Myths and Facts About Diabetes

Myth: People with diabetes should eat special diabetic foods.
Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. Diabetic and "dietetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.
Fact: Starchy foods can be part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrate that you need to count in your meal plan.

Wondering how much carbohydrate you can have? A place to start is about 45-60 grams of carbohydrate per meal. However, you may need more or less carbohydrate at meals depending on how you manage your diabetes. You and your health care team can figure out the right amount for you. Once you know how much carb to eat at a meal, choose your food and the portion size to match.

Myth: People with diabetes can't eat sweets or chocolate.
Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.

- See more at: http://www.diabetes.org/diabetes-basics/myths/
Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish?

Fact: Fruit is a healthy food. It contains fiber. The part of food that is hard to digest. Foods high in fiber take longer to digest and therefore affect your blood glucose more slowly (i.e. whole wheat bread, prunes and other vegetables) and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk to your dietitian health care professional who advises people about meal planning, weight control and diabetes management. A registered dietitian (RD) has more training about the amount, frequency and types of fruits you should eat.

- See more at: http://www.diabetes.org/diabetes-basics/myths/
- From the American Diabetes Association

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**Strong Women and Men**

As Fall falls upon us and the weather gets colder, we are all challenged to find new ways to get exercise in doors. Come on out and try the Strong Women and Men program from the University of Arkansas Division of Agriculture Cooperative Extension Service. Several locations and times are offered in Boone County so you can choose the class that best fits your schedule and the cost is only $12 per calendar year but you can come try it out at no cost the first few times.

**Harrison**
- Tuesdays and Thursdays, 7:30am – 8:30am at St. John’s Episcopal Church, Parish Hall - Year-round class
- Mondays and Wednesdays, 8:30am – 9:30am, St. John’s Episcopal Church, Parish Hall - Year-round class
- Mondays, Wednesdays, Fridays, 9:00am – 10:00am, Boone County Senior Center - Year-round class
- Tuesdays and Thursdays, 4:00pm–5:00pm at Harrison Middle School, Band Room - This class is only during the school year.

**Diamond City**
- Tuesdays and Thursdays, 9:00am – 10:00am at the Diamond City Community Center

**Bergman**
- Tuesdays and Thursdays, 4:00pm – 5:00pm at Old Elementary building at Bergman School

**Omaha**
- Tuesdays and Thursdays, 10:00am – 11:00am at the Omaha Community Building

To experience a class, simply show up. For questions, feel free to contact the Boone County Extension office at 741-6168.

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**Emergency Preparedness for Seniors**

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person’s abilities and needs are unique, every individual can
take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

There are commonsense measures older Americans can take to start preparing for emergencies before they happen.

Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

www.ready.gov

Eat a Healthy Diet

- A brain healthy diet is a heart healthy diet
- Low fat/low cholesterol
- Vitamin A: bright colored fruits and veggies: carrots, squash, broccoli, sweet potatoes.
- Vitamin C: Citrus fruits, green peppers, broccoli, green leafy veggies, strawberries.
- Vitamin E: nuts & seeds, whole grains, green leafy veggies, vegetable oil, liver oil.
- Selenium: cold water fish & shellfish, red meat, grains, eggs, chicken, garlic
- Foods high in vitamin B12: clams, oysters, muscles, octopus, beef, lamb, liver, caviar, fish, crab, lobster, cheese, eggs
- Foods high in folate: Black-eyed peas, lentils, okra, kidney beans, great northern beans, broccoli, iceberg lettuce, beets, lima beans, sunflower seeds, spinach, sprouts, corn, asparagus, baked beans, green peas, baked potato, cabbage, avocados, peanuts, romaine lettuce, tomato juice, orange juice, strawberries, oranges, eggs, bananas

*Note: Milk, Yogurt, Cheese, Fats, Oils, and Sweets are poor sources of folate! Know nutrition and your calories.

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Feeling Depressed Around the Holidays?

It is not the actual holiday that causes depression, but the fact that holidays tend to bring memories of earlier, perhaps happier times. Additional contributing factors that bring on depression may be the loss of a spouse or close friend, or a change with an older person’s routine.

Symptoms to look for in depression might include:

- Depressed or irritable mood
- Feelings of worthlessness or sadness
- Expressions of helplessness
- Anxiety
- Loss of interest in daily activities
- Loss of appetite
- Weight loss
- Lack of attending to personal care and hygiene
- Fatigue
- Difficulty concentrating
• Irresponsible behavior  
• Obsessive thoughts about death  
• Talk about suicide

Once the cause of depression is identified, a treatment program can be implemented. Treatment may be as simple as relieving loneliness through visitations, outings and involvement in family activities. In more severe cases antidepressant drugs have been known to improve the quality of life in depressed elderly people. Cognitive therapy sessions with a counselor may also be effective.

- Vicki Rackner, MD

Sincerely,

Trudy G. McManus  
County Extension Agent – Family and Consumer Science
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.