

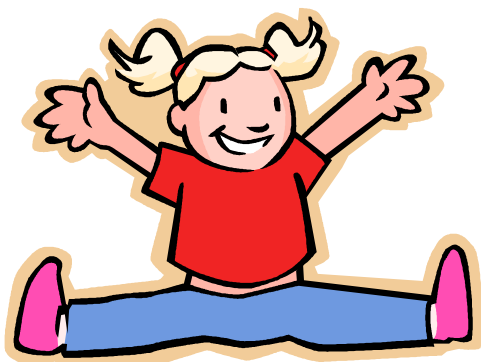
Fresh Spinach Salad with Tangy Citrus Dressing

- 1 10-ounce (300 g) package triple-washed baby fresh spinach leaves, rinsed and crisped
- 4 ounces (120 g) fresh mushroom, cleaned and sliced
- Citrus Dressing
 - 2 tablespoons (30 ml) fresh orange juice
 - 1 tablespoon (15 ml) fresh lemon juice
 - 1 tablespoon balsamic vinegar
 - 1/2 teaspoon (2.5 ml) Dijon mustard
 - 1 tablespoon (15 ml) olive oil

1. Place the spinach and mushrooms in a large salad bowl.
2. In a small bowl, whisk together the ingredients for the dressing. Pour over the spinach and mushrooms. Toss to coat. Serve at once.

Per Serving: 61 calories (50% calories from fat), 3 g protein, 4 g total fat (0.5 g saturated fat), 6 g carbohydrates, 2 g dietary fiber, 0 cholesterol, 74 mg sodium

Diabetic Exchanges: 1 vegetable, 1 fat



Crock Pot Chicken Noodle Soup

- 1 3-pound (1.4 kg) whole chicken, cut into 8 pieces
- 1 large onion, peeled and quartered
- 1 large carrot, peeled and quartered
- 3 sprigs flat-leaf parsley
- 1/2 teaspoon (2.5 ml) crushed dried thyme
- 1/2 teaspoon (2.5 ml) crushed dried marjoram
- 1/4 teaspoon (1.25 ml) freshly ground pepper
- 1 quart (1 l) canned no-salt, no-fat chicken broth
- 1 quart (1 l) boiling water
- 6 ounces (180 g) medium-wide noodles
- 4 ounces (120 g) button mushrooms, sliced
- 1/2 pound (240 g) fresh spinach, well washed and large stems removed

1. Rinse and pat dry chicken. Place in a 5-quart (5 l) or larger crockery slow cooker. Place the onion, carrot, and parsley around chicken pieces. Sprinkle with thyme, marjoram, and pepper.
2. Add chicken broth, cover, and cook on LOW for 7 to 8 hours or on HIGH for 2 1/2 to 3 hours.
3. When chicken is done, remove from broth and cool for about 10 minutes, until cool enough to handle. Discard the onion, carrot, and parsley. Remove and discard the chicken skin and bones. Shred chicken and set aside. Skim off and discard all surface fat from the broth.
4. If cooking on LOW, change setting to HIGH. Add the boiling water, noodles, and mushrooms. Cook until noodles are almost tender, about 5 minutes. Add spinach and continue to cook until noodles and tender and spinach wilts, about 3 minutes. Gently stir in shredded chicken and heat through.
5. Ladle into wide, shallow soup bowls.

Per serving: 285 calories (22% calories from fat), 31 g protein, 7 g total fat (1.8 g saturated fat), 24 g carbohydrates, 2 g dietary fiber, 72 mg cholesterol, 615 mg potassium, 121 mg sodium
Diabetic exchanges: 4 lean protein, 1 1/2 carbohydrate (bread/starch)



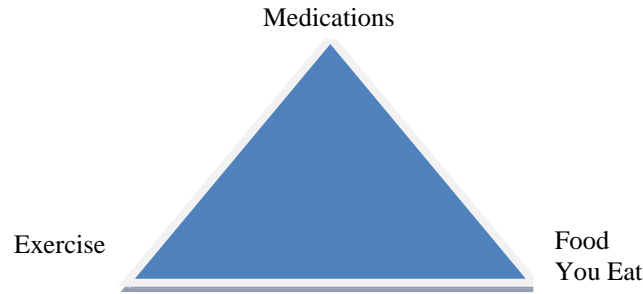
*November 2010
Diabetes*

WORD SEARCH

Q H R L O E I V Q C X Y R I N
 B E J O W S N V Z E D G H Y I
 I J D R D O C T O R H L J M L
 C P N T O C H B O S Y B Q I U
 H A T N O U Y Z S B Z G K M S
 R Z Q O T L Q Y D H S M H Q N
 M J K C Q G Q I T N O N B P I
 D J F V A I A Y E E X T K N H
 Z Y E U V B H H S K I X S Z O
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 B U I N D M G W X T U U I K W
 S L X R A G U S E U E J V F O

DOCTOR
 SHOTS
 SUGAR
 DIET
 MEDICINE

INSULIN
 DIABETES
 GLUCOSE
 EXERCISE
 CONTROL



What causes out of control blood glucose levels???




- not taking diabetes medicines when you're supposed to
- not following the **meal plan** (like eating too much or not enough food without adjusting diabetes medicines)
- not getting **regular exercise** or not making changes to your diabetes treatment plan when you exercise more or less than usual
- **being sick** or having too much stress
- not checking blood sugar levels often enough

What can you do about it??

- Take your insulin or pills when you're supposed to.
- Follow your meal plan as much as possible.
- Get regular exercise.
- Check your blood sugar level several times a day.
- Visit your doctor regularly.
- Learn as much as possible about diabetes.

FACTS ABOUT DIABETES

- Government data suggest that 2 million US children age 12-19 have pre-diabetes.
- The incidence of type 2 in adolescents has increased 10 times over the last decade and now constitutes just under 1/3 of new pediatric diabetes cases (it was 2% 20 years ago).
- Every 24 hours: 
 - 4,100 new cases of diabetes are diagnosed
 - 810 die from diabetes
 - 230 people with diabetes will have a diabetes-related amputation
 - 120 new patients will require kidney dialysis or transplant
 - 55 will go blind