

C DIABETES

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BETTER
FOOD
CHOICES

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SLEEP
YOU
NEED

TIPS
FOR
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FEET



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DRINK TO better health

By Janis Roszler, MSFT, RD, CDE, LD/N

Choosing healthy beverages can help prevent weight gain and higher blood glucose levels, so it's important to know that some drinks are better for you than others. Read on to learn more about some common drinks to help you make better choices.

WATER AND SELTZER

Your body needs water to stay healthy. Water helps flush toxins out, transports food to your cells and keeps

your nasal tissues and other areas of your body moist. If you don't have enough water in your system, you can become dehydrated. Even mild dehydration can drain your energy and make you tired. Water and seltzer are great drink choices because they don't contain calories, carbs or fat and won't affect your blood glucose levels. Water is an important part of all of our lives, but don't believe the myth that drinking large amounts of water speeds up metabolism, flushes out extra calories or helps to increase weight loss.

VEGETABLE JUICE

If you aren't a veggies fan or don't have time to prepare them each day, enjoy some vegetable or tomato juice. Each is rich in vitamins and minerals that can help your body grow and stay strong. Vegetable and tomato juices are very low in calories and don't contain many carbs.

MILK

Milk contains calcium, vitamin D and protein—nutrients your body and bones need to stay strong. When it comes to milk, go for fat-free because it has fewer calories. If you don't like the taste of fat-

free, then opt for the next best choice: 1%. You can also try low-fat chocolate milk, but limit your intake because it has more carbs than regular milk. If you can't drink milk, try enriched soy, rice, seven-grain, almond or oat milk. Check the label for the serving size and carbohydrate amounts.

FRUIT JUICE

Pure fruit juice gets its sweetness from natural fruit sugars. It provides a variety of vitamins and minerals but can raise your blood glucose level, so be sure to include the juice amount in your meal plan. An 8-ounce glass of orange juice has as many carbs as two small oranges. You also can buy light juice, which has fewer carbs and calories.

SODA AND OTHER SOFT DRINKS

Regular soda, fruit punch, fruit juice blends and other fruit drinks often contain large amounts of sugar or high fructose corn syrup that can make you gain weight. They also offer little nutrition. Most sports drinks contain high fructose

corn syrup, so if you drink them, be sure to count the carbs.

DIET SOFT DRINKS

These drinks have few or no calories, so they can be a good choice once in a while. But they may not be the best option for weight loss. A recent study showed that older people who drank two or more diet soft drinks each day gained more weight in their waist area than those who didn't drink them.

HIGH CARBS

- Fruit smoothies
- Chocolate milk
- Lemonade
- More than 1 cup of juice, fruit punch or sports drinks

SOME CARBS

- Light juice
- Diet fruit juice drinks
- Vegetable juice
- Skim/low-fat milk
- Nonfat/low-fat soy milk
- Sugar-free hot cocoa

NO CARBS

- Water/seltzer
- Flavored water
- Diet iced tea
- Diet soda
- Other diet soft drinks



INTRODUCTION TO Joint Health

CDiabetes.com Staff

In order to live an active and mobile lifestyle, it is important to positively promote your joint health. So, what is joint health? The joint is where our bones connect and it is a complex structure of many specialized tissues that function together to provide the means for motion. Inside the joint, there is cartilage and viscous fluid. The cartilage is resilient with tremendous shock absorbing capability while the viscous fluid bathes and lubricates the joint. As a consequence of aging, trauma, and wear and tear on the joint, cartilage may be broken down, which can compromise joint movement. In order to remain active and live a healthy lifestyle, it is critically important to take care of your joints.

HOW CAN I PROMOTE JOINT HEALTH?

There are many ways to promote your joint health such as:

- eating healthy
- staying active and maintaining a healthy weight
- visiting your healthcare provider regularly
- taking your medications as prescribed
- taking dietary supplements

You should also consider taking a high quality glucosamine and chondroitin sulfate supplement. Glucosamine, in

combination with chondroitin sulfate, helps inhibit enzymes responsible for the breakdown of cartilage and supports the maintenance of healthy joints.

CHOOSING THE RIGHT GLUCOSAMINE/CHONDROITIN PRODUCT

Recent published clinical studies have further validated the combination of high quality glucosamine/chondroitin supplementation for joint health. It is important to make sure you purchase a high quality glucosamine/chondroitin combination product, and below are

some of the items to look for:

- Reputable brand cited in published clinical studies
- Serving size of trademarked active ingredients are the same as used in clinical studies
- Quality seal from third party public health and safety organizations

TAKE AWAY MESSAGE

It is important to closely monitor and take care of your joints to remain active late in life. It is recommended to consult your physician before taking any medication or dietary supplement.

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HOW water extracted cinnamon CAN IMPROVE your blood glucose control

By Erin Palinski-Wade RD, LDN, CDE

When it comes to controlling your blood glucose, you have probably researched the impact of everything from food, to exercise, to weight control. But have you looked into how spices may impact it? Cinnamon is a spice that doesn't just add great flavor to foods; it may help to lower blood glucose as well. The best benefit it offers is that it's all-natural and considered safe for most people with diabetes.

Does it sound too good to be true? In Medieval times, cinnamon was used for medicinal purposes thanks to its high antioxidant properties. Research now shows us that it may be a powerful player in the fight against diabetes.

Cinnamon may help to lower blood glucose levels by decreasing insulin resistance. When your cells become resistant to insulin, the glucose-lowering hormone in your body, they do not allow insulin to carry glucose into your cells. This results in glucose remaining in your bloodstream and rising over time, eventually leading to diabetes. Both whole cinnamon and extracted cinnamon have been shown to lower blood glucose levels.

Cinnamon has also been shown to help reduce unhealthy LDL cholesterol levels and blood pressure, both of which are conditions that can increase your risk of heart disease.

One down side is that everything that Mother Nature puts into the cinnamon plant also ends up in the finished product. This includes water soluble as well as fat soluble compounds. Our bodies have no problem processing water soluble compounds, but fat soluble compounds tend to be stubborn for our bodies to digest.

When choosing a form of cinnamon, we suggest you look for a water extracted concentrate without the fat soluble compounds. Water extracted forms can maximize the health benefits, while minimizing the risks of fat soluble buildup. The extraction process allows the beneficial water soluble components of cinnamon to stay, providing you with the same health benefits of whole cinnamon in a much smaller portion.

When looking for water extracted cinnamon, it's important that you read the label and look specifically

for the term "water extracted."

Because it is more concentrated, you can take fewer capsules to get all the health benefits of cinnamon. This may be more practical than trying to incorporate large amounts of whole cinnamon into your meal plan.

CinSulin water-extracted cinnamon is backed by five human clinical studies, all of which are double blind, peer reviewed and published. In addition, UC Davis completed a meta analysis to validate the results of these human clinical studies. They found support that water extracted cinnamon lowered fasting blood glucose an average of 10%.

If you are considering using cinnamon to help control blood glucose levels, make sure you discuss this with your certified diabetes educator or other healthcare provider. If you use cinnamon in combination with other medicines or supplements that also lower glucose levels, you may increase your risk of hypoglycemia. Your healthcare provider can work with you to make sure you incorporate cinnamon into your diabetes treatment plan in a way that works best for you.

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Many people are choosing cinnamon to help manage blood sugar levels naturally,** but only Trunature® Advanced Strength CinSulin® uses a patented water extraction process to gently separate and concentrate the healthy beneficial actives. The result - Advanced Strength CinSulin® is 10 times stronger than common cinnamon! Our formula also contains clinically studied levels of Chromium and Vitamin D3, known to have positive effects on maintaining healthy blood sugar levels!*

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* within the normal range

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Oral Health AND DIABETES

By Robert Ehrman, MD



If you have diabetes, you probably know that you are at an increased risk for problems with your eyes, feet, skin and nervous system. Did you know that diabetes can also cause problems in your mouth?

TAKE CARE OF YOUR TEETH

Poor blood glucose control lets bacteria grow easily in your mouth. Having lots of bacteria in your mouth lead to plaque buildup on your teeth. When this happens, your gums begin to pull away from your teeth, and pockets form between your teeth and gums. These pockets can become filled with germs and small bits of food. The gums then become inflamed and may bleed when you eat or brush your teeth. This condition is called “gingivitis”.

Keeping your gums healthy is important because they help to hold your teeth in place. If nothing is done, you can get an infection in your gums that can go on to destroy the bone around your teeth, and they may start to move. Your teeth may fall out or need to be pulled.

A recent study at the University of Copenhagen in Denmark looked at the link between oral health and diabetes. The study found that people with good oral health practices, along with a healthy diet and good stress management, had lower blood glucose levels and healthier teeth and gums.

DIABETES: A MAJOR CAUSE OF GUM DISEASE

There are many causes of gum disease, including smoking, hormonal

changes, and certain cancers. Some medicines can make your mouth dry, which can increase your risk for tooth and gum problems. This is because saliva helps slow the growth of bacteria and keeps your mouth healthy overall. Poorly controlled diabetes can also lead to gum disease.

High levels of sugar in saliva make it easy for bacteria to grow there. This is why poorly controlled diabetes is a risk factor for gum disease. Also, diabetes can cause problems with blood flow to your teeth and gums. This makes it harder to repair damage to your gums and fight infection. It is also important to understand that if you develop gum disease from poor oral habits or other reasons, this could make it harder for you to control your diabetes.

Other oral problems related to diabetes include:

- Thrush: this is an infection caused by a fungus that grows in the mouth and throat
- Dry mouth: this can cause soreness, ulcers, infections and cavities

DENTAL CHECK-UPS ARE IMPORTANT

It’s important that you tell your dentist if you have diabetes, and keep them informed of any changes in your condition or medicines. Postpone any non-emergency dental procedures if your blood sugar is not well controlled.

WHAT CAN YOU DO TO KEEP YOUR MOUTH HEALTHY?

The most important thing you can do is control your blood glucose

levels. Have dental check-ups every six months if possible. Avoid smoking and, if you wear dentures, remove and clean them every day. Good blood glucose control can also help prevent or relieve the dry mouth diabetes can cause.

Here are some simple tips for a healthy mouth:

- Keep your blood glucose level under control
- Brush and floss every day
- Visit your dentist at least every 6 months. Be sure to tell them that you have diabetes
- Tell your dentist if your dentures do not fit right, or if your gums are sore
- Stop smoking. Your healthcare provider or dentist can tell you about what options there are to help you quit
- Call your dentist if you notice a problem.

Take time to check your mouth regularly for any problems. If your gums bleed when you brush or floss, or if you notice dryness, soreness, white patches, or a bad taste in your mouth, contact your dentist right away. Remember, good blood glucose control can help keep your mouth happy and healthy for years to come.

6 SIGNS OF GUM DISEASE

- Red or swollen gums
- Gums that bleed easily when brushing or flossing
- Receding gums (pulling away from teeth)
- Loose teeth, making it hard to bite and chew
- Constant bad breath
- Dentures that don’t fit anymore

IF YOU HAVE **DIABETES**
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Vitamins AND Diabetes Care



First, it is important to note that eating a variety of whole foods is a better choice for staying healthy than relying on vitamins or supplements. Eating lean meats, vegetables, fruits, and whole grains— and limiting fats and sugar — are important for keeping your blood glucose under control.

Individual foods can give you many different vitamins, minerals, and nutrients, in one serving. For example, raspberries contain vitamin C, fiber, and antioxidants. These nutrients, plus all the food nutrients we have not yet discovered, work together in your body to ensure that you benefit from all of them. Using vitamins or supplements – which do not have the full range of nutrients that whole foods do — may not be needed unless you have a specific vitamin deficiency. (“Deficiency” means that your body does not have enough of an important nutrient.) It’s a good idea to talk to your healthcare provider before taking any vitamin supplements to see if you really need them.

Your healthcare provider may want you to take vitamin supplements if you are:

- On a low-calorie diet and do not eat a wide variety of foods
- On a vegan diet (no meat, fish, eggs or dairy products)
- Pregnant
- On a restricted diet because you have food allergies, kidney disease or have trouble absorbing nutrients

WHAT VITAMINS ARE THE BEST?

Many people, including those with diabetes, may need to take vitamin D supplements. Experts say to take 400 international units (IU) each day. Recent studies suggest that this may not be enough vitamin D. Ask your healthcare provider if you should take vitamin D supplements, and how much to take every day.

WHY IS VITAMIN D SO IMPORTANT FOR GOOD HEALTH?

Vitamin D might be able to:

- improve pain and tingling in your legs, feet, hands, and fingers.
- keep bones healthy and strong
- help with blood glucose control
- help ease depression in women with type 2 diabetes.

HOW CAN I GET MORE VITAMIN D?

- Go outside in the sunshine. Sunshine is a great way to get vitamin D. To be safe, first check with your healthcare provider to make sure it’s safe for you to spend time in the sun.
- Eat more fish and egg yolks.
- Eat cereals with vitamin D added.
- Drink milk with vitamin D added.
- Take Vitamin D supplements if your healthcare provider recommends it.
- Vitamin D and calcium work together. Ask your healthcare provider if it’s a good idea for you to take Vitamin D with a calcium supplement.

WHAT ABOUT CHROMIUM, AND VITAMINS C AND E?

There are some studies showing that these nutrients might be helpful for blood glucose control or heart health, but more research is needed. News stories over the past few years have reported that chromium might decrease body fat and build muscle without you having to change your eating habits. But, studies have not shown that chromium helps you lose weight. Also, it is not known how much chromium you should take. Fortunately, it is relatively safe. In fact, many healthcare providers tell their patients with diabetes to take chromium supplements. However, don’t take a chromium supplement without first talking with your healthcare team and knowing the correct amount to take. You

might damage your kidneys if you take too much chromium. Good food sources of chromium include whole grains, bran cereals, seafood, green beans, nuts, peanut butter, and potatoes.

People with diabetes may have lower levels of vitamin C in their bodies. This may be because higher blood glucose levels keep vitamin C out of the body’s cells. In one study, people with type 2 diabetes who took 2,000 mg of Vitamin C every day showed improvement in blood glucose and fat levels. However, more studies need to be done to confirm the benefits for people with diabetes so ask your healthcare provider first before taking vitamin C supplements. Some studies say that vitamin E might help prevent health problems such as heart disease, eye problems and kidney damage. However, it’s too early to know if this is true. In addition, experts are not sure how much vitamin E you should take. Vitamin E amounts greater than 800 IU each chance of stroke in people with high blood pressure. Too much vitamin E can also keep medicines that prevent blood clots from working. If you want to take vitamin E, ask your healthcare provider first about the pros and cons and if you do decide to take vitamin E, do not take more than 200.

TIPS FOR TAKING SUPPLEMENTS

- Pick supplements with no more than 100 to 150 percent of the daily value for the listed vitamins and minerals
- Women who have gone through menopause should choose a supplement without iron
- Choose a brand that has the USP seal on the package. A USP (U.S. Pharmacopeia) seal says the product has been tested for strength and purity
- Check expiration dates; do not use expired supplements
- Keep supplements in a cool, dry place, and out of reach of children.



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MAKING BETTER FOOD CHOICES

By Johanna Burani, MS, RD, CDE

You know that eating healthy meals helps you to have a healthy body. That's especially true if you have diabetes or prediabetes. What you eat can help you control your blood glucose, your blood pressure, your cholesterol and your weight.

The best place to start making good food choices is to look at your food plate. Think of it as having four parts that you fill up at every meal.

The two big parts are for your starches or grains, like rice, corn, beans, pasta or bread, and for your vegetables, like carrots, broccoli, spinach, tomatoes and salads.

The two small parts of your plate are for your protein-based foods, like chicken, fish, eggs and cheese, and for your fruit, like apples, peaches, berries and oranges. When all four parts of your plate are filled in this way, you have a well-balanced meal.

You don't have to change everything all at the same time. You can choose one way to improve your diet and work on that until you feel comfortable with it. Then you can go on to another change. For example, you may choose to drink water with all your meals but allow yourself one can of soda per

week. Once that change is part of your diet, you can try something else, like eating more vegetables. Make small changes that feel good to you and, little by little, you will improve your diet. You will find your own easy ways to eat healthy.

4 PARTS TO YOUR PLATE


2 parts of your plate are for your starches or grains and your vegetables.


2 parts of your plate are for your protein-based foods and your fruit.





7 steps to better food choices


 Try to eat the right number of calories. Enjoy your food but eat less of it. If you eat large portions, make them smaller. Burn extra calories with exercise.


 Eat slowly. Pay attention to your food and enjoy it.

 Use a smaller plate to help you eat less.

 If you are in a restaurant, share a meal with someone or bring some of it home to eat at another time.

 Eat vegetables, fruits, whole grains and fat-free or 1% milk and yogurt every day.

 Eat less of these foods: cakes, cookies, ice cream, candies, soda, energy and sports drinks, pizza, soups, frozen meals, ribs, sausages, bacon and hot dogs.

 Try to drink mostly water every day and save your favorite sugary drink for a special treat.



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GET THE SLEEP YOU NEED

By Johanna Burani, MS, RD, CDE

We all know what it is like to go through the day feeling tired. We do our work throughout the day and can't wait for the day to end. If we get a good night of sleep, we wake up rested and are ready to start all over again. We have the energy we need all day long. But what if we don't get enough sleep? What if we have many nights when we are very tired, fall asleep for a short time then wake up and cannot fall back to sleep?

More than 70 million Americans suffer from chronic sleep loss. Women have more of a problem falling asleep and staying asleep than men. More than 2 million children have sleep disorders and even more just don't get enough sleep on many nights. Most adults need between 7–9 hours of sleep every night. When we don't get enough sleep night after night, we build up a large sleep debt that is hard to pay back. Then we are tired all the time and don't have enough energy.

WHY WE NEED TO SLEEP

First, the body needs some “time off” to rest and take care of itself. Sleep gives the body a chance to slow down its workload and rest different parts, such as the brain, heart, muscles and the organs

that digest our food all day long. The body doesn't shut off when we sleep, it just slows down. This allows our body parts to relax for seven, eight or nine hours. A tired body doesn't work as well as a rested one, and chronic lack of sleep can cause health problems.

SLEEP AND DIABETES

It is very important to get enough sleep if you have diabetes or prediabetes. If you are tired, your body tries to get energy by eating more, which can raise the glucose level in the blood. Gaining weight makes it harder to have good diabetes control. The body needs insulin to keep its glucose level from getting too high. If your pancreas is unable to make enough insulin, your glucose level will climb higher. Lack of sleep also makes the muscle cells less likely to take in glucose from the bloodstream.

Good diabetes control will help you sleep better. You will not need to go to the bathroom many times during the night if your blood glucose numbers are in a healthy range. You will sleep better and feel more rested in the morning.

12
benefits
of sleep

More energy

Better general health

Healthier heart

Weight control

Improved immunity

Longer life

Improved memory

Improved mood

Lower stress

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†Some health plans may have more than one test strip covered at the lowest co-pay.

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8

Sleep experts believe these tips may help you sleep better:

- 1 Do** try to go to bed at the same time every night.
- 2 Don't** exercise 2–4 hours before bedtime.
- 3 Do** leave the bedroom for a short time when you can't sleep.
- 4 Don't** eat heavy, spicy or greasy foods 4–6 hours before bedtime.
- 5 Do** try to make the bedroom quiet, dark and comfortable.
- 6 Don't** drink caffeine or alcohol 4–6 hours before bedtime.
- 7 Do** drink warm milk or take a hot shower or bath one hour before bedtime.
- 8 Don't** nap during the day.

GET ENOUGH SLEEP

No matter what the age is, the body tells us when it needs sleep. We are cranky and lack energy. We have a hard time doing work. And we may start to gain weight if we don't sleep enough.

If you need an alarm clock to wake up each morning, you may not be getting enough sleep.

SLEEP AND WEIGHT GAIN

Some studies show that we gain weight more easily when we don't sleep enough. That's because sleep affects some important hormones in the body.

Lack of sleep affects the part of the brain that controls hunger. It is affected by two hormones, called ghrelin and leptin. Ghrelin (the "gimme more" hormone) tells the brain when we are hungry. When ghrelin levels in the stomach are high, the brain triggers us to eat more food. Leptin (the "leave me alone" hormone) tells the brain that we feel full. When leptin levels, which come out of fat cells, are high, the brain senses that the body is full and doesn't need more food, so we don't want to eat.

When we don't sleep enough, our ghrelin levels go up and our leptin levels go down. This means that when we eat after a poor night of sleep, we don't feel full and keep on eating. We aren't hungry, but our tired body tells our brain that we are. If we lack sleep night after night and eat more while awake, we can gain weight over time.

Another hormone that changes with too little sleep is growth hormone. That hormone helps control how much fat we burn and how fast we increase our muscle mass. Growth hormone is released while we sleep. The less we sleep, the less growth hormone there is in the body. That leads to weight gain because we burn less fat. Finally, the lack of sleep will affect another hormone, cortisol. Cortisol encourages the body to store fat, especially in the belly area.

These hormones send unhealthy messages to the brain that lead us to eat more food when we are tired. This is a big problem because the fast-paced American lifestyle seems to promote less sleep and those who are hungry can usually find food to eat at any hour.

WHEN TO SEE YOUR DOCTOR

If you are worried about your poor sleeping habits or think you sleep enough but are always tired, speak to your doctor. With the right care, you may feel much better and also find that the weight you have been trying to lose is finally coming off—in your sleep.

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WHOLESALE

10 TIPS

FOR HEALTHY FEET

By Joy Pape, RN, BSN, CDE,
WOCN, CFNC



You may have heard that having diabetes increases your risk for foot problems, including amputations. The good news is that there is a lot you can do to keep this from happening to you. Learn and follow these diabetes foot care tips to help prevent problems with your feet.

30%

Regularly seeing a podiatrist decreases amputations by 30%.

❶ MANAGE YOUR DIABETES

Do all that you can to keep your blood glucose, blood pressure and cholesterol (lipids) in their target ranges. This is your first step—and one of the most important ones—toward protecting your feet.

❷ NEVER WALK BAREFOOT

Walking barefoot gives you no protection against stepping on something, dropping something on your foot or being stepped on. Wear water shoes at the beach and keep slippers near your bed so you can get to them easily in the middle of the night.

❸ PROTECT YOUR FEET FROM HOT OR COLD TEMPERATURES

Cold causes your blood vessels to constrict, which can decrease circulation. On the other hand, heating pads, hot water bottles, electric blankets or putting your feet on radiators, fireplaces or space heaters can cause burns if you are unable to sense the temperature. Use wool blankets or comforters to keep warm instead. Keep your feet warm with wool or cotton socks.

❹ WEAR SHOES THAT PROTECT YOUR FEET

High heels put pressure on the balls of your feet, which can cause blisters, open sores, calluses and bunions, among other problems. Also, sandals and flip-flops provide almost no protection for your feet.

❺ BE A FOOT DETECTIVE

Look at your bare feet every day. Look at the tops, bottoms and in between your toes for redness, bruises, blisters, cuts, swelling, a shift in the color or temperature of your skin and other changes. By looking at your feet daily, you will notice changes right away. Report any changes to your health-care provider immediately.

❻ IF YOU SMOKE, TRY TO STOP

Smoking causes your blood vessels to become narrow. Diabetes increases your risk for blood vessel disease. The two together can decrease the blood flow that carries oxygen to your legs and feet. A lack of oxygen makes it much harder for wounds to heal. Get help by asking your healthcare provider to refer you to a program that can help you stop smoking.

❼ KEEP YOUR FEET CLEAN AND DRY

You don't need to do more than take your usual shower. Do not soak your feet unless your healthcare provider directs you to do. Dry your feet well—especially between your toes. Use lotion if your skin is dry to keep it soft and protect against drying and cracking. Putting socks on immediately after you put on the lotion helps lock in the moisture.

❽ TRIM YOUR TOENAILS TO FOLLOW THE CURVE OF YOUR TOE

Use an emery board to file the edges. If you cannot reach your toes or your nails are thick, have your toenails cut by a podiatrist.

❾ SEE A PODIATRIST

Besides trimming your toenails, podiatrists provide the foot care and education you need. Don't practice podiatry yourself, which means don't use anything sharp on your feet, and don't use any over-the-counter medicines on your feet, such as wart, corn or callus removers. See your podiatrist for those treatments.

❿ GET HELP RIGHT AWAY

If you have any changes in your feet, contact your healthcare provider immediately. Don't put it off. Getting care early can mean getting and keeping your feet safe. Putting it off can lead to the problems you want to avoid.

ART SMITH'S

TAKING DIABETES TO
HEART THROUGH HEALTHY
COMFORT RECIPES

Unfried Chicken

WITH ROASTED BRUSSELS SPROUTS

Makes 4 Servings

For the chicken

- | | |
|---|-----------------------------|
| 1 cup buttermilk | 1 ½ teaspoons onion powder |
| 1 tablespoon Louisiana Hot Sauce or another hot sauce | 1 ½ teaspoons garlic powder |
| | 1 teaspoon paprika |

- 4 skinless and boneless chicken breasts, cut in half

- 1 ½ cups multigrain or whole wheat panko bread crumbs

- 3 tablespoons grated Parmesan cheese

- 2 teaspoons ground black pepper

- 1 teaspoon cayenne

For the brussels sprouts

- 16 brussels sprouts, cut in half

- 1 ½ tablespoons extra-virgin olive oil

Salt and freshly ground black pepper

For the garnish

- 1 lemon, quartered

1. To prepare the chicken: Preheat the oven to 400°F. In a mixing bowl, mix the buttermilk and hot sauce. Submerge the chicken pieces in the buttermilk and soak in the refrigerator for at least 1 hour but no more than 24 hours.

2. In a gallon-size plastic bag, combine the bread crumbs, Parmesan, black pepper, cayenne, onion powder, garlic powder, and paprika. Seal the bag and shake until well mixed. Remove the chicken from the buttermilk and transfer directly to the bag with the bread crumb mixture. Shake the bag until the chicken breasts are evenly coated with the bread crumbs. Remove the chicken breasts from the bag and lay flat on a nonstick baking sheet. Refrigerate, uncovered, for 30 minutes. Bake the chicken for 20 to 25 minutes or until just cooked through.

3. To prepare the brussels sprouts: Preheat the oven to 400°F. Place brussels sprouts in a medium mixing bowl, toss with the olive oil, and season with salt and pepper. Spread the brussels sprouts in a medium ovenproof baking dish and roast for 20 minutes or until caramelized and tender.

4. Divide the chicken and brussels sprouts among 4 serving plates, and squeeze the lemon over the chicken.

NUTRITION INFORMATION PER SERVING:

Calories 427, Carbohydrate 45g, Sugars 6g, Total Fat 12g, (Sat Fat 3g), Protein 40g, Fiber 9g, Cholesterol 79mg, Sodium 349mg

Adapted from "Art Smith's Healthy Comfort: How America's Favorite Celebrity Chef Got it Together, Lost Weight, and Reclaimed His Health!"

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For additional recipe ideas, visit TakingDiabetesToHeart.com

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About Cosamin® DS:

- Shown to not significantly affect hemoglobin A1c levels[†]
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[†]Based on U.S. published studies in peer-reviewed journals, the Cosamin brand is the #1 researched glucosamine/chondroitin sulfate brand.

[†]Scroggie DA, Albright A, Harris MD. The effect of glucosamine/chondroitin supplementation on glycosylated hemoglobin levels in patients with type 2 diabetes mellitus. *Archives of Internal Medicine*. 2003; Vol. 163 (13): 1587-1590.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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LABORATORIES
CONSUMER CARE, INC.
Edgewood, MD 21040 U.S.A.



Shaved Brussels Sprout Salad

WITH PINE NUTS AND LEMON

Makes 4 servings

- 20 medium brussels sprouts, cleaned
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ¼ cup pine nuts
- ¼ cup grated pecorino Romano cheese
- Salt and freshly ground black pepper

1. Cut the brussels sprouts in half lengthwise. Thinly slice them until you get to the chunky white core of the brussels sprout (about three-fourths of the way down), then discard the rest of the brussels sprout. Place the sliced brussels sprouts in a medium mixing bowl and add the olive oil, lemon juice, pine nuts, and pecorino Romano cheese. Mix thoroughly. Season with salt and pepper. Cover and let sit for 30 minutes to let the flavors marry before serving.

2. Divide the brussels sprout salad among 4 bowls and top with freshly ground black pepper.

NUTRITION INFORMATION PER SERVING:

Calories 250, Carbohydrate 10g, Sugars 3g, Total Fat 22g, (Sat Fat 4g), Protein 7g, Fiber 4g, Cholesterol 8mg, Sodium 151mg

Lamb Kabobs

WITH CUCUMBER RAITA

Makes 4-6 servings

For the quinoa

- 1 cup quinoa, rinsed
- Salt
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons chopped flat-leaf parsley

For the raita

- 12 ounces nonfat Greek yogurt
- ⅓ cup diced, peeled, and seeded cucumber
- 3 tablespoons chopped fresh mint leaves
- 1½ tablespoons fresh lemon juice
- 1 large garlic clove, minced
- Salt

For the lamb

- 1 lb boneless leg of lamb, trimmed and cut into 1-inch pieces
- 1 tablespoon curry powder
- 2 tablespoons extra-virgin olive oil
- Salt
- 16 grape or cherry tomatoes
- 1 yellow bell pepper, seeded and cut into 1-inch pieces
- 8 10-inch bamboo skewers, soaked in water

1. To prepare the quinoa: Place the quinoa in a medium saucepan. Cover with 2 cups cold water and add a pinch of salt. Cover the pan and bring to a boil. As soon as it begins to boil, reduce the heat to a simmer and set the lid slightly ajar to prevent boiling over. Simmer the quinoa for 15 to 20 minutes or until the liquid has been fully absorbed. You should see a little white ring release from the quinoa germ. Remove from heat, fluff with a fork, and stir in the lemon juice, olive oil, and parsley.

2. To prepare the raita: In a small mixing bowl, combine the yogurt, cucumber, mint, lemon juice, and garlic. Mix with a wooden spoon until fully incorporated. Season with salt. Cover and refrigerate until ready to use.

3. To prepare the lamb: Preheat a grill to moderate heat. In a medium mixing bowl, combine the lamb, curry powder, and 1 tablespoon of the olive oil. Season with salt. In a separate mixing bowl, combine the tomatoes and bell pepper. Toss with the remaining 1 tablespoon extra-virgin olive oil and season with salt. Thread the lamb, bell pepper, and tomatoes alternately onto the skewers. Place the prepared kabobs on the grill and cook for 5 minutes on each side or until cooked.

4. Spoon some quinoa on each plate, top with two lamb kabobs, and spoon some raita over the lamb. Sprinkle with additional chopped mint, if desired.

NUTRITION INFORMATION PER SERVING:

Calories 478, Carbohydrate 39g, Sugars 7g, Total Fat 9g, (Sat Fat 4g), Protein 38g, Fiber 5g, Cholesterol 73mg, Sodium 133mg



VISIT CDIABETES.COM

FOR A FREE COSTCO DIABETES & HEART-HEALTHY SHOPPING GUIDE!
Below is a preview of the shopping guide. For the full version, please visit CDIABETES.COM



USE THIS AS YOUR GUIDE FOR A HEALTHY SHOPPING TOUR AT COSTCO.

BEFORE YOU START

UNDERSTAND THE NUTRITION FACTS LABEL

- Serving Size is the basis for all the information on the label.
- Choose items with **less** fat, cholesterol, sugar and sodium.
- Choose items with **more** fiber, vitamins A and C, calcium and iron.

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	

Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%

Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%

Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NOW START YOUR COSTCO HEALTHY SHOPPING TOUR!

STOP #1

THE PRODUCE SECTION: YOUR MEAL SUPERSTAR

- Fill your cart with a wide variety of colorful non-starchy vegetables such as summer squash, peppers, carrots, broccoli, salad greens and other leafy green vegetables.
- Most non-starchy vegetables contain 5 grams or fewer of carbohydrates and 20 calories or fewer per serving.
- Starchy vegetables, like red potatoes, sweet potatoes and winter squash, can be used as nutrient-dense side dishes.
- Fruit is a great way to indulge a craving, offering fiber and a wide assortment of vitamins and natural antioxidants.

STOP #3

CHOOSE HEALTHY DAIRY, EGGS, MEAT & SEAFOOD

- Low-fat or reduced-fat milk, cheese, cottage and ricotta cheese and Greek yogurt.
- Plain, unsweetened soy, almond and cashew milk.
- Trans fat-free margarine and spreads.
- Eggs for protein and other nutrients.
- Lean beef and pork with "round" or "loin" in the name.
- Ground beef, chicken or turkey that is at least 90 percent lean.
- Tofu and other soy-based meat substitutes.
- At least 8 oz. of seafood (including fatty fish, such as tuna or salmon) a few times per week for enough heart-healthy omega-3 fatty acids.

STOP #5

GO TO **COSTCO PHARMACY** BLOOD GLUCOSE METERS: WHAT DO I NEED TO KNOW?

- Is it accurate?
- Is it easy to use and easy to carry?
- Is the display screen large enough to see my results?
- Can I get a free meter or will insurance cover the meter and test strips?
- Can I get a coupon/discount on test strips?
- What will my total cost be each year?
- ONETOUCH® products have the lowest copy on the most health plans.†

†Some health plans may have more than one test strip covered at the lowest co-pay.

STOP #2

CHOOSE HEALTHY KITCHEN & PANTRY STAPLES

- 100% whole grain bread and crackers and corn tortillas.
- Bags and cans of beans and peas.
- Whole grain pasta, barley, quinoa, bulgur wheat and oats.
- When choosing canned vegetables, look for low sodium or no salt.
- Extra virgin olive and canola oil—liquid and spray.
- Nuts & nut butters and seeds.
- Flavored and unflavored bottled waters.
- Other sugar-free drinks.
- Sugar-free sweeteners.

STOP #4

VITAMINS & SUPPLEMENTS

- Multivitamin and mineral supplements: These can help you get vitamins and minerals you may not get in your meals and snacks.
- Cinnamon: Advanced Strength CinSulin® uses a patented water extraction process to gently separate and concentrate the healthy beneficial actives.
- Joint Health: The ingredients in Cosamin® ASU promote a positive response associated with cartilage protection and joint comfort.
- Nature Made® Diabetes Health Pack: Scientifically formulated to supply nutritional support for people with diabetes or prediabetes.

STOP #6

OTHER HEALTHY LIVING PRODUCTS AT COSTCO

- Oral care: According to the CDC, people with Diabetes are 2X more likely to develop gum disease. Use a toothpaste like Colgate Total®, which is clinically proved to help prevent gingivitis, the earliest form of gum disease (as shown in the general population).
- Skin care: Look for mild lotions that add moisture, gently exfoliate, increase circulation and promote healing without heavy perfumes or alcohol.
- Fitness monitors: Costco sells a variety of heart rate monitors and activity monitors.

Talk with your health care provider before making any changes to your healthy living routine.