Fall 2012

Halloween: Tips for Trick-or-treating

- **Treats don’t have to be candy.** Trade candy bars for small trinkets, such as pencils, stickers, markers, key chains, rubber bugs, or action figures. Visit your local dollar or value store for ideas.

- **Scare the pants off of ‘em.** Sure, candy is a big part of Halloween, but spooky stories, haunted houses, pumpkin carving, and other ghastly pastimes are even more important. If your kids are old enough, consider hosting a monster bash and put the focus on the fun instead of the food.

- **Save some** of your child’s favorite candy for later for treating lows.

- **Candy in moderation is OK** for a child with well-controlled diabetes. Read labels for carbohydrate count in each treat and bolus for it. You can make a math game of it. Check with your child’s doctor for advice on covering extra carbohydrates with adjusted insulin bolus.

- **Your child should check blood glucose often** if they are participating in parties, parades, or strenuous activities. The same is true for after eating treats. An insulin adjustment may be in order.

Healthy Holiday Season Eating Tips for You and Your Family

**Plan Ahead:**
Eat a healthy snack before going to a social event or family get-together so you don’t arrive hungry or thirsty.

- Provide your child with a light but filling snack, such as yogurt, a cheese stick, raw veggies and hummus, fresh fruit, or ¼ cup of nuts.

- Offer a glass of water with the snack to help them stay hydrated and feel full. The cookies and sweet treats won’t look quite as tempting!

**Be Realistic:**
- Allow treats in moderation; bolus to cover extras and balance with other healthy choices.

*continued on reverse*
• Some nibbling will happen, but encourage your child to keep track. Show them how to take a portion on their plate and to estimate the carbs, and then to walk away from the bowl.
• If your child has a favorite holiday treat to bake, work together on trying to reduce the number of carbohydrates by substituting low- or no-carb ingredients.

Candy Popcorn

**Ingredients**
- 13 cups popcorn, air popped
- 1 egg white
- 2 tbsp. molasses, dark
- 2 tsp. vanilla extract
- 1/2 tsp. salt
- 3/4 cup Splenda® No Calorie Sweetener, granulated
- 1/2 cup dry-roasted, unsalted peanuts
- Cooking spray

**Directions**
1. Preheat oven to 325°F. Coat an 11” x 13” nonstick pan with cooking spray and set aside.
2. Place the popcorn in a large bowl and set aside.
3. In a small bowl, whisk egg white, molasses, vanilla extract, salt, and Splenda until well mixed. Add peanuts to the egg mixture and stir until well coated.
4. Pour the egg mixture over the popcorn. Toss to coat the popcorn.
5. Place in the prepared baking pan and bake 20 to 25 minutes, stirring occasionally. The candy popcorn should be crispy.
6. Remove from the oven and spread the popcorn onto parchment or waxed paper to cool. Cool to room temperature before serving.

**Variations (optional)**
If desired, for added flavor, drizzle melted dark chocolate over the popcorn mix after it has cooled. Allow chocolate to harden. You may add seeds, such as pumpkin, sesame, or sunflower, or other nuts, such as pecans or walnuts. Be sure to account for extra calories when adding additional seeds or nuts to the mixture.

**Nutrition Facts**
For basic recipe without optional ingredients
- Servings Per Recipe: 10
- Amount Per Serving: Calories 72.4, Total Carbs 13.2g, Dietary Fiber 1.7g, Sugars 3.1g, Total Fat 1.4g, Saturated Fat 0.2g, Unsaturated Fat 1.2g, Potassium 128.9mg, Protein 2.1g, Sodium 124.8mg, Dietary Exchanges 1/2 Starch

Recipe adapted from: dlife.com

**Avoid Overeating:**
- Before family dinners, talk about choosing portions of favorite foods and eating slowly to savor the flavors.
- Remind family members to wait a few minutes before going back for seconds. It takes about 15 minutes for the full signal to go from belly to brain.
- If planning on having a high-carb dessert, choose more low-carbohydrate foods for the main meal, such as vegetables and salad.

**Physical Activity:**
- Remember to move! Take a walk between dinner and dessert.
- Enjoy neighborhood holiday decorations by foot after a meal.
- Toss a ball around.
- Have a game of touch football, soccer, or basketball.
- Break out the croquet set.

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The Holiday Eating Season

The holiday eating season is coming up fast. It starts with Halloween and, for many, goes way past New Year's Day. It is challenging, and sometimes not very fun, to pass up goodies. If you have a strategy to help you over the next two or three months, you may be able to enjoy the goodies and keep blood sugar levels under control.

One of the challenges of diabetes is that even after you are diagnosed, have a treatment plan, and have it under control for the most part, the disease does not fade into the background. Good diabetes care requires constant attention to good nutrition, physical activity, medications, and how they each affect blood glucose levels. Sometimes, you may grow tired of all the effort of managing your diabetes. During the holiday season, with events and parties among family and friends, it might be tempting to just ignore your diabetes. But doing so can seriously harm your health and increase your risk of complications. Instead, have a game plan to cover the carbs in treats by adjusting insulin.

Ask Sheila

**Question:** I am 16 years old and have had T1 diabetes since I was 12. I am worried because I seem to get sick a lot, more than most of my friends at school. Anything that comes along, especially colds makes me sick and I miss school—and soccer games, and hanging out with friends. I work hard at controlling my blood sugar levels, but the colds really throw everything off. It seems like it is worse when I go back to school after summer vacation and after winter break. Am I more prone to getting sick because of having diabetes?

—Cory T., West Linn, Oregon

**Answer:** Colds are caused by viruses. There are more than 200 different viruses that cause a “common cold” or upper respiratory tract infection. Did you know that it is common for teens and kids to get between 7 and 10 colds or mild illnesses each year? When you go back to school after breaks, you are exposed to a bunch of people who carry and often share their own viruses. An uncovered sneeze with virus can travel over 10 feet! It’s easy to see how a cold can spread in a classroom.

The best thing you can do is wash your hands as often as possible and carry tissue and hand sanitizer. You are correct in maintaining good diabetes control, which helps your immune system work well. Also eating well, exercising, and getting enough sleep will help your immune system, too. Maintaining good blood glucose control plays a big role in reducing your risk of becoming ill.

If you do catch a cold, stay at home for the first three days you have symptoms, when you are most likely to spread your cold to others. Be sure to follow sick day rules—check blood sugars and ketones whenever you are ill or when blood sugars remain above 250 mg/dL for two checks in a row. If you don’t have a sick day plan, ask your diabetes provider to help you make one.

Holiday Season Tips

- **Let your family and friends know** you have a plan to manage your diabetes.
- **Be specific** about what you consider to be helpful, such as helping you estimate the number of carbohydrates together at a meal or in a snack. Also let them know what you don’t think is helpful, like being asked if that particular food is really the “right” food to be eating.
- **Ask** family and friends for the ingredients in their cookies or other holiday treats so you can estimate how many carbohydrates may be in the food.
- **Be realistic.** You can have treats in moderation, but not 10 cookies!
- **Save** some of your favorite Halloween candy to treat lows.
- **Eat a light, healthy snack** before going to a party or family gathering so you won’t arrive hungry. Before the event, try eating some cheese and crackers, fresh fruit, yogurt, or 1/4 cup of nuts.
- **Exercise** at every opportunity—play some basketball, soccer, touch football, or go bowling. Choose activities that don’t involve eating.
- **Stay motivated,** even if you have setbacks. Don’t beat yourself up if you are not “perfect” every time.
- **Most of all, please have fun!** Having Type 1 diabetes may seem like such a burden at times, but remember, knowledge is power.
Party Puzzle
Bella and Jason are going to a party. Can you guess the snacks they will eat there? Look in the house door and windows for clues. Write your answers in the boxes.

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To check your answers, look at the bottom of this page.

Slimy Snacks
You will need:
1 package of sugar-free Jell-O that is green, such as lime or apple flavor
1 package of sugar-free Jell-O that is a different color, such as orange, cherry, berry-blue, or grape flavor
32 gummy worms
8 small (8-ounce) clear glasses, mason jars, or bowls
Whipped topping (optional)

Directions:
1. Make a package of green Jell-O, and pour some in all of the glasses, filling each about half way. Refrigerate them until the Jell-O is firm.
2. After the Jell-O is firm, place three gummy worms on top of the Jell-O and let another hang over the lip.
3. Make another Jell-O flavor. Pour some of the second flavor over the worms in all of the glasses, filling to the top. Refrigerate them until the Jell-O is firm.

Serve with whipped topping. Yum!