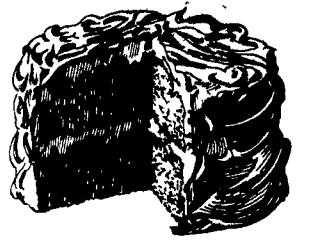


Home On The Range



Cooking Without Sugar

Diabetes
BY CAROLYN HILSDON
GILLES

Crawford Co. Correspondent

When one is diagnosed as a diabetic, according to Registered Dietitian Carol Huggins, Outpatient Counselor with Meadville Medical Center, "Everybody becomes an expert".

But everybody is not an expert. Diabetes is a serious disease that affects every organ of the body. Said Huggins, "I can't stress enough the importance of education."

According to Huggins, when a diabetic is newly diagnosed and admitted to the hospital, the immediate goal of health professionals is to get the patient's sugar to a more normal level. While in the hospital, some basic "survival skills" will be taught: how to give an insulin shot, how to do glucose monitoring and the basics of the diabetic diet. But this is not a good time to do intensive teaching. Being diagnosed as diabetic can be overwhelming to a patient and not the best time to absorb nutrition information. In the outpatient program in which Huggins works, patients have access to 10-12 hours of teaching after discharge when they're feeling better and are more receptive.

At Meadville Medical Center, patients with diabetes receive an in-hospital visit from a dietitian and are given his/her name and phone number for future consultation. Huggins sees the out-patients who are referred from doctor's offices for clarification of the doctor's diet prescription. Initially, she looks at her client's existing food habits. Said Huggins, "They've been your habits for however many years old you are and suddenly they're asking you to make major changes...I think that we can take these one step at a time...(making) gradual changes that you're going to be able to stick with."

Huggins zeros in on those food habits that are most offensive to the diabetes and works with patients to individualize their meal plans. These days, almost anything can be worked into a diabetic diet plan based on exchanges. The dietitian considers a patient's life-style, age, exercise level, food preferences and the amount of time and effort he/she is willing and/or able to contribute. A calorie level is determined and foods divided into milk, vegetable, fruit,

bread, meat and fat exchanges. But the exchange system may be confusing unless someone explains how to use it.

Said Huggins, "The whole key to this is: the better educated a diabetic is, the more self-sufficient they're going to become. So if they have the knowledge base to work from, they can do this on their own."

Patients with diabetes can be a help and inspiration to each other. Lois May of Linesville was diagnosed with adult-onset diabetes about 5 years ago. Her dad, 80, was diagnosed diabetic at the age of 70. May's first indication of the disease was when her vision went black while driving. She went to an eye doctor, then a medical doctor, who pieced this symptom together with others she was experiencing, excessive thirst and dry skin, to diagnose her diabetes. She first was able to control her blood sugar with pills, but after two years went to insulin. She consulted dietitian Carol Huggins and watches her diet "pretty closely." May carries instant frosting with her "just in case," but has never needed it. She uses the Glucose Monitoring Machine but also recognizes physical symptoms, such as extreme dryness of the mouth, that signal her to increase her insulin and adjust her diet. Although diabetes was in the family, Lois wasn't particularly upset about her diagnosis. Her only fear is that she should lose her eyesight. But diabetes hasn't held Lois May back. She said, "It's just something I had to cope with."

Huggins agrees that the Glucose Monitoring Machine is a wonderful tool for diabetics. Said Huggins, "Different foods affect people differently. The physician's goal is that your sugar's going to be as normal as possible. The diet can be so much more liberal if you're willing to check."

Monitoring has been critical to 40 years of successful diabetes management for Mary Greene of Springboro. In 1947, Mary was diagnosed as a diabetic. They gave her 20 years to live. Over 40 years later, she has written her life story, *Living With A Broken String*, as a message of hope to diabetics everywhere. "What it says is that you can do it." She gives credit for her excellent dietary control to her "miracle machine," the Blood Glucose Monitoring Machine. She calls it a "breakthrough in diabetes

management." With the help of such modern technology, she said that diabetics can now look forward to a normal life expectancy. Said her husband John, "The story that she's trying to relay is that even though she's a diabetic, she's had a full life. She's done everything that she really wanted to do." Any extra precautions that Mary had to take were but a small price to pay to keep her disease manageable and enhance the quality of her life."

The idea to share their inspirational story with others first came from Dr. B. Leonard Snider, an Erie dermatologist, and Dr. Barry D. Stamm, Chief Ophthalmologist at Hamot Hospital in Erie. The book, hot off the presses, has been endorsed by the Erie Diabetes Association. Mary had Dr. David Kirpatrick read it over for medical accuracy. He indicated that it gave "support to the beginning diabetic to let them know that they can lead a normal life."

Other "diabetes how-to" books lay out "dos and don'ts" but Mary has a real ministry to the diabetic. She knows what it is to go to work with it and live with it. She gives no medical advice. She just speaks from her experience. Needless to say, Mary is in demand as a motivational speaker for diabetics. She is scheduled to speak at the spring rally of the American Diabetic Association.

Mary Cooper Greene's book is available for \$12.95 (plus PA sales tax) from Greene Associates, P.O. Box G, Springboro, PA 16435-9666.

Other resources for the diabetic are: The American Diabetes Association, National Service Center, 16610 Duke St., Alexandria, VA 22313. Phone: 1-800-ADA-DISC. Publications include: Exchange Lists For Meal Planning, Healthy Food Choices, Diabetes '89 (a free quarterly newsletter for non-members who live with diabetes), and Diabetes Forecast (a monthly magazine for ADA members). Each state has at least one Diab-

etes Self-Management, P.O. Box 1183, Dover, New Jersey 07801. It is a wonderful magazine written on a lay level. It is easy for consumers to read and understand. \$12 for 6 issues a year.

Recipes are reprinted with permission from The American Diabetics Association/The American Dietetic Association Family Cookbook.

Creamy Onion Dip

Yield: 1 cup (8 servings)
Exchanges per 2-Tablespoon serving: 1/2 Vegetable, 1 Fat.

Ingredients:
2 Tablespoons dry onion soup mix
1 cup dairy sour cream

Method:
1. Stir onion soup mix into sour cream.
2. Chill. Serve with vegetable relish tray.

Individual Cheese Apple Danish

Yield: 1 serving
Exchanges per serving: 1 High-Fat Meat, 1 Bread, 1 Fruit.

Ingredients:
1 cup water
1/2 teaspoon cinnamon
dash nutmeg
1 small apple, cored, peeled, and thinly sliced
1 slice bread, toasted
1 1-ounce slice processed American Cheese

1. Measure water into small saucepan. Add spices.
2. Add apple slices; bring to a boil. Reduce heat; simmer until apple is tender. Drain.
3. Place apple on toast. Top with cheese.
4. Broil until cheese bubbles.

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Just because it's dessert doesn't mean it's a no-no for those on a sugar-free diet.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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Featured Recipe

Bananas have a well-deserved reputation for their good supply of nutrients, but few people realize how healthful they really are.

They are an excellent source of potassium, B vitamins and vitamins A and C. Besides potassium, their mineral content includes calcium, magnesium, manganese, phosphorous and iron. They are 98.5 percent fat free, have no cholesterol and contain 95 calories.

Great tasting, good for you and packed with essential vitamins and minerals for a healthier you, bananas are definitely for everyone!

Looking for a new way to serve bananas? Try the following recipe from the Lancaster County Extension Office.

BANANA BRAN MUFFINS

- 3 ripe bananas
- 3/4 cup whole bran cereal
- 1/4 cup milk
- 1 egg
- 1/4 cup light molasses
- 2 tablespoons vegetable oil
- 1 cup flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup raisins

Slice bananas into blender, whip until pureed. Soften bran cereal in milk. Combine bananas, egg, molasses and oil until blended. Combine flour, soda and salt. Stir flour and moistened bran mixture until just moistened. Fold in raisins. Spoon into well greased muffin pans. Bake in 375 degree oven for 25 to 30 minutes. Yield: 12 muffins.

If you are concerned about too much fat and cholesterol in your diet, use skim milk in the above recipe, and use two egg whites instead of the whole egg. You can also substitute 1/2 cup flour with whole wheat flour for more nutritious muffins.