

# Diabetic Monthly

Sept. 13, 2011  
Volume 4, Issue 9

Gunnison Valley Diabetes Self-Management Education Program  
45 East 100 North Gunnison, Utah 84634

## September Support Groups

Nutrition... a never ending subject, and an ever-evolving one. This month I would like to introduce you to the latest, and the greatest from the USDA. Remember the “Basic 4 Food Groups” and the “Food Pyramid?” While these are still good tools, the USDA has introduced a “new” concept called “Choose My Plate.” Sound familiar? Through Diabetes Education, we have been taught to use a “Plate Method” to count carbs, and increase our veggies. Now you can say to your family and friends, “Welcome to my world!” as they learn to eat this way too. Whenever I am teaching the plate method with my clients, I keep saying, “this is not just a good way for someone with diabetes to eat, this is a healthy way for all of us to eat!” Of course with today’s internet information, the USDA has a website. Go on... check it out! [www.choosemyplate.gov](http://www.choosemyplate.gov) Full of wonderful info, including more recipes!! So... if you are not tired of listening to nutrition teaching... we will check out some of these concepts and find ways to make it a part of our daily routine. I look forward to seeing you there!

## SUPPORT GROUP SCHEDULES

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### Gunnison Support Group

GVHome Care Conference Room  
45 East 100 North, Gunnison

**Sept. 20, 2011 3:00 pm – 4:00pm**

### Monroe Support Group

South Sevier Senior Center  
140 West 100 South Monroe

**Sept. 27, 11:00am – 12:00pm**

## TIP of the Month: Smart Shopping for Veggies and Fruits.

Information taken from *Nutrition Education Series*.  
[www.choosemyplate.gov](http://www.choosemyplate.gov) Tip Sheet #9.

Making nutritious choices does not have to hurt your wallet. Here are some low-cost ways to fit more vegetables and fruits into your meals, without squeezing your budget.

“Most  
 Barriers  
 to your  
 success  
 are man-  
 made.  
 And most  
 often,  
 you’re the  
 man who  
 made  
 them.”  
 ---Frank  
 Tyger

1. Celebrate the Season. Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Sometimes you can find a local farmer’s market for even better prices.
2. Why pay full price? Check the local newspapers, online, and at the store for sales, coupons, and specials that will cut food costs.
3. Stick to your list. Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You’ll have more of your food budget for vegetables and fruits.
4. Try canned or frozen. Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice, and vegetables with “low sodium” or “no salt added” on the label.
5. Buy small amounts frequently. Some fresh vegetables and fruits don’t last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.
6. Buy in bulk when items are on sale. For fresh vegetables or fruits you use often, or can store, a large size bag is usually the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.
7. Store brands = Savings. Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.
8. Keep it simple. Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost more than when purchased in their basic forms.
9. Plant your own. Start a garden in the yard or even in a pot on the patio. Herbs, cucumbers, peppers, or tomatoes are good options for beginners.
10. Plan and cook smart. Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

## News from our Office...

*Raelyn Christensen, RN*

Please join us to support Home Health and Hospice in a FUN exercise opportunity. We are inviting You, Your Family Members, and Friends to our 2<sup>nd</sup> Annual 5K Fun Run/Walk/Race Fundraiser. Our RUN TO REMEMBER will be Saturday October 1, 2011 beginning at the Home Care office (45 E. 100 N.) north of the Gunnison Valley Hospital. Registration is at 8:30 am with the race and balloon release at 9:00 am. Cost is \$10.00 per adult, and \$5.00 for children under 12.

All proceeds will benefit our Hospice program with this year's funds dedicated to memorial markers in recognition of our patients for their families. Prizes will also be awarded.

We will be honoring those we have lost in the past year by releasing balloons as a symbol and reminder of those we were so lucky to know and help on their journey.

The National Hospice Foundation's signature RUN TO REMEMBER fund raising program has raised thousands of dollars for local hospice patients and their families. All funds will benefit our local patients here in Sanpete, Sevier and Wayne counties.

Questions? Please call Emily L. Cox, LPC at (435)528-3955.

Hope to see you there.

## For Your Smile....



## RECIPE OF THE MONTH: ZESTY TOMATO SOUP

[www.choosemyplate.gov](http://www.choosemyplate.gov)

Serving size: 1 cup. Yield: 4 servings.

1 can (14.5 oz.) “no-salt added” diced tomatoes. (Try fresh tomatoes instead!)  
1 cup roasted red peppers, drained. (Again... I think fresh would be great, just pre-cook)  
1 cup fat-free evaporated milk  
1 tsp garlic powder  
¼ tsp ground black pepper  
1 Tbs. fresh basil, rinsed and chopped (or 2 tsp dried)

1. Combine tomatoes and red peppers in a blender or food processor. Puree until smooth
2. Put tomato mixture in medium sauce pan and bring to a boil over medium heat.
3. Add evaporated milk, garlic powder and black pepper. Return to boil, reduce heat to low, and gently simmer for 5 minutes.
4. Add basil and serve.

Per Serving:

Calories- 94

Total Fat- 0 gm

Sodium- 231 mg

Protein- 5 gm

(Total Carbs were not listed with recipe, but looking at the ingredients, the only thing I see to count as carbs would be the milk, and tomatoes (which are very low carbs). In my best guess, I would count this as maybe 8-10 total carbs per serving. When I have this... I will have to count a few crackers or a slice of toast. Sounds good! I'm getting Hungry!)

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