydrate Counting

May 24th at 3:30pm

Update and review self Management and Meal Planning

Please Note: An MD referral is needed.

Classes offered by:

Tammy Compasso, R.N. C.D.E.

Cathy Olmstead, M.S. R.D. C.D.E.

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Healthy foods to keep on hand when you have diabetes

It is important to keep healthy foods on hand especially when you have diabetes. It all starts with the shopping list - plan to purchase whole grains, fruits and vegetables, plain nuts, low fat dairy, lean meats, chicken and fish. Get familiar before going shopping with products you plan to buy and look at the food label to determine the carbohydrates, fats and sodium on the nutritional information.

Once the shopping is done set up your kitchen to have healthy, easy to grab foods on hand like fruits and vegetables. Incorporate fresh cut-up vegetables such as cucumbers, tomatoes, peppers, green beans with light dressing or yogurt for a quick snack. Keep fresh fruits on hand like peaches, bananas, oranges, and berries to snack on but remember to portion out fruits and add some peanut butter or low fat cheese to slow down the digestion of the sugar in the fruits.

Other foods to keep on hand are low fat yogurt, low fat cheese, and plain nuts and low fat nut butters. Keep foods that are hard to control out of the kitchen like potato chips. If you know you cannot control the portions of certain foods then keep it out of the house. Some foods to keep out of the kitchen are: cookies, chips, juices, sodas, pastries and candies. These "red flag" foods are sometimes difficult to limit the amount we eat.

When we control the foods we bring into the house we can have better control of the foods we eat.

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How To Keep Your Fruits And Vegetables Fresh

Fruits and vegetables can spoil quickly, especially if labeled organic but generally the rule of thumb is to store most fruits and vegetables at 39 – 40 degrees F in the refrigerator or in a dark cool place. Once the food is pre-cut or peeled then it needs to be refrigerated.

Foods to Refrigerate

-  Berries
-  Melons
-  Broccoli; celery
-  Green beans

Recipe...

Sassy Chicken & Peppers

2 teaspoons Mexican seasoning
2 boneless skinless chicken breast halves (about 4 ounces each)
2 teaspoons vegetable oil
1 small red onion, sliced
½ medium red bell pepper, cut into thin strips
½ medium yellow or green bell pepper, cut into long, thin strips
¼ cup chunky salsa or chipotle salsa
1 tablespoon lime juice

1. Sprinkle seasoning over both sides of chicken; set aside.
2. Heat oil in large nonstick skillet over medium heat. Add onion; cook 3 minutes, stirring occasionally.
3. Add bell pepper strips; cook 3 minutes, stirring occasionally. Stir salsa and lime juice into vegetables.
4. Push vegetables to edge of skillet. Add chicken to skillet. Cook 5 minutes; turn. Continue to cook 4 minutes or until chicken is no longer pink in center and vegetables are tender.
5. Transfer chicken to serving plates; top with vegetable mixture. Garnish with lime wedges, if desired.

Makes 2 servings

Dietary exchanges:
3 Lean Meats, 2 Vegetable.

Nutrients per serving:

Cal:	224	Cal. From fat	13%
Total Fat:	8g	Sat. fat:	1 g
Carb:	11 g	Protein:	27 g
Chol.	69 mg	Sodium:	813 mg
Fiber:	3 g		

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Taken from Fiesta Flavors

- ✚ Peppers, squash, zucchini
- ✚ Apricots, cherries, grapes

Foods That Should Not be Refrigerated

- ✚ Apples
- ✚ Avocados
- ✚ Bananas
- ✚ Grapefruit
- ✚ Nectarines
- ✚ Plums
- ✚ Onions
- ✚ Potatoes
- ✚ Lemons
- ✚ Limes
- ✚ Oranges
- ✚ Watermelon

Foods That Need To Be Stored Separately

Some fruits and vegetables emit an ethylene gas which is an odorless gas that speeds the ripening of fruits and vegetables causing spoilage. Below is a list of fruits and vegetables that produce ethylene gas that should be separated from fruits and vegetables that are sensitive to ethylene:

<u>Keep Separate</u>	<u>From</u>
Apples	Strawberries
Melons	Cherries
Apricots	Grapes
	Broccoli
	Celery, green beans
	Artichoke
	Leafy Green Vegetables

*Sources – dLife

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**Support Group & Classes are given at The New Medical Office Building located at 161 East Main Street, Port Jervis, NY by Tammy Compasso, R.N. C.D.E. and Cathy Olmstead, M.S. R.D. C.D.E.
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