Greetings from Charleston, SC to all of our friends. We hope that you have been staying active and making good progress. As you know the holidays are coming up and your first thought will probably be “I am trying everything!”. Don’t fall for the temptation. In this newsletter we want to give you a few tips on eating healthy. We also want to give you a little information on how these tips will help your diabetes.

The Holidays are Around the

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Project DIABETES

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We are looking for African Americans with diabetes or that have a family member with diabetes to volunteer to complete a survey.

To show our appreciation for your time we will also be giving a $35 Walmart Gift Card to all volunteers. To volunteer please call 1-866-551-3010.
What exactly is diabetes?

Diabetes is a disease in which the insulin produced by the pancreas is either not enough or it is not used by the body. Insulin is used by cells to help the glucose (sugar) that enters bloodstream from the food we eat to enter the cells in our bodies. When there is not enough insulin to help us absorb the sugar it builds up in the body. Here are some tips for you to maintain your blood glucose levels:

**Tip #1: Take your Medications**

Insulin shots and medications work in various ways by:
- decreasing glucose released from the liver
- stimulating the pancreas to release insulin
- making the body more sensitive to insulin
- slowing carbohydrate absorption

This helps maintain sugar levels to prevent tiredness, weight loss, damage to blood vessels which supply blood to organs, and excessive urination and dehydration. For these reasons it is important that you take your medications and check your blood glucose (sugar) levels.

**Tip #2: Talk to your Healthcare Professional**

- Talk face to face and improve your relationship with your healthcare professional
- Write down things that you are concerned about to ask your healthcare professional so that you won’t forget

**Tip #3: Continue/Begin to Exercise**

Exercising 30 minutes at least three days a week has many benefits to people with diabetes because:
- it helps insulin to assist better in getting glucose into cells
- lowers your blood sugar (up to 24 hours) and A1C
- you are building and using muscles which helps prevent high glucose
- Exercise decreases the risks of other illness that diabetes can contribute to
Many of the foods we eat contain carbohydrates and sugar. When carbohydrates (starch) and sugars are digested, the body turns them into glucose (sugar) which usually enter the bloodstream and then cells with the help of insulin and are used for energy. However, in people with diabetes, insulin is not produced sufficiently or correctly so the glucose (sugar) instead builds up in the bloodstream. By eating the correct portions/serving of foods you limit the amount of excess glucose (sugar) that can enter the bloodstream. A quick way to measure the correct portion is use your hands as shown above.

Following these tips can make diabetes a lot easier to manage.

### A Quick Healthy Recipe: Herb-Roasted Turkey

**Ingredients**
- 5 teaspoons unsalted butter, softened
- 3 teaspoons fresh minced sage, divided
- 3 teaspoons fresh minced thyme, divided
- 3 teaspoons fresh minced rosemary, divided
- Kosher salt and freshly ground black pepper to taste
- 1 ½ cups low-fat, reduced-sodium chicken broth
- 1 cup dry white wine
- 1 (5-pound) turkey breast, skin on, washed

**Preheat the oven to 350 degrees F.** Line a large roasting pan with foil. Set a rack inside the roasting pan and coat it with cooking spray. Set aside.

In a small bowl, combine the butter with 2 teaspoons each of the sage, thyme, and rosemary, plus salt and pepper. Reserve the remaining 1 teaspoon of each of the herbs.

In a small saucepan, combine the chicken broth and wine and bring to a gentle boil. Add the reserved herbs and lower to a simmer.

With your hands, separate the turkey breast skin from the breast meat, creating a pocket without removing the skin. Rub the butter herb mixture all over the breast meat. Place the skin back down on the breast.

Set the turkey on the prepared rack in the pan. (You can also add vegetables like peeled carrots, peeled parsnips, onions, or small potatoes to the pan; they will cook along with the turkey.) Roast the turkey for about 1 hour, 20 minutes to 1 hour, 40 minutes until the internal temperature reaches 170 degrees F and the juices run clear. Baste every 15-20 minutes with the mixture of chicken broth and white wine.

Remove the turkey from the oven, cover loosely with foil, and let stand for 15 minutes.

### Serving Size

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbs</th>
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</thead>
<tbody>
<tr>
<td>3 ounces</td>
<td>165</td>
<td>0 grams</td>
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</tbody>
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**Tip #4: Remember your Portion Sizes**

Many of the foods we eat contain carbohydrates and sugar. When carbohydrates (starch) and sugars are digested, the body turns them into glucose (sugar) which usually enter the bloodstream and then cells with the help of insulin and are used for energy. However, in people with diabetes, insulin is not produced sufficiently or correctly so the glucose (sugar) instead builds up in the bloodstream. By eating the correct portions/serving of foods you limit the amount of excess glucose (sugar) that can enter the bloodstream. A quick way to measure the correct portion is use your hands as shown above.

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[www.manitobahealthyliving.ca](http://www.manitobahealthyliving.ca)