

Resources, Pearls and suggestions to help you control your Diabetes

Books:

Amazon.com is good source for used books at an inexpensive price

These books are just for reference, not a firm recommendation to follow the specific 'diet' – it's a good idea to learn about yourself and fit these plans/strategies into your current lifestyle.

Bob Greene's **Get with the Program – Guide to Good Eating** – this is good for learning how to speed up your metabolism, address emotional eating and is a good all around primer on how to choose a healthy lifestyle to lose and maintain weight.

Sugar Busters – this is good for learning how to identify and reduce the refined sugars and carbs in your food plan

South Beach Diet – good general info on good fats and carbs to choose, also describes the Dysmetabolic Syndrome and how to reverse it, decreasing your cardiovascular risk factors

Nutrition for Life – this is a good overall resource book on nutrition.

Psyching Out Diabetes by Dr. Rubin – great book to read to help you deal with the diagnosis of diabetes

You on a Diet by Dr Oz

Type in: Complete Diabetes Cookbook in the search engine for Amazon.com and see all the books that come up – get one used and save some money.

Quick small meal suggestions:

- Triscuits or **half a piece of fruit** with a protein – such as, **natural** peanut or almond butter
 - 5 crackers = 1 serving of carb
 - 1 tbs peanut butter is 1 protein and 1 fat
- Or use cheese – Laughing Cow cheese comes in several types and servings are individually wrapped, lo-fat Mozzarella cheese comes individually wrapped also
- Nuts are a good source of healthy fat – just watch the amounts as 1 ounce counts for 1 serving of protein and one serving of fat
- South Beach has individually packaged whole grain crackers – add a protein to these
- Celery with light cream cheese or peanut butter
- Protein drinks, such as EAS Advant Edge – low carb selection which is pre-mixed and portable, or Met-Rx, a powder which comes in packets or container that you can add skim milk or water to.
- Gary Null's diet drink is a great protein powder, you can mix it 1 to 1 with a whey protein powder that will lighten it up flavor wise (I make a protein drink with almond milk, skim milk, small amt frozen fruit, and half Gary Null's/half whey protein powders) www.vitaminshoppe.com 1-800-223-1216 or www.garynull.com
- Yogurt (non-fat and sugar free) with a serving of protein such as nuts
- Protein bars – careful * look at how much saturated fat & **look @ the ingredients list to see what kind of sugar is used** – don't pay attention to net carbs – count **total carbs** (try: Clif bars, having ½ at a time, Luna bars, Lara bars, Kashi TLC Bars) these generally don't have enough calories for 1 meal so add protein or more food to it.
- You can also think in terms of half meals – such as, have half your meal and wait 2-3 hours and have the other half
- The goal is to take your base amount of daily calories (make sure not to limit your calories!!!) Eat at least your **Basal Metabolic Rate amount** _____ and divide this number by 5 or 6 so you spread your calories evenly over the day. This helps your body metabolize your food evenly over the day keeping your metabolism

revved up, your energy up, your weight loss steady, & above all, helps improve Beta cell function and therefore decreases your overall blood sugars.

- **The people who are the most successful eat more often and keep their calories in this range!!!**
- There is some contradiction in what is the best balance of Protein, Carbohydrate and Fat for each day but if I take all that I've read and find the middle ground, it seems that the recommendation from Joslin (a diabetes research group) makes the most sense. 30% Protein/30% Fat (with >20% coming from unsaturated fats, limiting saturated fats to <10%)/40% Carbohydrates. As you increase your exercise, you may need to increase your carbs for the energy.
- **If your blood sugars are always over 200**, I've found in the beginning of treatment, using 35/30/35 may help improve beta cell function, then gradually increase to the 30/30/40 formula.
- **www.thediabeticdiet.com is a web page where you can get help with meal planning.**

Exercise is even more important than what you eat – it's like WD-40, helping the muscle cells take up the sugar, utilizing your insulin more efficiently.

Exercise resources:

Again, use Amazon.com to get used video tapes and books, Media Play also has a large selection of exercise videos/CD's

Cindy Crawford's 2nd video – Shape Your Body has a good light weight workout on it [Fitness for Dummies](#) (book) or any other weight training books

Callanetics (for toning) the video or DVD is better than the book

Yoga or Pilates

Leslie Sansone has some wonderful walking tapes

Karen Voight, Richard Simmons, Denise Richardson, Denise Austin, all have excellent beginning and advanced videos or DVD's with aerobic and/or weight workouts

www.fitnessforever.com is a web page to get a wonderful video that was originally made for people with arthritis. It is a total fitness workout with aerobic and weight training.

Very clear instructions show how to exercise properly at whatever level you are able to.

Curves is a good starting gym for regular workouts, adding in a couple of days on your own to make up to 5 times a week. **The "Y"** has a great variety of fitness classes.

I have the names/phone numbers of some local trainers who work out of their homes.

They are also knowledgeable about nutrition. Just ask.

Any kind of weight training using lighter weights, higher repetitions, going through the routines one right after the other, keeping your heart rate higher, can increase your muscle mass which will increase your metabolism and your weight loss, and make you more toned and leaner. When you combine this with Cardio you will really see a difference in your overall fitness. Stretching and toning is another helpful component to exercise as it can lengthen your muscles, strengthen tendons and ligaments, reduce muscle pain and reduce sport injury. This is also great for reducing pain from arthritis. The latest word on stretching is to do a little after each work out and have a full ½ hr session at least 1-2 times a week. Instead of stretching before you work out, just do a general warm up of walking or stationary cycling to warm up the muscles before you crank it up. All the exercise videos or classes will have a warm up/cool down phase in them.

***Make sure you eat a little protein and carb before you work out. Your body needs these in order to burn fat and you need it for the energy to exercise so the liver doesn't

turn on and put out sugar to help you. This is why your sugars can sometimes be higher after you exercise. You should also eat a little after your workout to restore the energy you used.

Ideal is to exercise 30 minutes 5-6 times a week for improved cardiovascular health and decreased blood sugars/insulin levels. However, to really lose weight and maximize your metabolism, try for 1 hour 5-6 times a week with a combination of weights, cardio, and toning. This sounds like a lot but when you look at what 1 hour is worth for your increased health, it's worth it - you are worth it.

Other good web pages for nutrition:

Harvard School of Public Health is the best @

<http://www.hsph.harvard.edu/nutritionsource/pyramids.html>

www.mypyramid.gov is the new USDA Food Pyramid but is cumbersome to use.

www.calorieking.com is a good web page for calorie counts on everything

Fitness Assistant www.x3msoftware.com is a web page where you can log in your calories and exercise and it will keep track of how many calories you need to take in for your height and weight depending on whether you need to lose weight, maintain, or gain weight. Make sure you are only losing 1-2 lbs a week or you will be losing muscle and decreasing your metabolism further.

It's available for 2 weeks for a free trial then it is 49.95 for a lifetime. It won't sell you anything and is not a quick weight loss scam – just a way to see how many calories you take in and how many you burn off – a simple equation. It takes some time to initially enter and get familiar with the foods you typically eat but it will allow you to enter your own foods and create your own exercises.

Another one is www.fitday.com

Other good resources:

Sign up to get e-mail newsletters – Denise Austin has a good one just log onto

www.deniseaustin.com and ck to see free fitness assess/help and it will take you to a place where you can sign up for her newsletter and others.

www.foodfit.com is very good for some recipe ideas.

www.active.com is a good web page for fitness tips

www.diabetesselfmanagement.com good web page & it lets you sign up for the magazine

Did you know?

As you age, you lose about 2% of your muscle mass each year. By age 40 women typically lose a third of a pound in muscle each year and gain at least that much in fat. Even men who run regularly can lose nearly 5 pounds of muscle in their upper body over 10 years. Strength training can prevent or reverse this muscle loss. Muscle burns more calories than fatty tissue, so building muscle will help you lose weight and keep it off. In fact, strength training revs up your metabolism by as much as 15%.

Recipe for an easy chicken dinner:

Start with half chicken breasts or any part of the chicken as long as it is skinless and preferably boneless.

Quickly brown the pieces in a couple tsp olive oil and non-stick spray. As you're browning it on the second side, start adding vegetables – any that you like: garlic, mushrooms, onions, bell peppers (red, yellow, green, orange), carrots, etc

Next add spices depending on what I'm in the mood for. Harry's Whole Foods has great spices Frontier, Spice Hunter, and their Whole Foods brand.

For example:

Curry: 2 tbs soy sauce, ¼ tsp tumeric, ½ tsp coriander, ½ tsp cumin, 2 tsp curry powder, red peppers if you like it spicy, ¼ cup raisins

Mexican: add olives, Frontier Mexican Fiesta seasoning, cumin, red peppers for spice or you can chop up jalapenos

Frontier Oriental Seasoning for a Chinese dish, or Italian spices for a Chicken Cacciatore type dish – you could add water chestnuts and cashews for the Chinese or pine nuts and spaghetti sauce for the Italian dishes.

Or use carrots, celery, onions, & mushrooms and add whole sprigs of fresh rosemary, thyme and sage.

Once you've added what you want to add, cover and cook for at least 20 minutes. Occasionally stir, turn, chicken to mix up the veg and spices. Shut off the heat and let it sit while you fix whatever starch you're going to have with it: Brown rice, Orzo, whole grain pasta, whole wheat tortillas, whole wheat sourdough bread, etc.

This dish is fast and easy. If you're limiting your carbs you could have it without a starch and its still filling if you increase the amount of veggies you put in.
Enjoy!!

A web page for very nice Medical ID bracelets – www.n-styleid.com/medical_id_tags.htm