



Golden Gazette

LUBBOCK'S SENIOR NEWSPAPER

Volume 22, Number 8

August 2010

32 Pages

Lubbock, Texas 79401

Diabetic Friendly Foods Can Help With Gatherings

By Dana Franks

Summer is a great time to enjoy the outdoors, and join in on summer gatherings with friends and family.

For those with a chronic illness, such as diabetes, exercising control over food selections and portion sizes while enjoying cookouts can be difficult. With this in mind, here's a list of healthy eating tips for those with diabetes to keep in mind when enjoying summer gatherings:

Whole grain rolls: When food comes off the grill, choose a whole grain roll over a processed one. Low glycemic foods such

as whole grains won't spike your blood sugar and will help you feel fuller. Even better, skip the roll completely and try a whole grain wrap or lettuce wrap instead.

Steer clear of soda, sugary drinks, and alcohol: Caffeine and alcohol won't help keep you hydrated, a necessity in the summer heat, and can throw off your blood glucose levels. Drink plenty of water, and if you want something more exciting, throw a lemon or lime slice in your glass.

Check out the appetizers: snacking on low-calorie appetizers, such as

carrot sticks, hummus or bean dip, will help keep your glucose levels healthy while you wait for the grill to fire up.

Consider bringing a dessert: Homemade desserts can always vary in sweetness depending on who has made it. Using sugar alternatives still results in a delicious dessert with significantly less calories. Try some fresh fruit salad for a healthy sweet fix.

Lastly, after you eat, go for a walk or just spend time socializing. It's a great way to catch up with people, and exercise at the same time.

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Texas community outreach manager for Care Improvement Plus, which provides specialized Medicare coverage for underserved and

chronically ill beneficiaries throughout the state. To learn more, call 1-866-727-6646 or visit www.careimprovementplus.com.



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