Thinking Ahead to Fall and Back-to-school

Hopefully, this second edition of our newsletter finds you and your family enjoying summer and its long days. We have been thinking ahead to crisp fall weather and the kids going back to school. With the fall, comes the excitement and experience of a new school year. Some children are heading back to classes close to home, and others are heading off to college to have that first-time-living-away-from-home experience.

For people with diabetes, it can be a challenge making those school transitions while maintaining diabetes management. An excellent tool kit is available from the American Diabetes Association for all of your student’s type 1 diabetes back-to-school needs. Here are some specially selected resources you may want to check out. Whether your student is newly diagnosed or has had diabetes for some time, the programs offer time- and energy-saving tips and tools.

Resources for You

- The American Diabetes Association has a program called Safe at School Campaign. It is dedicated to making sure all children with diabetes are medically safe at school. To check it out, please visit Diabetes.org. From the Living With Diabetes menu, select Diabetes at School.

- The National Diabetes Education Program, part of the National Institute of Health and the Centers for Disease Control and Prevention, has developed an excellent guide for parents and schools. It is called Helping the Student with Diabetes Succeed and can be obtained for free at Ndep.nih.gov/publications.


- For parents with older teens who may be going away to college and transitioning to adulthood, the National Diabetes Education Program has developed a free program with materials, timelines, and guidance on medical care to help make the transition process as smooth as possible. For materials, please visit Ndep.nih.gov/transitions/.


Keep Smiling!

As kids get ready to head back to school this fall, remember to schedule a dental appointment now. We focused on dental health in the teens’ and kids’ newsletter, because recent research has shown how prevalent tooth decay in children is at this time. People with diabetes are at increased risk of tooth decay and gum disease, but these are preventable. We can help our children have a healthier life and keep all their teeth as they grow into adulthood by encouraging them to maintain good daily oral hygiene habits.
Healthy Makeovers for Favorite Family Recipes

Many people have favorite family recipes. You can figure out the number of carbohydrates in your recipes, and there are ways to make them more healthful.

Here is how: Look up the carbs of all the ingredients in your recipe, add them up, and then divide by the number of servings. This will give you the approximate number of carbs in one serving.

For example, if your favorite fruit smoothie recipe is:
- ½ cup skim milk 6 grams carbohydrate
- ½ cup frozen blueberries 11 grams carbohydrate
- ½ cup vanilla ice cream 15 grams carbohydrate

The total carbohydrate in the recipe is 31 grams for the entire smoothie (1-1/2 cups), or 15 for half the recipe.

Granted, it is a little more complex when calculating carbs for a longer recipe with a large list of ingredients. However, if the recipe is a family favorite, it can be worth the effort! Sometimes it can be very revealing when you figure out just how many carbs and how much fat is contained in an old family favorite.

The good news is that several Web sites have easy-to-use carbohydrate counters, so calculating your favorites can be a little easier. Two sites are:
- CalorieKing.com
- dLife.com

Helpful Tips for Reading Food Labels

Food labels make counting carbohydrates and planning much easier for busy parents and kids. However, do you know the most important items to check on a label? It will help you to decide how much of the food your child can eat (or should eat). The most important lines for carbohydrate counting are serving size, total carbohydrate per serving, and fiber.

- **Serving size.** All the information on the label is based on serving size. If you eat two servings, then you will need to double the information on the label. It’s easy to be fooled by some products, such as bottled drinks, since these packages may actually contain more than one serving. Products that list servings as ounces or grams may also be confusing. If you have a food scale, weigh your food to get a better idea of the serving size.

  - **Total carbohydrate grams.**
    - Total carbohydrate includes sugar, starch, and fiber.
    - Know the recommended number of carbs your child can eat, and figure out the portion size to match.

  - **Dietary fiber** is a form of carbohydrate, and is included in the total amount, yet it is not absorbed. You can subtract the entire fiber amount from the carbohydrate total. Whole grain foods usually contain fiber, so are absorbed more slowly without spiking blood glucose.

Other label items to keep an eye on:

- **Calories per serving.**
  Compare products to find those lower in calories.

- **Saturated and trans fats.** To reduce the lifelong risk of heart disease, look for products with the lowest amount of saturated and trans fats per serving.

Correction

In the Spring issue of Counterbalance, we incorrectly listed our phone number as (888) 619-8209, ext. 1945. It should have been (888) 691-8209, ext. 1945. We apologize for any inconvenience this may have caused.
Keeping Your Teeth Healthy when You Have Diabetes

Tooth and gum problems can happen to anyone. A sticky film of germs called plaque or “bio-film” builds up on your teeth, especially near the gums. High blood glucose can help the germs in the plaque grow faster, and may put you at risk for developing gum disease and cavities. Plaque grows quickly overnight, so be sure to brush before heading to bed. For a healthy mouth, brush at least twice a day.

Here are some important tips on taking good care of your mouth:

- Brush your teeth after every meal. Use a soft toothbrush or a powered oscillation toothbrush, paying close attention to the gum line.
- Have your teeth cleaned and your gums checked by your dentist at least twice a year.
- Prevent plaque buildup by using dental floss, “Go Betweens®,” or soft picks at least once a day, especially just before bed.
- Use a fluoride rinse or toothpaste with fluoride. It helps prevent cavities in the teeth you already have, plus strengthens developing teeth.
- Chew sugarless gum when you can’t brush. It can help keep bacteria from growing on your teeth.

Going to College? Take Along these Tips

Julianne Luick is a D-person featured on Planet D. As a college student herself, she offers some sound advice for those of you heading off to college for the first time this fall. Julianne advises: Tell your resident assistant (RA) and roommates about your diabetes, and educate them about your signs of highs and lows.

- Be proactive about managing your blood sugar levels.
- Ask friends to look for you if you’re not where you said you’d be.
- Be patient with your parents if they call you all the time.
- Connect with the student health center.
- Download the free American Diabetes Association handbook, Going to College with Diabetes, at Diabetes.org/assets/pdfs/schools/going-to-college-with-diabetes.pdf.

Planet D—the place to connect with other kids with diabetes!

Planet D is a Web site sponsored by the American Diabetes Association. It’s for young people living with diabetes. You can learn, discuss, and connect with other kids just like you. There are message boards for sharing diabetes care tips or concerns with other “D-People.” Check it out! Diabetes.org/living-with-diabetes/parents-and-kids/planet-d/
July is National Blueberry Month!
Blueberries are yummy and very good for you. If you freeze blueberries, they make a great snack on a hot day. One half of a cup of blueberries has only 11 grams of carbohydrate. All summer berries are naturally low in carbs and make good snacks. You can find fresh blueberries in stores now.

Make these Tasty and Cool Summer Treats

Frozen Yogurt Fruit Pops
Cool, yummy, and low carb—just in time for summer snacking!

Ingredients:
8 oz. peach, vanilla, orange, or piña colada (or any flavor you like) low-fat or fat-free yogurt
20 oz. sliced strawberries
(or other berries, such as blueberries, raspberries, or a mix)

Directions:
1. Mix yogurt and berries.
2. Pour into 3-ounce paper cups (you will need 14) or popsicle molds.
3. Freeze for about 30 minutes, and then stick a wooden popsicle/craft stick in the center of each cup.
4. Freeze overnight until firm.
To eat pops, peel off paper cups. Makes 14 paper cup servings.

Tip: Try other fruit-flavored yogurts and frozen fruit juice concentrates to find your own favorite blend.

Nutrition Facts Per 1 Serving—3-ounce cup:
Calories 30.1
Total Carbs 6.5 g

Did you know?
People living with diabetes can have more problems with their teeth and gums. Having a higher blood glucose level can make the germs in your mouth grow faster. Taking good care of your teeth is important.

- **Brush your teeth** at least twice a day, for at least 2–3 minutes at a time with a soft toothbrush.
- **Brush your tongue**! It helps get rid of germs and keeps your breath fresh.
- **Floss** daily to remove the plaque (sticky layer of germs) from between your teeth.
- **Use toothpaste with fluoride**, but try not to swallow while brushing.
- **Go to the dentist** at least twice a year for teeth cleaning and check-ups.
- **Follow** what your dentist or hygienist tell you about caring for your teeth.

Who is this guy and what is he excited about?
Connect the dots from 1 to 32 to find out!

PacificSource Diabetes Newsletter for Kids and Teens