



LIVING WELL WITH DIABETES

Anderson County Health Department

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January 2013

Carb Management

When we eat, the carbohydrates in our food become glucose in our blood. Foods high in carbohydrates -- such as sugar, potatoes and pasta, bread and cereal -- cause blood glucose levels to spike. People with diabetes have to manage their intake of carbohydrates to avoid these spikes. Carb counting and after-meal (postprandial) blood sugar testing are the best ways to determine your optimal daily carbohydrate intake.



About Carbs

What are carbs, anyway? Are there really "good" carbohydrates and "bad" ones? How can a potato be in the same category as a piece of cake? In this section, learn about the different types of carbohydrates, such as fiber, sugars, sugar alcohols, and starches; find out how carbs can affect your health and weight; read about cooking, baking, and eating low carb; and uncover everything you need to know about carbs.



Carb Counting

People with diabetes can choose from a handful of different ways to keep track of their carbohy-

drate intake. In recent years, straight carb counting has become more popular than the dietary exchange system and the carbohydrate choice system. But all three can be effective ways to manage carbs for people with type 1 or type 2 diabetes.



Glycemic Index

The glycemic index (GI) measures the potency of a food's carbohydrates -- how quickly and how forcefully they raise blood glucose levels. It compares carbohydrate foods, gram for gram, against glucose, which is given a GI of 100. A GI value of 55 or less is considered low; a GI of 70 or more is considered high. Glycemic load (GL) measures both the quality and the quantity of carbohydrate in a serving of a food. Think of the GL as the amount of carbohydrate in a food adjusted for its glycemic potency. GL is calculated by multiplying the GI value of a food by the number of grams of carbohydrate per serving, and dividing that by 100.



For more information on Carb Management, check out: http://www.dlife.com/diabetes-food-and-fitness/carb_counting

Wednesdays; February 6-April 24

9:30am-11:00am

TAKING OWNERSHIP OF YOUR DIABETES

FREE!

Do you have diabetes? Do you care for a loved one with diabetes? Do you want to learn more about living with and managing diabetes? Then this program may be just what you need!

To Register or For Questions, Contact April or Joan:

April Thomas, MPH
Health Educator
Anderson County Health Department
502-839-4551
april.thomas@ky.gov

Joan Martin, MS
Family & Consumer Science Agent
Anderson County Cooperative Extension
502-839-7271
joan.martin@uky.edu

Weekly 1.5 Hour Sessions

Discussion Topics ~ Understanding Diabetes; Diabetes ABCs; Nutrition; Routine Care

Door Prizes @ EACH Session!!

Class meets @ Extension Office



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

Diabetes Support Group meetings are held at the Anderson County Health Department on the first Monday of the Month, 7-8pm.

Monday Holiday Policy: If the first Monday of the month falls on a holiday, then the meeting will take place on the following Monday.

Weather Policy: Meetings are canceled if Anderson Co. Schools are closed due to inclement weather.

2013 Dates:

Jan 7	Feb 4
Mar 4	Apr 1
May 6	Jun 3
Jul 1	Aug 5
Sep 9	Oct 7
Nov 4	Dec 2

START THE NEW YEAR SMOKE FREE!

Join the Cooper/Clayton Smoking Cessation Program to become a non-smoker!

February 7, 2013

5:00 - 6:00 pm

Anderson Co. Health Dept.
1180 Glensboro Road
Lawrenceburg, KY

www.achdonline.org



CALL 502-839-4551 EXT 1110

Classes will meet weekly for 13 weeks.

There is no charge for the class, however you will be responsible for the nicotine replacement therapy patches at a discounted rate.

BONUS: Successfully complete the program and get 50% of your money back!

A new session of Body Recall will be starting soon. Hope to see you there!!

Start Date: Tuesday, February 5, 2013

End Date: Thursday, May 2, 2013

Class Days: Tuesday & Thursday

Time: 9:30 AM – 10:30 AM

Location: Anderson Co. Health Dept.
Community Room
1180 Glensboro Road

Phone: 502-839-4551 x1110

Instructor: April Thomas, MPH



SNOW POLICY:

If Anderson County Schools are closed
Body Recall will be canceled for that day.



If you have questions about a class cancellation, please feel free to call the Health Department or use your own judgment.

**The instructor may need to cancel or reschedule certain classes in the event of illness or weather. If so, the instructor will notify you as soon as possible.*



ANDERSON COUNTY HEALTH DEPARTMENT

ANDERSON COUNTY HEALTH DEPARTMENT
1180 GLENSBORO ROAD
LAWRENCEBURG, KY 40342

FOR MORE INFORMATION ABOUT THE DIABETES SUPPORT GROUP PLEASE

CONTACT:

APRIL THOMAS, HEALTH EDUCATOR

PHONE: 502-839-4551 EXT. 1110

FAX: 502-839-8099

E-MAIL: APRIL.THOMAS@KY.GOV

THE ANDERSON COUNTY DIABETES SUPPORT GROUP WILL MEET

MONDAY, JANUARY 7 AT 7:00PM

IN THE COMMUNITY ROOM OF THE ANDERSON COUNTY HEALTH DEPARTMENT.

Visit us online!
www.achdonline.org



Postmaster, please deliver to:

Important Dates in January

1 - New Year's Day HOLIDAY,
Health Department CLOSED

7 - Diabetes Support Group, 7-8pm

21 - Martin Luther King Jr. HOLIDAY,
Health Department CLOSED



Recipe of the Month

Garlic & Thyme Mashed Potatoes

Servings: 4

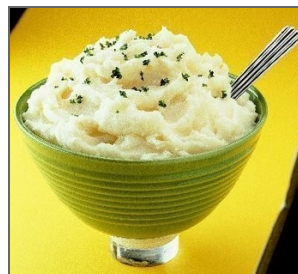
Ingredients

1 ½ pounds Yukon Gold or Russet potatoes
3 cloves garlic, peeled and cut in half
2 sprigs thyme, plus 1 teaspoon fresh thyme leaves
3 tablespoons skim milk
salt and pepper, to taste

Directions

1. Peel and cut the potatoes into similar sized pieces. Place in a large pot of boiling

- water with the garlic and thyme sprigs. Simmer until the potatoes test done with a sharp knife.
2. Drain the potatoes, and discard the garlic and thyme sprigs.
 3. Mash the potatoes. Add the fresh thyme leaves (chopped) and milk with salt (if using) and pepper.



Nutrition Facts

Calories: 116
Carbs: 26g
Fiber: 2g
Total Fat: 0g
Cholesterol: 0mg
Sodium: 15mg
Protein: 3g
Potassium: 90mg