

Diabetes Adviser

..... A quarterly publication from Marshfield Clinic

Eat more fiber for a healthier you

Recent research shows that eating fiber can help lower blood sugar and Hemoglobin A1c levels for people with diabetes. Eating fiber may also improve cholesterol, lower blood pressure and decrease inflammation in blood vessels which can lead to heart disease. Fiber helps you feel full and satisfied after eating and contributes to digestive health.

Despite this, many Americans do not get enough fiber. We eat too many refined, processed foods. Processing removes much of the plant fiber from foods. Unfortunately, many of the essential vitamins and minerals are removed at the same time.

The amount of fiber needed depends on your age. The Institute of Medicine guidelines for daily fiber intake are:

Men

- (Age 50 and younger) - 38 grams/day
- (Age 51 and older) - 30 grams/day

Women

- (Age 50 and younger) - 25 grams/day
- (Age 51 and older) - 21 grams/day



Here are some easy ways to add fiber to your diet:

- Add sunflower seeds or sliced almonds to salads.
- Snack on fruit in place of chips or pretzels.
- Eat an orange or apple instead of drinking orange or apple juice.
- Choose whole grain or whole wheat bread instead of white bread.

- Use brown rice instead of white rice with a stir-fry.
- Make navy bean or pea soup.
- Include a vegetable with each lunch and supper meal.

Be sure to increase your water or fluid intake as you gradually increase your fiber intake.

Remember that foods with fiber are generally nutritious and contain carbohydrates. Choose carbohydrates with fiber, regardless of your meal plan.

When should I get a new glucose meter?

You can use your glucose meter for as long as it gives accurate readings. How do you know when it's time to get a new one?

The best way to be sure your meter is giving you true readings



is to check it with the glucose control solution that works with your meter and strips. The meter companies suggest you do this with every new bottle of strips and any time you suspect the reading you got is not correct.

Remember: The control solution is only good for 30 days after you open it. Then it needs to be replaced as well. (Mark the date you opened the bottle on the label with a marker.)

Another way to check your meter is to run a test at the same time as a lab reading and compare the readings. Be aware

that the readings can vary from 10 – 15 percent and still be accurate. This means your meter could give you a reading of 95 and still be accurate if the lab reading was between 80 – 109.

If your meter is 10 years or older, it is time to trade up. The meters available now are faster and require a much smaller drop of blood to perform a test. This will prevent the discomfort when poking your finger hard enough to get a big drop of blood. Many of the meters have programs to help manage the numbers. In this way, the readings can easily be used to manage your diabetes.

If you think it is time to get a new meter, see your diabetes educator. The meter can then be checked for accuracy and you can see available options to replace your current meter.

DIABETES

Q & A

Explaining elevated hemoglobin A1c levels

Q: I check my blood sugar in the morning and before supper and it is usually in the range my doctor gave me as a goal. Why is my hemoglobin A1c still above 7.5 percent when it should be below 7 percent?

A: Perhaps the reason for the elevated level is due to the rise in your blood sugar right after your meals.

“Postprandial” is a word that means after mealtime. If your A1c is elevated but your before-meal blood sugar is in range, there is a good possibility your postprandial blood sugar is too high.

Check your blood sugar two hours after you started to eat your meal. The number should be below 160, but check with your doctor or diabetes educator for your specific range. If you find this number is elevated, take a look at what you ate at that meal. Perhaps the combination of foods could be changed to bring that blood sugar down.

If your diabetes educator finds that there is no need to change your meal plan, then medication could be changed or added to help bring down your postprandial (after meal) blood sugar which will bring down your A1c.

Type 2 diabetes and children: What should they eat?

Type 2 diabetes in children is on the rise. Often, it is related to obesity. However, proper diet can help control blood glucose levels and lead to weight loss, which aids in treating this form of diabetes.

The focus of a healthy diet for diabetes is to help control blood sugar levels while still providing adequate nutrition for growth and development.

Like any other children, a child with type 2 diabetes needs a proper balance of protein, fat and carbohydrates (carbs). Foods with carbs have the most dramatic effect on blood glucose levels, so it's important that carbs be monitored closely.

A typical diet for type 2 diabetes generally consists of three meals, with snacks incorporated if needed. Controlling the amount

of carbs at each meal or at snack time is important. Often it's recommended to spread the carbs out evenly throughout the day.

Different types of carbs move through the digestive system at different rates. Simple carbs (such as juice and fruit snacks) will digest quickly, causing a rapid increase in blood sugars. Complex carbs (such as whole grains and beans) move through the digestive tract more slowly and often will cause less change in blood sugar levels.



Speak with your diabetes dietitian to help develop a meal plan that meets the child's individual needs for growth and development and assists in managing his or her type 2 diabetes.

Recipe corner

Mozzarella, Tomato and Chickpea Salad

2.5 ounces fresh mozzarella balls, drained
1 cup cherry tomatoes
1 cup no-salt-added canned chickpeas
2 teaspoons extra-virgin olive oil
Kosher salt, to taste
Ground pepper, to taste
12 ounces fresh baby spinach

1. Combine mozzarella balls, tomatoes and chickpeas in a medium bowl. Add olive oil. Stir, taste and add salt and pepper to taste.
2. Wash spinach, and layer it in bottom of a serving bowl. Arrange $\frac{1}{2}$ cup of mozzarella-tomato-chickpea mixture on top of spinach. Serve at room temperature.

Makes 4 servings.

Nutritional facts:
Serving size: $\frac{1}{2}$ cup
Calories 155
Carbohydrates 16 g.
Protein 10 g.
Fat 7 g.
Saturated fat 2.3 g.
Cholesterol 5 mg.
Sodium 165 mg.
Dietary fiber 5 g.

Recipe supplied courtesy of the American Diabetes Association.

The following Marshfield Clinic Centers provide diabetes self management education programs: Chippewa, Colby/Abbotsford, Eagle River, Eau Claire, Ladysmith, Marshfield, Menomonie, Merrill, Minocqua, Mosinee, Oakwood, Park Falls, Phillips, Rice Lake, Stevens Point, Wausau, Weston and Wisconsin Rapids. For more information, call 715-387-9357 or 1-800-782-8581, ext. 7-9357 or visit our website at <http://www.marshfieldclinic.org/patients/?page=diabeteseducation>.

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