Halloween

For parents of kids with diabetes, Halloween can be a real test of will and spirit. Sending your child off to trick or treat may feel a bit like letting your child loose in Willy Wonka’s candy factory! With a little preparation, you and your child can have a safe and happy Halloween.

• Candy in moderation is okay for children who have well-controlled diabetes. Help your child read the label for the carbohydrate count in each treat and bolus for it.

• Encourage your child to save some of the candy to treat future lows.

• Treats don’t have to be candy; pencils, rubber bugs, stickers, and small toys also work well.

• Buy it back or trade it in. You can buy back the candy from your child for money to purchase nonedible treats. Some dental offices have Halloween campaigns to “buy” back the treats by the pound. Check to see if your dentist is participating.

• For younger kids, limit trick-or-treating to the homes of friends and neighbors to keep the amount of candy at a reasonable level.

Ways to Decrease the Sugar in Your Favorite Holiday Recipes

Experiment with your favorite holiday recipe by decreasing calories and using sugar substitutes.

• Use less sugar when preparing your holiday favorites.

• Substitute Splenda Sugar Blend® for baking. This product is heat stable and designed to replace sugar in baked goods. Try using half Splenda and half regular sugar.

• Substitute diet soda in punches and slushes for lower-carbohydrate and lower-calorie options.

• Several websites have holiday recipes with reduced carbohydrates. Here are a few:
  - diabeticconnect.com/holiday (free holiday recipe book)
  - ndep.nih.gov/media/Healthy_Holiday_Eating.pdf?redirect=true
  - dlife.com (recipes and holiday ideas)

Thanksgiving, December Holidays, and New Year’s

The holiday season is often a time of many eating “opportunities.” Some of the tempting special sweets or traditional foods that we usually avoid, such as pumpkin pie and cookies, appear at family and social gatherings. How do we navigate the holidays without blood glucose spikes and a lot of extra insulin? With a little planning and substitution, all foods, even traditional holiday treats, can fit into a good eating plan so you or your diabetic family member feels included.
Remember to Exercise During the Holidays

The holidays can be so filled with activities, but not all of them may include movement. Make sure that 30 minutes a day are devoted to walking, running, jumping, or any kind of movement. Take a walk as a family to check out the neighborhood lights. Exercise helps to avoid sudden spikes in blood glucose and can also boost your mood!

Treat Yourself— in Moderation

Everyone has a few holiday favorites they may really enjoy eating. A few special holiday treats will make your family member with diabetes feel less deprived and more included. Be sure to help calculate the number of carbohydrates in some of their favorite holiday treats, such as candy canes or special decorated cookies. If you can plan ahead and bolus for the treat or add it into the total mealtime bolus calculation, you are ahead of the game.

Chunky Apple Cake

Here is a delicious fall recipe. By substituting Splenda for some or all of the sugar in this recipe, you can reduce the carbohydrates by up to 13 grams per serving.

Ingredients

- 1 c. all-purpose flour
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt
- 3/4 c. granulated sugar
- 3 tbsp. stick margarine, softened
- 1 egg
- 2 tbsp. low-fat milk (1%)
- 2 large baking apples, cored and sliced (3 cups)
- 1 tsp. granulated sugar
- 1/2 tsp. ground cinnamon

Directions

1. Pre-heat the oven to 350 degrees. Spray an 8x8x2-inch baking pan with nonstick cooking spray.
2. In a medium bowl, whisk together the flour, nutmeg, cinnamon, and salt.
3. In another medium bowl, with an electric mixer at medium speed, beat the sugar and margarine together until fluffy (about two minutes). Beat in the egg and milk until smooth, about one minute. Add the flour mixture to the margarine mixture in thirds, beating until smooth (about two minutes). With a large spoon, stir in the apples until evenly distributed. Spread the batter in the prepared pan.
4. In a small bowl combine the sugar and cinnamon for the topping, then sprinkle evenly on the batter. Bake until brown and the sides start to pull away from the sides of the pan, approximately 40–45 minutes.

Nutrition Facts

Servings Per Recipe: 12

Amount Per Serving: Calories 136, Calories from Fat 31, Total Fat 3g, Saturated Fat 1g, Cholesterol 18mg, Sodium 88mg, Total Carbohydrate 25g, Dietary Fiber 1g, Sugars 17g, Protein 2g

Recipe and nutrition facts courtesy: www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/ucm136131.htm

Is there a difference in how meals affect my child’s blood glucose (BG)?

There is a big difference, as you most likely have learned through past experience. Carbohydrates (carbs or CHO), protein, and fat are the three major nutrients found in foods. They affect BG in different ways. Most of the carbs turn into glucose fairly soon after being eaten, typically in one to two hours. Protein and fat slow digestion and absorption of a meal, so they may slow or delay the time it can take for glucose to enter the blood by two to six hours. This can cause a high BG level several hours after eating because rapid-acting insulin peaks about one to two hours after injection (or infusion). Some holiday meals can be heavy on the protein and fat, so a little extra testing and adjustment in insulin may be needed.
Diabetic Heroes

Becoming an Olympic athlete requires hours of training and discipline. A great example is Kris Freeman, 2010 U.S. Olympic cross-country skier. If you have ever tried cross-country skiing, you know how physically demanding this sport is. Kris Freeman’s record is impressive, and he overcame a major hurdle: he is a type 1 diabetic.

Endurance sports, such as long distance running, cycling, and cross-country skiing, deplete the body’s muscles of glucose. It may take up to 24 hours for the body to replace the stored glucose. If the muscles use all of the glucose stores before the race is over, the energy is gone and athletes call it “hitting the wall.” It can happen to any athlete, but for someone with diabetes it can happen more easily. It takes hard work and practice to get the balance right with diabetes for nonathletes. It is especially challenging for athletes with type 1 diabetes.

In August 2000, in the midst of training for the Olympics, Kris was diagnosed with type 1 diabetes. At first he thought his skiing days were over. But Kris trained hard. Through trial and error, using a balanced diet and frequent blood glucose monitoring, he was able to gain control of diabetes, continue to train, and achieve success. Kris Freeman is a shining example of what you can accomplish if you pursue your goal, using knowledge, planning, and determination.

Ask Sheila

Question: If I’m in a restaurant or at a friend’s and I don’t know the exact number of carbohydrates (CHO) in a food I want to eat, is there a way I can figure out the carbs to give myself a bolus, without just guessing?

Answer: Restaurants rarely include calories, CHO, and fat per serving in their menus. If they did, many people might not order the giant burger, milkshake, and extra large fries! Some chains now include calories next to the foods, and you can ask for “nutrition information.”

Here are a few options:

- **Ask the waitperson for nutrition information** (calorie and carbohydrate).
- **Go online**—restaurant chains often have information on their websites.
- **Calorieking.com** is a great resource to look up restaurant foods.
- **Download an app** for your smartphone or iPad to help track calories and CHO.
- **Make an educated guess.** Ask about the ingredients of the food so you can break it into components (for example, sour cream, sugar, chocolate, and flour).
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“Guesstimating” can be a little risky, but by educating yourself about low and high CHO foods, you can make healthier choices, even without a computer or smart phone. Try checking your BG one and two hours after you have eaten to see how the food affected your BG. You can make adjustments if needed, and learn what to do the next time you have that food.

Sheila is an RN with over 30 years of experience, who works for PacificSource Health Plans. She has a husband, three children and two dogs. She enjoys hiking, skiing, and sailing, all of which she is able to do living in the Willamette Valley of Oregon. She also has diabetes. She enjoys researching, learning, and teaching about all of the healthy options we have to live well with diabetes. She likes to hear from you with questions about diabetes. Feel free to email her at conditionmanagement@pacificsource.com.
Jump In!

Exercise to be a winner at reaching your blood glucose goals!

Taking good care of yourself now means your body will be healthy in the future. Exercise helps keep you in shape to play sports and also helps:

- cells use glucose, reducing overall blood glucose levels
- blood circulation
- muscle tone and strength
- keep your heart strong and pumping blood around your body
- keep you flexible, so that you may reach, bend, and do somersaults!

Checking blood glucose before your exercise and again after helps you know how it affects you. Exercise is just another tool to help you manage your blood glucose. Remember to exercise safely to be a winner!

Test Your Bone Smarts

Running, jumping, and bouncing make your bones stronger. Circle all of the activities that help you have stronger bones.

Basketball
Swimming
Soccer
Watching TV
Hopscotch
T-ball
Riding a bike
Jumping rope
Snowboarding
Climbing
Ping pong
Trampoline

Did you know?

Your heart is a muscle! Exercise makes it beat faster and helps keep it strong.

Find the Jack-o-lantern

Help kids find their way through the maze to their jack-o-lantern.

Any other ideas? Write them here:

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PacificSource Diabetes Newsletter for Kids and Teens