

# BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter December 2010

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

## UPCOMING EVENTS

### Diabetes Support Group

#### *Open to the Community*

December 7<sup>th</sup> at 2pm at the New Medical Office Building

Speakers: A1C Champion

Topic: Taking Control of Diabetes

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### Diabetes Self Management Classes for December 2010

December 7th at 3:30 pm

Introduction to Self Management of Diabetes

December 14th at 3:30 pm

Prevention of Diabetes Complications

December 21st at 3:30pm

Meal Planning and Carbohydrate Counting

December 28th 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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## Happy Holidays

The holiday season is upon us and while it is a great time of the year it can be quite stressful. Unfortunately, the more the level of stress increases the more the blood sugar seems out of control. 'Tis the season for shopping, eating holiday treats, holiday decorating, money issues and many parties.

Blood sugar rises when we are anxious, worried or upset. So does that mean we have to live with high blood sugars during the holidays? No we can take a direct approach in managing the inevitable stress we experience this time of the year.

Here are some suggestions to enjoy the holiday season without all the stress and elevated blood sugars.

#### ❖ Plan ahead

The most important thing you can do to manage stress during the holidays is plan ahead. Know your schedule, are you travelling or out of town, do your plans include many holiday parties? If you know your schedule ahead of time it can help you be better prepared to handle each day.

#### ❖ Fine tune your menu.

Lower stress over food by being mindful about food choices. Eat only when hungry and eat slowly to avoid over eating. Be aware of portion sizes and amount of carbs in the meal plan.

❖ Try these substitutes to make holiday treats that are lower in fat, salt and sugar.

#### Instead of this:

Sour cream

Heavy cream

Cream cheese

Salt

1 cup sugar

#### Try this:

Fat free or low fat sour cream

Fat free evaporated milk

Neufchatel cream cheese

Dried fresh herbs or lemon

½ c sugar and ½ c splenda

**Recipe...**

**Thumbprint Cookies**

- 1-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2/3 cup sugar
- ¼ cup margarine, softened
- 1 egg white
- 1 teaspoon vanilla
- ½ cup raspberry or apricot fruit spread

1. Combine flour, baking soda and salt in medium bowl; set aside. Beat sugar, margarine, egg white and vanilla in large bowl with electric mixer at high speed until blended. Add flour mixture; mix well. Press mixture together to form ball. Cover with plastic wrap. Refrigerate 30 minutes or overnight.

2. Preheat oven to 375 degrees F. Lightly coat cookie sheet with nonstick cooking spray; set aside.

3. With lightly floured hands, shape dough into 20 (1-inch) balls; place on cookie sheet. Press down with thumb in center of each ball to form indentation.

4. Bake 10 to 12 minutes or until golden brown. Remove to wire rack to cool. Fill each indentation with about 1 teaspoon fruit spread.

Makes 20 cookies (1 cookie per serving)

**Dietary Exchanges:** 1 starch, ½ fat.

**Nutrients per serving:**

Cal: 90	Fiber: <1 g
Total Fat: 2 g	Cal. From Fat: 20%
Carb: 16 g	Sat. Fat: <1 g
Chol: 0 mg	Protein: 1 g
Sodium: 130 mg	

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Substitute fat-free or light ingredients for regular.

- Steam vegetables instead of sautéing in butter.
- When baking, use less sugar in a recipe and increase the use of cinnamon, nutmeg, vanilla, and other sweet-tasting spices and flavorings.

Use sugar substitutes to cut carbs and calories

**The rule about sugary foods is MODERATION:**

- When going to a party, decide ahead of time what and how much you will eat.
- Have a healthy snack before going out so you don't give in to cravings.
- Decide what foods you want to splurge on. Avoid the other foods that you don't really want or need.
- Fill your plate with healthy things like fruits and veggies. Share a dessert, have only a small amount, or skip the whipped-cream topping.
- Make your traditional holiday foods healthier. There are plenty of ways to cut sugar, carbs, and fat, while still keeping the taste you love.
- When you're out shopping, bring along healthy snacks like apples, carrot sticks, or nuts and avoid the food court.

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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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**Diabetic Team:**

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