



Diabetes *Views*

Mother's Day: Diabetes from a Daughter's Perspective

Marilyn writes about taking care of a loved one with Diabetes

We have a tradition in my family: I take my mother out for Mother's Day dinner. Every year she asks me where I want to go and I have to tell her "no, this is your day; where do *you* want to go?" Whatever restaurant we decide on, there's bound to be a Mother's Day special including a soup, a salad, an entrée . . . and dessert.

My mom eats everything—including things she's not "supposed" to since being diagnosed with Diabetes. At Thanksgiving last year, we had a lot of food. She ate everything there. My family will say "oh but it's only one day, what's the harm?" Meanwhile, I try to stay on her and remind her to eat healthy.

So I guess you could say I'm the "food police," always watching what my mother eats. She has a weakness for Turkey Hill ice cream and eats a lot more of it than I think she should. My family calls me "the mean one" because I'm always on her about things like that, but I have good reasons. I want her to be able to stay off pills and not have to take shots. More than that, my uncle lost his leg because of not managing his Diabetes, and I don't want my mother to go through what he went through. Still, she *is* a grown woman, and I can't make her do anything she doesn't want to.

On the whole, though, she's pretty good with managing her Diabetes (she's a former nurse so she knows). She takes good care of her feet and sees her

foot doctor regularly. Every week she takes a bus to Stop and Shop to buy produce and other fresh food. For exercise she goes out and walks around the senior housing facility she lives in, though it sometimes gets a bit difficult in the winter with all the snow (I called her the other day but she didn't answer, so I hope that means she was out walking).

It's been about 10 years since her diagnosis, and she's got plenty of people looking out for her. My sister and brother help out, and every week my sister-in-law visits and brings prepared meals (home made soups and other things) for Mom to keep in the freezer and heat up later. And, of course, there's me, the "food police." I'm tough on her at times but that's only because she's my mom and I want to make sure she's okay.



Marilyn has also contributed to the Diabetes Education program's online blog. If 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

Goal Setting

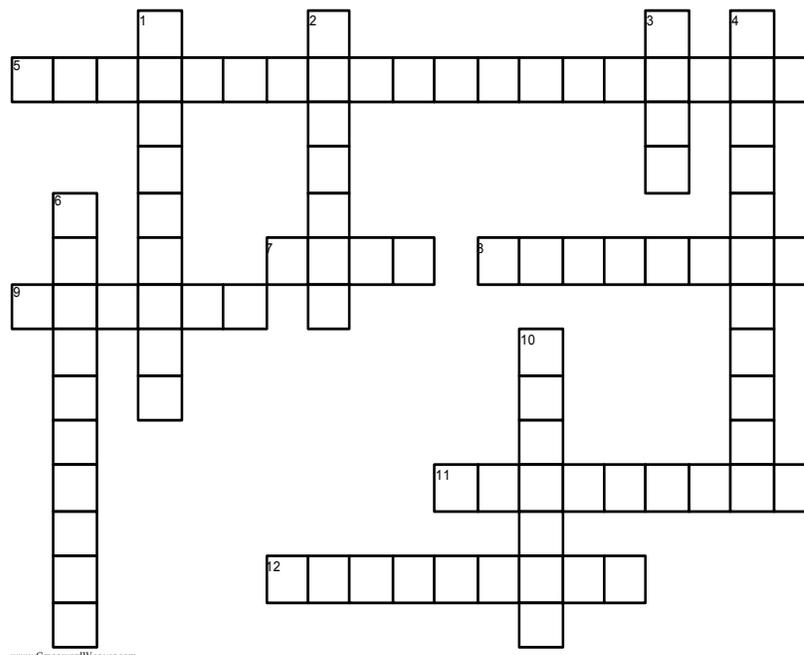
It's finally time to put away the heavy winter coats and boots and look forward to the long sunny days ahead. In the spirit of the new season, why not set a few goals for what you hope to accomplish in the coming months? Just remember, whenever you set goals for yourself, make sure they're SMART goals.

SMART stands for Specific, Measurable, Action-oriented, Realistic and Timely. *Specific* means your goal isn't too broad or vague. *Measurable* means there is some way to track your progress. *Action-oriented* means you have to actively work towards achieving your goal. *Realistic* means the goal is doable and *Timely* means there is a timeframe or deadline for

what you hope to accomplish. So let's say your goal is to take control of your Diabetes management. This is a great start, but how can we make it into a SMART goal? How about: *I will take control of my Diabetes management by testing my blood sugar before eating and two hours after every meal for the next month.* Stating your goal this way gives you a clear picture of what you're working toward. This will help you stay on track and hopefully give you the drive to stick with it after you reach your goal.

(Continued on page 3)

Nutrition Crossword



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ACROSS

- 5 The serving size is listed on this part of the food label (three words)
- 7 All of the fat in an egg is found in this part
- 8 Carrots are good sources of this vitamin, which is important for vision and eye health (two words)
- 9 The USDA recommends people with Diabetes consume no more than 1,500mg of this nutrient a day
- 11 One of the "bad" fats
- 12 Bananas and sweet potatoes are good sources of this nutrient

DOWN

- 1 An example of a whole grain (two words)
- 2 A serving is the amount of food experts recommend you eat; a ____ is the amount of food you choose to eat.
- 3 The Balanced plate guide recommends filling this much of your plate with vegetables
- 4 The nutritional information on the food label (fat, calories, carbs, sodium) is based on this (two words)
- 6 To be considered a ____ ____, the bran, endosperm and germ must still be intact
- 10 Beans, soy, nuts and seeds are examples of plant-based ____.

(Goals continued from page 2) Once you've decided on a goal, don't feel you have to go it alone. Talk to your friends and family about your plans—they can help keep you on track and offer emotional and moral support during the tough moments. If you do hit a rough patch—maybe your A1C came back a bit higher than expected or you missed an entire week's worth of gym workouts—don't get discouraged. Give yourself permission to slip up; no one is perfect (and no one expects you to be perfect either). Instead, see if there is anything you can learn from your experience and make a plan to work around whatever obstacles have popped up. For example, if you've found it's difficult getting to the gym first thing in the morning, see if it's easier to go

on your way home from work. Then, pick up where you left off and keep going.

Finally, don't forget to reward yourself. You're putting a lot of time and effort into making some positive changes and you should celebrate your accomplishments! For each milestone you reach, give yourself something that will help you stay motivated to stick with it.

Asparagus Ribbons with Lemon and Feta

Recipe adapted from *Cooking Light*

This is a quick way to spice up your vegetables at dinner without having to actually cook anything. Spring is a great time to prepare asparagus, as it is in season: making it cheaper, tastier and easier to find.

- 1 pound asparagus (about 15 stalks)
- 1½ cups cherry tomatoes, halved
- 2 T chives, chopped
- 2 T fresh lemon juice (about 1 whole lemon)
- 1 T olive oil
- 1 t Dijon mustard
- ¼ t sugar
- ¼ t salt
- ½ t black pepper
- ½ cup (2 ounces) crumbled feta cheese

Hold each asparagus stalk by its tip and shave into strips using a vegetable peeler; reserve asparagus tips for another use*. Combine asparagus with cherry tomatoes in a medium sized bowl. Combine the next 7 ingredients together in a small bowl; whisk together to create a dressing. Drizzle dressing over the asparagus and tomatoes, toss gently to coat. Top with feta cheese before serving.

Yield: 4 (serving size: about 1 cup)

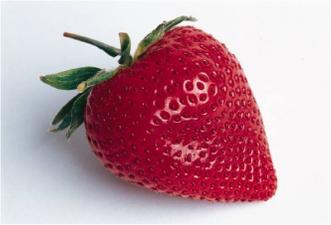


*Meal Idea:

Consider serving the asparagus ribbons as side dish with pasta. About 2-4 minutes before the pasta is fully cooked add the asparagus tips to the boiling pasta water. Strain out the asparagus tips with the pasta and toss with a pasta sauce of your choice. Leftover cooked chicken could also be sliced and tossed into the pasta for a quick, balanced meal

NUTRITION INFORMATION PER SERVING:

Calories: 115	Protein: 6 g
Sodium: 380 mg	Carbohydrate: 8 g
Fiber: 3 g	Fat: 8 g
Sat Fat: 3.5 g	



Ask the Nutritionist

By Courtney Held, Dietetic Intern & Melanie Pearsall, RD, LDN, CDE, Nutritionist at MGH Revere

I've noticed sea salt popping up in a lot of commercials and on packaging as an "all natural" ingredient for foods like soups and potato chips. Does this mean sea salt is better to use than regular table salt?

While sea salt and table salt are different in some ways, one isn't "healthier" than the other. Sea salt comes from evaporating salt water. Table salt is mined from salt deposits and then processed to make it finer in texture and prevent clumping. Iodine, an important component in preventing goiter, is also added to table salt.

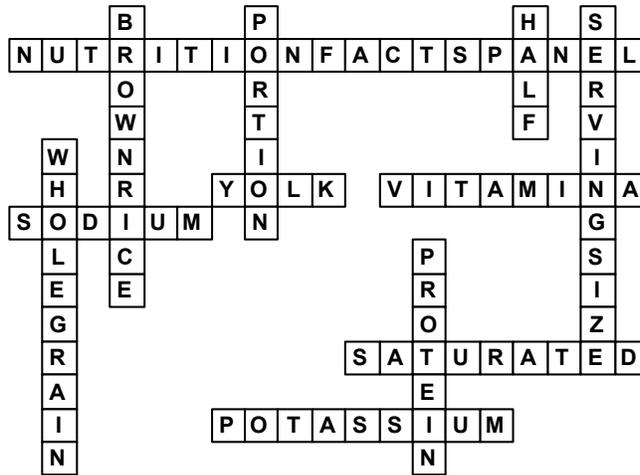
Sea salt does not go through this processing, so it keeps very small amounts of micronutrients like magnesium and potassium (you can easily get the same amounts of these nutrients through other foods). Manufacturers can also claim it as "all natural" in their product marketing, which helps give the impression that it is healthier.

What is **not** different is the sodium content. This is very important because too much sodium is one of main causes behind high blood pressure. Sea salt can have a stronger flavor, so you can use less when cooking (and using less salt equals eating less sodium). However, you should always check the Nutrition Facts label on packaged foods to learn how much sodium is in each serving.

No matter what salt you choose, the [USDA recommends](#) people with Diabetes have less than 1,500 milligrams of sodium per day.

Nutrition Crossword

Answers:



Diabetes Self-Management Education and Support Programs

- Facebook.com/mghdiabetesed
- @MGHDiabetesEd
- mghdiabeteseducation.wordpress.com
- pinterest.com/mghdiabetesed

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

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Editor: Chrisanne Sikora
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