



Healthy Choices for Diabetics



Exercise and Diabetes



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By Michele R. Brown, CRRL Librarian

What's your excuse? Let me share a few I've heard (or used!):

"I don't want to do it by myself."

"It costs too much."

"I don't have the right equipment/clothing."

"The gym/pool/court/field/track/trail/park is too far away."

"I'm too full."

"I'm too fat."

"I'm too tired."

"I'm too busy."

Okay. Let's face it. For most of us, the truth is simply this:

"I'm too good at procrastination."

Because you always seem to find the time, money, energy, will, and way to do some of those things you really, really want to do, right? Right!

So, here's the deal. Regular exercise can help you lower your cholesterol, your blood pressure, and your blood sugar levels, and control your weight. If you are a type 2 diabetic, these objectives may be especially important as part of your health plan to control your risk for heart disease and stroke. Recently, when a good friend of mine was diagnosed with diabetes, he obtained, along with his nutrition counseling, recommendations from his physician on appropriate exercises. What he learned for his specific situation was that by foregoing that 30-minute evening sitcom and taking a walk around the neighborhood, he could improve his health, his attitude, his looks, and hey, meet a few nice neighbors to boot.

When you think about all the things you cannot control in your life, doesn't it make sense to grab the chance to do something with what you can control? Excuses aside, you **can** decide to commit to regular exercise. Read more about it in the library and on the Web:

In the Library:

50 Essential Things to Do When the Doctor Says It's Diabetes

by Diana Tonnessen.

Medical writer Diana Tonnessen reveals that contrary to popular belief the recommendations for staying healthy for people with diabetes are no different from those who do not have the disease. The key is knowing all the facts and this essential resource is packed with the most current medical information available.

The Diabetic Athlete by Sheri Colberg.

The Diabetic Athlete is the only book on the market that gives athletes and dedicated fitness enthusiasts with type 1 and type 2 diabetes the practical tips they need to manage their diabetes better while training and competing for performance. It provides examples from hundreds of diabetic athletes who share their experiences from sports and fitness training. 37 illustrations.

The Fitness Book for People with Diabetes: A Project of the American Diabetes Association Council on Exercise edited by W. Guyton Hornsby, Jr.

"The most comprehensive, up-to-date publication for the person with diabetes who wants to get fit or stay fit."-Neal Friedman, M.D.

The "I Hate to Exercise" Book for People with Diabetes by Charlotte Hayes.

The American Diabetes Association's simple, easy-to-use guide on low-impact exercises reveals how seniors can maintain fitness with 30 minutes of exercise per day, and those 30 minutes can be broken into small increments. **The "I Hate to Exercise" Book for People With Diabetes** places special emphasis on fitting activity into everyday life and using commonly available items rather than expensive gym equipment.

Reach for Fitness with Richard Simmons.

Richard conducts these exercises which are suitable for individuals affected with any of a range of disabilities and health conditions, including diabetes. VHS.

Staying Well: Your Complete Guide to Disease Prevention

by Harvey B. Simon.

Explains how readers can take health into their own hands with the Ten Commandments of Prevention and twenty-three chapters filled with the latest research and advice on how to lower the risk of acquiring the most deadly diseases.

On the Web:

American Diabetes Association

<http://www.diabetes.org/main/health/exercise/safety/25ways.jsp>

Check out these 20 tips for exercising safely with diabetes. Then, click on the link for Exercise - Getting Started for inspiration and encouragement in forming a practical exercise plan.

Diabetes Sports and Exercise Association

<http://www.diabetes-exercise.org/>

"Mission Statement: Diabetes Exercise & Sports Association (DESA) exists to enhance the quality of life for people with diabetes through exercise and physical fitness." Beyond information on exercise, find upcoming events (recent events - their 10th Bike Tour in France!), a message board, support groups, and breaking news.

Exercise and Calorie Tracker

<http://health.yahoo.com/health/centers/diabetes/810.html>

Use this tool from Yahoo to calculate the calories you burn. While here, surf the site links for scads of information on the what's, the how's, and the living with's of diabetes.

Joslin Diabetes Center - Exercise

http://www.joslin.harvard.edu/education/library/exercise_health.shtml
also

http://www.joslin.harvard.edu/education/library/bs_exercise_goals.shtml
From the "global leader in research and care" of diabetes, read such articles as "Exercise for the Health of It," "What Should My Blood Sugar Goals Be Around Exercise," and "Why Can't I Exercise with Ketones?" Follow the many, many links at the Joslin Online Library for General Diabetes Information, Monitoring, Insulin, Oral Medications, Nutrition Information, Diabetes Complications, and Joslin Clinical Guidelines.



Cooking and Diabetes

Delicious... And Diabetic!

By Virginia Johnson, CRRL staff

No matter what type of diabetes you have, whether it's juvenile (type I), adult on-set (type II), or gestational (diabetes associated with pregnancy), a change in diet is a necessary part of keeping your condition under control. In the bad old days, when focusing on healthier eating was something that was just plain odd, diabetics could count on amazingly dull and tasteless choices at the dinner table and were often limited to where they could go out to eat.

Today's restaurants, even the big fast food chains, have gotten smarter, providing selections that taste good and can be worked into the meal plan recommended by your doctor. The recent media attention on obesity in America can only help push the trend to healthier foods. Suddenly, diabetics aren't the only ones concerned about calories and carbohydrates!

Talented cooks have made it their mission to adapt treasured recipes and create new ones that can help diabetics bring pleasure back to their meals. **The Ultimate Diabetes Cookbook** by Carol Gelles includes recipes for diabetics, and it also tailors those recipes so that people with other problems, such as heart disease and kidney problems, can enjoy delicious choices.

Make It Fast, Make It Good

Other authors have taken into consideration the frantic pace of the modern world. **Diabetes Meals on the Run** and **Brand-Name Diabetic Meals in Minutes** understand that diabetes is only one part of a person's life. Sometimes fast is necessary, but there's no need to sacrifice health or nutrition when things get a little crazy.

Southern Delights

Here in the South, our favorite foods can pack quite a punch of salt, sugar, fat, and carbs. From fried chicken to buttery biscuits to sour cream pound cake, the taste is to die for, but so are the ingredients. Fabiola Demps Gaines and Roniece Weaver wrote **The New Soul Food Cookbook for People with Diabetes** to make traditional favorites healthy enough for people with diabetes. **Southern-Style Diabetic Cooking** by Marti Chitwood has recipes for Pecan Waffles, Carolina Oyster Stew, Seafood Gumbo, and many more.

Take a Trip to the Farmer's Market

Fresh vegetables and fruits are naturally free of processed sugars. Here's a recipe that's perfect for a lazy summer evening and is mindful of diabetics' needs while making the most of fruit at the height of its season:

Old-Fashioned Peach Cobbler

2 tbs brown sugar
1/2 tsp cinnamon
1 tsp dried lemon peel or grated fresh lemon peel
1 tbs lemon juice
4 cups peeled*, sliced peaches (5 or 6 medium)**
1/2 cup whole wheat flour
3/4 cup all-purpose flour
1 tbs baking powder
4 tbs light margarine or light butter, softened
2 tbs sugar
2 large egg whites
1/2 cup skim milk
1/2 tsp vanilla extract

Preheat oven to 375 degrees. Spray an 8-inch square pan with cooking spray.

In medium bowl, combine brown sugar, cinnamon, lemon peel and juice. Add peaches; toss to mix. Transfer to prepared pan. Bake 10 minutes. Meanwhile, combine flours and baking powder in a small bowl. Set aside.

In medium bowl, with electric mixer at medium speed, beat margarine and sugar until light and fluffy. Beat in egg whites at medium speed until blended; scrape bowl.

Using a rubber spatula, add dry ingredients alternately with milk and vanilla, beginning and ending with dry ingredients until blended; do not overmix.

Remove peaches from oven and drop spoonfuls of batter over peach mixture; spread gently. Bake 25 to 30 minutes more or until top is golden brown. Serve warm.

*To peel peaches, plunge peaches into boiling water for 30 seconds, drain and run under cold water; drain. Peel should slide off.

**Can use two 16-ounce cans juice-packed peaches, sliced

Prep time: 15 minutes, serves: 8

Bake time: 40 minutes, serving size: 1/8 portion

Exchanges: 1 starch, 1 fruit and 1/2 fat (2 carbohydrate choices)

Analysis per serving: 152 calories, 28 g carbohydrate, 4 g protein, 3 g fat, 7 mg cholesterol, 201 mg sodium, 3 g fiber

From **The Diabetic Goodie Book** by Kathy Kochan

Other Ways to Great Food Ideas

There's no need to give up creative menu planning when dealing with diabetes. Central Rappahannock Regional Library has many books on diabetic cooking. Once you have talked to your doctor and understand your daily requirements, *Cooking Light* magazine can provide some additional inspirations.

You can also get help from the experts. The Diabetes Self-Management Program at Mary Washington Hospital (1201 Sam Perry Blvd., Fredericksburg, VA 22401, 540-741-1460) can help local residents get their diabetes under control with recommendations for diet and exercise. Out-of-towners may find that their community hospitals have similar programs.

Diabetic Recipes on the Web

American Diabetes Association: Healthy Living

[http://www.diabetes.org:80/main/application/commercewf?origin=*.jsp&event=link\(F1\)](http://www.diabetes.org:80/main/application/commercewf?origin=*.jsp&event=link(F1))

The ADA has an online Virtual Grocery Store to guide diabetics to foods that can help them, menu planning ideas, and the facts about alcohol and artificial sweeteners. Also features tips for making eating out a healthy experience.

Children with Diabetes: Readers' Favorite Recipes

http://www.childrenwithdiabetes.com/d_08_200.htm

"Here are recipes that are sure to please, and they're mostly sugar

free! Each is on its own page to make it easy for you to print a copy to make tonight. Recipes marked GF are gluten free for celiac." Each recipe includes nutritional information.

Diabetes and the African-American Experience

<http://www.diabetesforecastlive.com/edition5/>

Featuring Luther Vandross. Listen to the interview or read the transcript. Includes soul food recipes made healthier for diabetics.

Diabetes Health Center: Meal and Calorie Tracker

<http://health.yahoo.com/health/centers/diabetes/811.html>. Helpful tools include a meal and calorie tracker, a blood sugar diary, and an exercise tracker.

Diabetic Recipe Archive from Diabetic Gourmet Magazine

<http://www.diabeticgourmet.com/recipes/>

Browse by categories (salads, breads, sandwiches and wraps, etc.) to plan the perfect meal. Top-rated recipes include Texas Red Chili and Unbelievable Chocolate Kahlua Cake. Includes nutritional information.

Phlaxtech's Diabetes Information Site

<http://www.phlax.org/Diabetes/living-with-diabetes/carbs/carbmenu.html>

If you plan your menus by the numbers, this site can help. Nutritional exchange information for standard portions of foods. Includes meal exchanges for some popular fast food chains, although these may be somewhat dated.

RecipeSource: Diabetic Recipes

<http://www.recipesource.com/special-diets/diabetic/>

Hundreds of great diabetic recipes, from Baked Cajun Chicken to Chocolate Walnut-Filled Cake. Enjoy! Includes nutritional information.



Stress and Diabetes



Sisters Under Stress

By Virginia Johnson, CCRL Staff

The kids are running around the house screaming. One has a cat, the other a bottle of dishwashing liquid. They're heading for the bathroom. Your head is pounding as you rush after them; you arrive seconds before your Persian sinks her claws into your five-year-old. After you dry off the cat, lecture the children, and bring out some popcorn to distract them, that extra cup of coffee and sweet roll are starting to look pretty good. If you smoke, you're probably reaching for the pack by now. After all, you deserve it, don't you?

You don't deserve it. You deserve better. Kids are stress machines, it's true, but, comforting as it might be take a little cheesecake bite from the freezer, as the snack food industry folks brag, it's hard to stop with just one. The next thing you know, you deserve the whole box. Tired now, you change your mind on grilling some chicken and fixing a good salad for dinner and decide to pick up some fast food fried chicken, complete with those rich mashed potatoes with gravy and creamy coleslaw. The kids are happy, and it's certainly easier, but you've given in to a cycle that could ruin your health. Stress eating is a serious problem for women of all colors, and so-called comfort foods are no comfort to your health.

Food isn't the only way that women try to drown their stress. Spending sprees, whether on expensive vacations (I deserve it!) or gorgeous, over-priced clothes (deserve that, too!), only work if you've got the money in the bank to cover it, and if that money isn't already earmarked for car payments or rent. Getting so stuck in debt that there is no way, short of declaring bankruptcy, that you can get yourself out, has got to be a major stress source. If this is a problem for you, make a promise to take charge of your spending today. Clear the debt, declare your own freedom-- your financial freedom from buying something just because it's cute and it's there.

Stressed by Success

Say your career is taking off. Your boss and co-workers respect you. You're getting good promotions and opportunities to strut your stuff. Yet, the minute you walk in the door, you realize that the image of the amazingly organized person everybody knows at work stays at work. Home time is

mom time, and much as you need a break from office stress, before the door even opens, you can hear the shrieks and clatter of something, somewhere, falling on the tile floor. For the fifteenth time this week, you think to yourself: I could keep a perfect house if only

I didn't have to work

I didn't have kids messing up the place two seconds after I clean

My partner would help out more

We could afford maid service

If none of these is in the cards for you, it's time to ease up on your expectations and look for some positive ways to channel the stress in your life. Perfection on the home front just is not going to happen. We are not angels, and this life is not Heaven. It can be good. It can be sweet. There can be and will be love for ourselves and our families.

Untreated stress leads to so many medical problems, including hypertension, high blood pressure that can worsen other conditions such as diabetes. To handle everyday stress, you can take the edge off by enjoying a massage, aromatherapy, music, and spending time with good friends.

Sometimes stress has beaten us down so far that we need to seek help from doctors. There's no shame to this, and it could mean the difference for you between a good life and a lousy one. A general practitioner can often diagnose depression, which can be at the base of a lot of addictive behavior (overeating, drinking, gambling, spending, and drugs), and give advice and perhaps medication.

These books and Web sites are mostly written by sisters, for sisters, with love and compassion to show a way to a better life and understanding of ourselves. Click on any book's title to go to the catalog and request that it be held for you.



In the Library:

The Big Book of Relaxation: Simple Techniques to Control the Excess Stress in Your Life edited by Larry Blumenfeld.

Check out ways to make it easier to take it easy: meditation, aromatherapy, music, food, creative visualization and more.

"Body and Soul: The Black Women's Guide to Physical Health and Emotional Well-Being edited by Linda Villarosa.

Written by black women for black women and sponsored by the National Black Women's Health Project, here is an honest, straight-from-the-heart guide reminiscent of **Our Bodies, Ourselves** that addresses the physical, emotional, and spiritual health issues and concerns of black women today. Linda Villarosa is a senior editor at *Essence* magazine."

Broken Silence: Opening Your Heart and Mind to Therapy: A Black Woman's Recovery Guide by D. Kim Singleton.

A psychotherapist shares the stories of eight black women who have dealt with careers, relationship issues and the echoes of abuse in their lives. She takes it further by showing how the treatments have helped her patients be more at peace and gives the reader a gauge to judge her own self awareness.

Having What Matters: The Black Woman's Guide to Creating the Life You Really Want by Monique Greenwood.

From love and money, to looking good and feeling great, Ms. Greenwood, an editor at *Essence* magazine, tells how to use the past lessons of a strong people to reach for your successes whether on the job or at home.

I'm on My Way But Your Foot Is on My Head: A Black Woman's Story of Getting over Life's Hurdles by Bertice Berry.

Bertice Berry grew up poor in the Civil Rights Era. She met her challenges and went on to do stand up comedy, get a doctorate in sociology, and host a nationally-syndicated talk show. Bertice writes in the brassy voice of a woman who has seen and done a lot of serious things while still keeping in touch with her funny side.

The Value in the Valley: A Black Woman's Guide through Life's Dilemmas by Iyanla Vanzant.

"If you are an honorary member of the Black Woman's Suffering Society, you have probably been told that it's all your fault. Or that struggling and suffering is your lot in life. Iyanla Vanzant says NO! Life is an Act of Faith and suffering is optional! Those everyday challenges, obstacles, and dilemmas are what Iyanla calls valleys. As bad as they may seem, there is a purpose or, as Iyanla says, 'There is so much value in the valley'. Valley experiences open your eyes to the things you know but have difficulty facing and accepting. Valleys challenge your fears, strengthen your will, correct your misperceptions, and give you valuable insights into yourself, the world, and the people around you. Those dark, bleak, ugly experiences that make you most uncomfortable can help you to grow."

On the Web:

Black Women for Wellness

<http://www.bwwla.com>

"Black Women for Wellness is committed to healing, educating, inspiring, and supporting Black women, so we may tap into our personal power to enhance and improve our health and well being." A warm and informative site that is well worth visiting.

Black Women's Health Imperative

<http://www.blackwomenshealth.org/site/PageServer>

"Black Women's Health Imperative seeks to develop and communicate highly effective and beneficial health information, products and programs to African American women. The organization's aim is to deepen the public's resolve to invest in health prevention strategies and research that contribute to Black women leading healthier, longer lives." You can ask a doctor questions online and read fact sheets on health issues. Create a family tree for your health's sake to share with your doctor and understand your own risks for problems that run in families.

The National Women's Health Information Center

<http://www.4woman.gov>

"This website and toll-free call center was created to provide FREE, reliable health information for women everywhere. Browse our database for great resources or take a look through our Special Sections on topic areas like heart disease, disabilities and pregnancy. We're constantly updating our site so please check back often." Includes the section, Tools to Help You Build a Healthier Life, and an online newsletter, Healthy Women Today, and the Women of Color Health Data Book.

Stress: What Stress Does to Diabetes Control

[http://www.diabetes.org/main/application/commercewf?origin=*.jsp&event=link\(F4\)](http://www.diabetes.org/main/application/commercewf?origin=*.jsp&event=link(F4))

This article explains how stress has an amazingly negative impact on people who are trying to control their diabetes.



**Central Rappahannock
Regional Library**
www.LibraryPoint.org

Headquarters Library

1201 Caroline Street • Fredericksburg
540/372-1144

Porter Branch

2001 Parkway Boulevard • Stafford
540/659-4909

Salem Church Branch

2607 Salem Church Road • Fredericksburg
540/785-9267

Snow Branch

8740 Courthouse Road • Spotsylvania
540/582-6900

Cooper Branch

20 Washington Avenue • Colonial Beach
804/224-0921

Newton Branch

22 Coles Point Road • Hague
804/472-3820

Montross Branch

15692 Kings Highway • Montross
804/493-8194