



Diabetes Care and Management Newsletter

Welcome to the Diabetes Care and Management (DCM) Newsletter! We hope to bring you tips through monthly newsletters to help you manage your diabetes. It's time to shed coats, hats, and boots and get active. Summer is here, the sun is out, and the weather is warm! Take a walk, dance, plant a flower or vegetable garden, maybe you'll do them all! It is important to get and stay active.

Before starting any exercise routine, be sure to check with your Primary Care Doctor to find out which exercises are safe and suitable for you. Remember to always check your feet before and after your exercise session and wear appropriate well-fitting socks and shoes. There are many benefits, and some may be surprising!

Benefits of Physical Activity

1. Burn calories that come from food and drinks
2. Lowers Blood Pressure and Cholesterol (reduces risk of Heart Attack and Stroke)
3. Improves Balance and Flexibility (reduces the risk of falls/fall related injury in seniors)
4. Gives you more energy and stronger muscles
5. Lifts your mood, reduces anxiety and depression, and helps you sleep better

Let's Get Moving!

Did you know that in the time you watch two, one-hour television shows you can fulfill your daily thirty-minute workout recommendation? Walking in place during commercial breaks in an hour-long television program is equivalent to 25 minutes of walking and burns an average of 148 calories. If you were to watch 3 hours of television a night, you could get about 75 minutes of exercise and burn 450 calories. Try some seated exercises like arm rotations, leg lifts, or air punches during commercial breaks. You can go online for more information on seated exercises, we also have handouts available.

Get Your Groove On!

Getting fit doesn't have to be a boring routine of sit-ups, push-ups or dumb bell lifting, dancing is a great way to get into shape. We've found some great chair dance videos on YouTube that will make you want to move! Ian Fuertado, Paul Eugene, and Fuzion Fitness are channels that will help you get your groove on to sounds of Motown, Reggae, Funk, and Jazz. Check them out!

Don't forget the SIHF Healthcare Channel on YouTube! Everything you need to know about Diabetes is just a click away!

Recipes

Banana Snacking Cake

Ingredients

- 1 ½ cups all-purpose flour
- 1/3 cups sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 cup plain low-fat yogurt
- ¾ cup mashed ripe banana (about 1 medium)
- ¼ cup canola oil
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- Cooking spray (Pam)
- ½ cup fat free whipped topping

Directions

1. Preheat oven to 375 degrees
2. Combine flour and the next 5 ingredients in a large bowl; stir in with a whisk. make a well in the center of the flour mixture.
3. Combine yogurt, banana, oil, vanilla, and egg in a small bowl; stir until well blended. Add yogurt mixture to flour mixture in large bowl, stirring just until moist.
4. Pour the batter into a 9-inch square metal baking pan coated with cooking spray. Bake at 375 degrees for 20 minutes or until a toothpick inserted in the center comes out clean. Cool cake in the pan for 10 minutes on a wire rack; remove from pan. Cool completely on wire rack. Serve with whipped topping.

(Recipe from myrecipes.com)

Greek Yogurt Egg Salad Sandwich

Ingredients

- 8 large eggs
- 2/3 cups plain Greek yogurt
- 1 tablespoon mayonnaise
- 1 teaspoon dried dill
- Salt and pepper, to taste
- 8 slices toasted bread
- 2 cups lettuce, or salad greens, for serving
- 2 tomatoes, thinly sliced for serving
- 1 avocado, halved, seeded, and thinly sliced, for serving

Directions

1. Place eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover eggs with a tight-fitting lid and remove from heat; set aside for 8-10 minutes. Drain well and cool before peeling and dicing.
2. In a large bowl, roughly mash eggs with Greek yogurt and mayonnaise, dill, salt and pepper to taste.
3. Serve sandwiches with lettuce, tomatoes, avocado and egg salad mixture

(Recipe from damndelicious.net)

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