



Diabetes Awareness

November 2016

WHAT DO YOU KNOW ABOUT YOUR DIABETES?

IN THIS ISSUE

The Holidays Are Coming!

by Carissa Jones, RN

What do the upcoming holidays mean to each of you? Of course it means family time, love, peace, and kindness toward others. But there is one other thing I usually think of! I know I think of all that yummy food that I don't get to eat all year long and the temptation to eat it all is unbearable! So how do you control your sugars and stay healthy during the holidays?

Control and portion sizes are important key words to remember! We know homemade items don't have nutrition facts on them and we don't always know the content of what family members may put in that awesome dressing they cooked or what they basted that turkey with, or how that gravy was made. One essential thing you can do is ASK!

Here are some more tips:

- Portion sizes; try to stick to your carb limits as best you can
- Stay active after eating, don't sit and remain inactive after a meal. Take a walk after the meal before you have dessert.
- Avoid alcohol or keep intake to a minimum.
- Bring your favorite dish that is diabetic friendly and that you enjoy
- Socialize! It helps you stay active and to eat slower so you get fuller quicker and you won't eat as much.

Holiday Time!

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What is Diabetes Awareness Month?

According to the National Institute of Diabetes, Digestive, and Kidney Diseases, National Diabetes Month is observed every November so individuals, health care professionals, organizations, and communities across the country can bring attention to diabetes and its impact on millions of Americans.

This year, the National Diabetes Education Program's theme is: **Managing Diabetes – It's Not Easy, But It's Worth It.** This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation. The theme also serves as a reminder to people who may be struggling with the demands of managing diabetes that they are not alone.

<https://www.niddk.nih.gov/health-information/health-communication-programs/ndep/partnership-community-outreach/national-diabetes-month>



Staying Active in the Winter Months Ahead

by: Amanda Upshaw



At Home Exercises

1. Couch potato? That's okay! During commercial breaks try getting up and staying active until your show/movie comes back on.
 - Crunches
 - Jumping jacks
 - Arm circles
 - Stretching
2. Too cold to go outside? Your house could be your gym! Just get creative and involve the whole family.
 - Take off the cushions from your couch and use the foundation to do tricep dips.
 - Perform calf raises while doing dishes
 - Challenge yourself to do lunges while vacuuming.
 - Try doing wall-sits for 5-10 seconds throughout the day

What is my A1C and why does it change so often?

The A1C test is a blood test that provides information about a person's average levels of blood glucose, also called blood sugar, over the past 3 months.

The A1C test is based on the attachment of glucose to hemoglobin, the protein in red blood cells that carries oxygen. In the body, red blood cells are constantly forming and dying, but typically they live for about 3 months. Thus, the A1C test reflects the average of a person's blood glucose levels over the past 3 months. The A1C test result is reported as a percentage. The higher the percentage, the higher a person's blood glucose levels have been. A normal A1C level is below 5.7 percent.

So if you are only checking your blood sugars once daily and your blood sugars are in a good range but you are wondering why your A1C is still elevated, you may look at your diet during the times you are not checking your sugars. Your blood sugars may not be optimal during the hours you are not checking them whether it be during the daytime or in the evening hours.

Do you want to try something different over the holiday that is healthy and has reduced carbs? Try this tasty recipe!

"Mock" Garlic Mashed Potatoes

Total Time: 21 min
Prep: 15 min
Cook: 6 min

Yield: 4 servings
Level: Easy



Nutritional Analysis Per 1 cup Serving

Calories 149
Total Fat 11.5g
Saturated Fat 7g
Cholesterol 31mg
Sodium 170mg
Total Carbohydrates 8g
Fiber 4g
Sugar 4g
Protein 5g

Ingredients

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- 1/4 cup grated Parmesan
- 1/2 teaspoon minced garlic
- 1/8 teaspoon straight chicken base or bullion (may substitute 1/2 teaspoon salt)
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon chopped fresh or dry chives, for garnish
- 3 tablespoons unsalted butter

Directions

- Set a stockpot of water to boil over high heat.
- Clean and cut cauliflower into small pieces. Cook in boiling water for about 6 minutes, or until well done. Drain well; do not let cool and pat cooked cauliflower **very dry** between several layers of paper towels.
- In a bowl with an immersion blender, or in a food processor, puree the hot cauliflower with the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth.
- Garnish with chives, and serve hot with pats of butter.
- Hint: Try roasting the garlic and adding a little fresh rosemary for a whole new taste.



We would like to wish you very Happy Holidays from our team here at the Kickapoo Tribal Health Diabetes Program! We are here to support you and help you on your journey to becoming a happier, healthier you! Stop by and see us. We are changing things up and restructuring the program to better fit your schedule and needs, so look for some new things in 2017!

Best Wishes!

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