



Did You Know!

Sign the Diabetes Petition in Support of a Cure!

The government spends \$40 billion a year treating people with diabetes, but just 1% of that amount trying to cure it. If there were a cure, that \$40 billion could be used for tax cuts, education or save Social Security. A cure would also save millions of innocent lives. I strongly urge the government to spend at least \$1 billion a year trying to find a cure for diabetes. Anyone can sign. That includes children, people not registered to vote and non-US citizens.

www.diabetes.org/advocacy/petition/
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Did You Know!

Special "dietetic" or "diabetic" foods are often no bargain. Cookies sweetened with a "natural sugar" have essentially the same nutrition content as "regular" cookies...

check out the price difference!

Three "Fructose-sweetened" Chocolate Sandwich Cookies:
160 calories 7 grams fat
26 grams carbohydrates
Cost = 35 cents

Three "Regular" Chocolate Sandwich Cookies:
160 calories 7 grams fat
23 grams carbohydrate
Cost = 22 cents

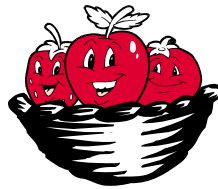


Did You Know!

The nation's pharmaceutical companies are making progress in bringing diabetes patients medicines that can allow them to lead full, active lives.

According to the September report by the Pharmaceutical Research and Manufacturers of America, 11 new medicines for diabetes have been developed over the last decade. At least 19 additional medicines for what is now an incurable disease are in the pipeline.

Chain Drug Review • November 22, 1999



Spend Less, Eat Healthy!

Patti B. Geil, MS, RD, FADA, CDE
Diabetes Nutrition Educator ♦ Lexington, Kentucky

A healthy eating plan is the cornerstone of diabetes self-management, but research shows that the perceived high cost of sugar-free or fat-free foods may be an obstacle to diet therapy for many individuals. The average American already spends almost 12 cents of every dollar of disposable income on food; the budget of a person with diabetes must also stretch to cover the costs of diabetes medications, monitoring supplies and more frequent visits to health care providers. It's important for clients with diabetes to know that spending money to eat healthfully for good diabetes control is a blue chip investment. Good nutrition improves blood glucose now and prevents costly complications and expensive medical care later. Is it possible to spend less and eat healthy? The United States Department of Agriculture notes that even individuals with a "liberal" food budget can eat on less than \$7 a day. Diabetes educators can provide their clients with specific, practical approaches to penny-wise meal planning, smart shopping and cost-wise cooking. It's not necessary for people with diabetes to debone countless chickens, serve endless meals of leftovers or drive all over town in search of grocery store specials to spend less and eat healthy.

Penny-Wise Meal Planning

Today's diabetes nutrition guidelines parallel the dietary guidelines for all Americans, making the foods needed for diabetes exactly the same foods the entire family should eat to promote good health. Because sweet treats in moderation can now be included in diabetes meal plans, there is no need to spend extra money on "diabetic" or "dietetic" foods unless an individual enjoys the taste or variety they provide.

It only takes a few minutes to plan meals, time that can be found while sitting in the doctor's office or waiting for a pot of pasta to boil. Planning a menu for the week ahead makes it possible to take advantage of special grocery sales, resist impulse buys (which can add \$5 to \$10 to the grocery bill each week) and do all the shopping at once, saving both time and gasoline. Educators can assist clients as they begin meal planning by basing a week's menus on their diabetes meal planning approach, whether it's the exchange system or the diabetes food pyramid. A visit with a registered dietitian to review the meal plan is a great investment!

Meatless meals mean lower food costs, as well as less saturated fat and cholesterol in a meal plan. Designing meals that provide protein from beans can fatten the wallet while controlling blood glucose and cholesterol. Advise clients to think about menus in terms of "planned overs"- foods intentionally left after a meal to use in another meal. For example, if pasta is on the menu for supper, a few additional noodles thrown in the pot can be used in a pasta salad for tomorrow's lunch. Add the extra meat from Sunday's pork roast with vegetables to flavor Tuesday's black beans and rice. "Planned overs" should be labeled and dated so clients will know what they have on hand and how to use it safely.

Smart Shopping

Savvy supermarket shopping is one sure way to spend less and eat healthfully. Advise clients to plan each shopping trip by making a list and sticking to it. Two or three extra impulse items each week can add up to over



Mark Your Calendar!

Upcoming Meetings

American Diabetes Association

(60th Scientific Session)

◆ June 9 - 13, 2000 - San Antonio, TX

American Association of Diabetes Educators

(27th Annual Meeting)

◆ August 9-13, 2000 - San Diego, CA

Expanding Options for Diabetes Care

A Professional Symposium

April 13 - 15, 2000

International Diabetes Center
Minneapolis, Minnesota

Interested? ☎ 1-888-825-6315

Topics:

- ★ Herbal Supplements:
Their Role in Diabetes?
- ★ Diabetes & Steroids:
A Duel Dilemma
- ★ Depression & Diabetes
- ★ Nutrition Practice Guidelines
for Gestational Diabetes
- ★ Outcomes-based Diabetes
Education: Engaging Patients &
Supporting Primary Care



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American Heart Association
Nutrition for Diabetics

*Recipes and nutrition info to lower
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www.fitnesslink.com/

All the News That's Fit

*For information on exercise, nutrition,
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www.tops.org

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continued... *Spend Less, Eat Healthy!*

\$500 a year! Shopping lists can be organized according to the layout of a favorite grocery store to make shopping more efficient. Market research proves that the longer an individual stays in the store, the more money they spend. Most stores have a predictable sale cycle. For example, clients may be able to stock up at sales of canned goods or boneless chicken breasts every six weeks. Coupons can save money on routine purchases and add extra savings on double and triple coupon days. Using just five coupons a week at fifty cents each adds up to \$130 savings each year.

Advise clients to shop with their eyes open once inside the store. Grocery stores are designed so that high traffic areas such as dairy and meat are in the back of the store, which means passing through several aisles to reach them, perhaps picking up a few impulse items along the way. Note that grocers place the most expensive brands and impulse items at eye level. It doesn't pay to be snobby about store brands, which are often priced as much as 30% below the cost of a national brand; many times store brands are produced by brand-name manufacturers. As in real estate, "location, location, location" is an important smart shopping factor. A 20-ounce bottle of diet soda may cost eighty-nine cents when purchased from the checkout counter display; just a few steps away in the soft drink aisle, a much larger 2-liter bottle may cost exactly the same amount!

Cost-Wise Cooking

Rediscovering the lost art of cooking is key if spending less and eating healthfully is a goal. Fast food, restaurant eating and convenience food do save time, but are also real budget-busters. Saving money doesn't mean becoming a master chef or slaving for hours over a hot stove.

Educators can gather quick, easy to assemble recipes to share with clients. Advise patients to keep their pantry stocked with low cost, healthful grocery staples to save time and trips to the store.

"Batch cooking" - cooking and baking in large quantities to serve for future meals and snacks- allows clients to make the most of their money and time in the kitchen. The idea is to cook once and serve the food two or three times. It can be as simple as grilling a few extra chicken breasts to keep in the freezer or making additional waffles on the weekend to pop in the toaster for quick weekday breakfasts. It's not necessary for clients to spend money on expensive microwavable "healthy" meals. Advise them to put their own "planned overs" into microwave safe dishes in portion sizes that match their meal plan. Knowing there is something in the freezer that's just a few microwave minutes away may provide the incentive needed to skip the fast food drive-thru on the way home from work.

Healthy Eating on a Lean Budget

Diabetes educators can be excellent resources for clients who want to spend wisely and stay healthy by keeping their diabetes in control. Money-saving meal planning, shopping and cooking tips can help clients realize the wisdom in the words of Ralph Waldo Emerson- "*The first wealth is health*".

Resources:

El-Kebbi IM, Bacha GA, Ziemer DC et al. Diabetes in urban African Americans- use of discussion groups to identify barriers to dietary therapy among low-income individuals with non-insulin-dependent diabetes mellitus. *The Diabetes Educator* 1996; 22:488.

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March, 1999.

Diabetes Meals on \$7 a Day- or Less! Patti B. Geil, MS, RD, FADA, CDE and Tami A. Ross, RD, CDE. *The American Diabetes Association*, 1999. (Available for \$12.95 by calling 800/232-6733.)

Check out Paddock's updated website, www.paddocklabs.com!

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