



# Diabetes *Views*

## Assembling My Weekday Salad

*Monica shares some strategies she's found for making a healthy salad work with her busy weekday schedule. Monica has also contributed to the DSME's online blog*

I know eating plenty of fruits and vegetables is important for maintaining a healthy diet, so I usually bring a salad for lunch. Sometimes though, I'd wait till the last minute to prepare my vegetables and find myself standing in front of the refrigerator saying "ugh, I don't want to deal with these right now!" But I don't want to waste food either. Some vegetables and fruits go bad after only a couple of days and throwing away anything I didn't use is a waste of money.

I have two suggestions for saving money on produce. The first is look for smaller packages of fresh fruits and vegetables so there's a better chance you'll be able to use it all before it goes bad. My second suggestion is chop your fruits and vegetables ahead of time.

I have a bowl that comes with a gel pack to keep food cold while traveling, but I wasn't really using it to transport food. Instead I thought of another use for my bowl: storing my chopped vegetables. It's divided into compartments, so I can chop up a week's worth of vegetables like cucumbers, onions, carrots and red and green peppers and store each in its own section. When I was ready to make my salad, all I had to do was take a little bit from each place and I was done! So now, I chop up all the fruits and vegetables I need for the week on Saturday or Sunday and store them in a plastic container.

Chopping my vegetables before hand saves time in the morning, and saves money since I'm more likely to use them before they go bad. I also find it can be

therapeutic. It takes my mind off of other things—I'm so focused on what I'm doing (and making sure I don't cut myself!) that I don't have time to worry about anything else.



My husband also helps me cut up vegetables, too which is great.

It's not just fresh vegetables I prepare and store ahead of time. I also portion out tuna and baked chicken or steamed vegetables like broccoli, cauliflower and asparagus. In many cases, cooked food I don't use right away can be frozen and thawed out later.

It's nice to know procrastinating led to something so useful.

### We'd love to hear from you!

Do you have a story about your experience with Diabetes you'd like to share for a future issue of *Diabetes Views* or on the [DSME blog](#)? E-mail [diabetesviews@partners.org](mailto:diabetesviews@partners.org)

# Planning for the Unplanned

by Eileen B. Wyner, NP

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The severe weather in early June is another reminder that our lives are easily disrupted by forces outside our control. While we can't do anything about the weather, much as we'd like to at times, we can prepare ahead of time so we're ready to face the unexpected whenever and wherever it happens.

The [Red Cross](#) suggests that all people have a minimum 3 day supply of food and water, but 7 days would be safer. You should try to have an extra 2 week supply of all your medicines and testing supplies. That can be challenging with the insurance rules, so you should discuss this specifically with your health care provider. This is a general list of things to include in your disaster kit, but remember to individualize it as needed. Always remember to check your kit every 3 months to look for expired supplies.

**General supplies:** paper plates, plastic utensils, manual can opener, hand sanitizer and disinfectants, toothpaste, plastic trash bags, flashlight, waterproof batteries and matches, radio, rubber and heavy work gloves

**Personal papers:** important documents (or at least copies of) such as passport, insurance and financial records, updated medication list; list of important phone numbers, any external hard drive or thumb drive with important personal/medical data, cell phone chargers and batteries, cash

**Water:** at LEAST 1 gallon of water per day per person

**Food:** non-perishable choices may include crackers, peanut butter, regular soda, diet soda, juice boxes, canned fruit, canned vegetables, canned meat, and Parmalat milk

**Medicines:** basic first aid kit, non prescription pain/fever relievers such as Tylenol and ibuprofen, Benadryl, antidiarrheal medicines, prescription medicines in the original bottle (whenever possible)



**Diabetic supplies:** an extra glucometer if possible or at least extra batteries, extra test strips and lancets, alcohol wipes, an emergency source of glucose such as glucose tablets or gel, hard candies such as Lifesavers or jellybeans, juice boxes, glucagon emergency kit, extra syringes or pen needles, ketone strips, extra insulin pump supplies, a cool gel pack for insulin safety.

**A special note about medication safety:** Make sure that the people with you know when and how to use the glucagon emergency kit. It is also important to know that insulin will last until the expiration date on the bottle IF unopened. Insulin will last for 28 days once opened. It is important to remember that insulin must be stored carefully so as not to get too hot or too cold and must be kept out of direct sunlight. Always check ALL the expiration dates on your medications.

It's important to remember that events that would require implementing your disaster kit may disrupt your eating schedule and cause a great deal of stress which can in turn impact your glucose control. You will probably need to check your blood sugar more frequently and try to make adjustments as best you can under the circumstances.

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## Summer Foot TLC

Summer is a time to kick back, relax and maybe spend an afternoon at the beach. Whether you're spending the day poolside or kicking back in the sand, make sure you're keeping your feet protected. Always wear a pair of comfortable protective beach shoes and avoid walking barefoot on hot pavement. For more information on caring for your feet, visit the American Diabetes Association website, [www.diabetes.org](http://www.diabetes.org).





# Ask the Nutritionist

By Sarah Maver, MGH Dietetic Intern & Melanie Pearsall, RD, CDE, Nutritionist at MGH Revere

**I know that with Diabetes I have to be aware of my carbohydrate intake, but I've always had a sweet tooth. Is it ok to use sugar in some of my foods/drinks? What about honey? Are artificial sweeteners better?**

When it comes to sweetening your drinks, oatmeal, or baked goods, there are many sweetener options to choose from but which sweetener fits best into the Diabetic diet? The answer is that any of them can fit into your diet; however, there are a few things to keep in mind.

Sugar can be consumed as long as you factor it into your daily carbohydrate allowance because it will affect your blood sugar levels. For every teaspoon of sugar, there are 4 grams of carbohydrate (12g in a tablespoon). Each tablespoon of sugar also adds 48 calories, so if you're watching your weight, remember that sugar is a moderately calorie-dense food low in nutrients (vs. fruits that are lower in calories and higher in nutrients).

Some people use honey as a "healthy alternative" to sugar, but you should know that 1 tablespoon of honey has 17 grams of carbohydrate (more than sugar!) and that, like sugar, it must be accounted for in your daily carbohydrate intake.

Many people find artificial sugar substitutes useful as they do not affect your blood sugar or add any calories to your diet. You may have tried sucralose (Splenda), aspartame (Equal), or saccharin (Sweet 'n Low). Any of these are fine; choose whichever tastes best to you! Baking with artificial sweeteners may take some experimenting, but granular sucralose is probably your best option because unlike the others, sucralose's quantity and sweetness remain very similar to sugar when used in baking.

*Honey and balsamic vinegar are a treat when paired with juicy tomatoes. The sweetness will stimulate your taste buds, while the tomatoes have vitamins and minerals to help keep you healthy.*

## Sweet Balsamic Tomatoes

*Use this recipe as a side dish or as a topping for meat, poultry or fish.*

### Ingredients:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp honey
- 2 cups cherry or grape tomatoes cut in half

Preheat oven to 350°F. Mix oil, vinegar and honey and pour over tomatoes.

Roast tomato mixture for 8-10 minutes.

Yield: About 4 servings

Recipe adapted by Erin Duffy, Dietetic Intern



### NUTRITION INFORMATION PER SERVING:

- Calories: 116
- Protein: 1 g
- Sodium: 8 mg
- Carbohydrate: 14 g
- Fiber: 1 g
- Fat: 7 g
- Sat Fat: 1 g



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To submit a question for the nutritionist or leave comments, please e-mail: diabetesviews@partners.org

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