



Diabetes – Prevention and Management

Diabetes is a serious and costly public health problem in the United States. Currently, one in three American adults is at risk for developing Type 2 diabetes.

Diabetes is a disease that causes high blood sugar. The hormone, insulin, takes sugar from foods and moves it to the body's cells. If your body does not make enough insulin, or does not use it well, the sugar from food stays in your blood.

If you have diabetes, or prediabetes, you probably won't feel any symptoms at first. Risks of untreated diabetes, long-term, include heart failure, heart attack, stroke, loss of vision, and damage to your kidneys, nerves, or other vital organs. Uncontrolled diabetes can be deadly.

Type 2 diabetes is most common, and is often preventable. Common risk factors include overweight/obesity, family history, or if you have been diagnosed with prediabetes. Diabetes risk also increases as you age, if you are sedentary, and if you eat a poor diet.

What can you do to prevent diabetes? Start by evaluating your personal risk factors. This diabetes risk test might be helpful: www.diabetes.org/risk-test. Practice recommendations from the American Diabetes Association, and remember it is never too late to begin these healthful habits.

Get more physical activity. One of the greatest benefits for control and prevention of Type 2 diabetes comes from aerobic and resistance/strength training. Added benefits include weight loss and/or maintenance, lower blood sugar, and it boosts your sensitivity to insulin to keep blood sugar within a normal range.

Lose weight, if you are overweight or obese. For those who are overweight, studies show that if you lose 5 to 10% of your body weight you will

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lower your risk of developing diabetes by 58%. Even a small amount of weight loss can improve your health.

Get plenty of fiber. Eat fruit, vegetables, beans, whole grains, and nuts to boost fiber intake. More fiber in your diet helps improve your blood sugar control, lowers your risk of heart disease, and promotes weight loss by helping you feel full and satisfied.

Choose whole grains. Make at least half of your grains whole and look for the word “whole” on the package. It should be one of the first few items in the ingredient list.

Make healthy food choices and avoid fad diets. While various diets may help you lose weight at first, they may not help you keep weight off long-term. Instead, focus on making healthier choices that include variety and portion control as part of your lifestyle.

Get regular health checks. The American Diabetes Association recommends blood glucose screening for everyone over the age of 45. If you are an overweight adult of any age, and have one or more risk factors for diabetes, you should get tested and continue to follow your doctor’s advice on testing.

Exercise and Diabetes

Experts agree that walking is one of the best exercises for people with diabetes. It is relaxing, easy, can be done almost anywhere, and is highly effective at controlling blood glucose levels. If you have diabetes, there are important things to consider before you start. In addition to general physical activity recommendations, here are specific considerations.

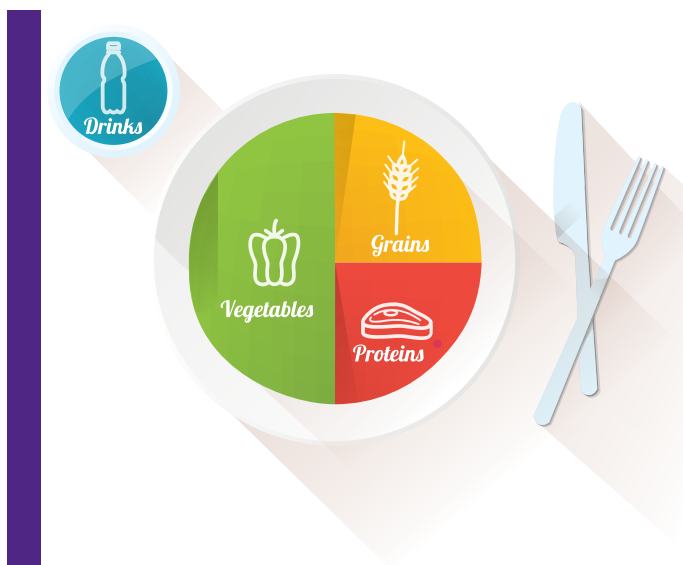
Get approval from your healthcare provider for any new exercise program. They can also point out special precautions you should take based on the type of diabetes you have.

Wear the right shoes. Foot health is extra important for anyone with diabetes. It can be hard to detect blisters, abrasion, and skin breaks because foot numbness is a symptom of diabetes. Shoes should fit comfortably, have plenty of room in the toe area, and should not rub at the heel. Socks are important, too. Avoid cotton socks that bunch up and retain moisture. Choose socks that wick away sweat and prevent blisters.

Be prepared. Wear a diabetes ID bracelet or something to alert others that you have diabetes. Carry glucose pills or an appropriate snack in case your blood sugar drops. Ask your doctor when you should check blood glucose levels related to exercise (before, during, or after). Be aware that insulin requirements will change with exercise. Do a foot check after each walking session.

Here is a guide to exercise if you have Type 2 diabetes: www.verywellhealth.com/cardiovascular-exercise-and-diabetes-1086991

Here is an exercise guide for those with Type 1 diabetes: www.verywellhealth.com/exercise-guidance-type-1-diabetes-5086591



Eating Well with Diabetes

The key to living well with diabetes is managing blood sugar. Eating healthy foods, in the right amounts, at the right time can help you accomplish this. Work with your dietitian or diabetes educator to create the best healthy eating plan for you.

Carbohydrates in the food you eat raise blood sugar levels. How fast this happens will depend on the food itself and other foods you eat with it. If you drink fruit juice, for example, your blood sugar will rise faster than if you eat whole fruit. Protein, fat, and fiber will slow down the rate your blood sugar rises.

Using the Plate Method (www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html) is a simple, visual way to get a good balance of non-starchy vegetables with protein and higher carb foods. Start with a 9-inch dinner plate (this is slightly smaller than the average size plate) and fill half with non-starchy vegetables, like salad, green beans, cauliflower, broccoli, cabbage, and carrots. Fill one quarter with a lean protein and the other quarter with carb foods.

K-State Research and Extension offers “Dining with Diabetes” classes, throughout the year, to help you with strategies to lessen the health risks of diabetes. Find out more here: www.k-state.edu/diningwithdiabetes/.



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This newsletter developed by Sharolyn Flaming Jackson, Extension Specialist – Family and Consumer Sciences, K-State Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Steak with Mushroom Sauce

Makes 4 Servings

A delicious one-skillet meal that can be on your table in 25 minutes!

Ingredients:

- 12-ounce boneless beef top sirloin steak, approximately 1 inch thick and trimmed
- 2 teaspoons salt-free steak grilling seasoning
- 2 teaspoons canola oil
- 6 ounces broccoli rabe
- 2 cups frozen peas
- 3 cups sliced fresh mushrooms
- 1 cup unsalted beef broth
- 1 tablespoon whole-grain mustard
- 2 teaspoons cornstarch
- ¼ teaspoon salt

Directions:

1. Wash hands with soap and water.
2. Heat oven to 350°F.
3. Rinse broccoli rabe and mushrooms by gently rubbing under cold running water. Trim broccoli rabe and slice mushrooms ¼ inch thick.
4. In a 12-inch cast-iron or oven-safe skillet, heat oil over medium-high heat. Add meat and broccoli rabe. Cook 4 minutes, turning broccoli rabe once (do not turn meat.) Place peas around meat.
5. Transfer skillet to oven and bake 8 minutes or until meat reaches an internal temperature of 145°F.
6. Remove skillet from oven and transfer meat and vegetables from skillet; cover and keep warm.
7. To prepare sauce, add mushrooms to drippings in skillet. Cook over medium-high heat 3 minutes, stirring occasionally.
8. Whisk together the beef broth, mustard, cornstarch, and salt; stir into mushrooms.
9. Cook and stir until thick and bubbly. Slice meat. Place meat and vegetables in the skillet and cook 1 to 2 minutes more. Serve meat and vegetables with sauce.

Nutrition Information for 1 serving (serving size – 2 ½ ounces meat and 1/3 cup sauce): 226 calories; 6.4 g fat (0 g trans fat, 1.5 g saturated fat); 16.4 g carbohydrates; 26.5 g protein; 5.1 g fiber; 356 mg sodium; 5.7 g sugars.