Weeknight Wonders

Easy, light, and delicious recipes to fill your plate this summer  PG. 6
Go Green

Do you crave snacks all day? Try adding avocado to your lunch. Overweight people who ate half an avocado in addition to a lunch that contained about one-third of their daily calorie requirements were 40% less likely than their peers to feel like snacking for up to five hours after lunch. They also felt about 25% more satisfied after lunch than people who didn’t have an avocado. The additional calories and fiber from the avocado may contribute to satisfaction, the study authors say. Half a medium avocado adds about 112 calories and 5 grams of fiber.

Source: Nutrition Journal

1 in 10

Ratio of U.S. adults who have diabetes

Source: CDC

7.7%

Percentage of adults who eat at least half their daily servings of grains as whole grains, as the USDA recommends. Whole grains boost fiber intake and are related to decreased risk for heart disease.

Source: Nutrition Research

2

Minimum number of servings of fish—preferably fatty fish like tuna or salmon—adults should eat each week

Source: American Heart Association

Calorie Watch

In a recent study, researchers found that overweight and obese people who drink diet beverages overcompensate by indulging in bigger snacks and meals, and end up taking in about the same total number of calories as overweight people who opt for sugary drinks. People who are at healthy weights, however, consume fewer total calories when they drink diet beverages.

Source: American Journal of Public Health
Do you find your zipper isn’t quite reaching the top these days? That’s probably a sign you need to lose a few (or more) pounds. But when you have diabetes, choosing a weight-loss plan has more serious consequences than just helping you fit into your favorite jeans.

The right diet can help you control your diabetes while you drop pounds, says Marjorie Cypress, PhD, RN, certified diabetes educator, adult nurse practitioner with Albuquerque Health Partners, and president of Health Care and Education for the American Diabetes Association. “If you stay on a healthy diet and keep your weight within an ideal range and stay active, that’s the most important thing to manage your diabetes,” she says.

Specifically, a few eating plans show promise for keeping both weight and blood sugar under control.

**DASH**
The Dietary Approaches to Stop Hypertension (DASH) diet was created to lower heart disease risk, but its focus on fruits, vegetables, low-fat dairy, whole grains, fish, and poultry also makes sense for people with diabetes. In one study, the DASH eating plan lowered fasting blood sugar levels and improved A1C, a measure of blood sugar, over time. Cholesterol levels improved too. Because DASH limits salt, it also helps manage high blood pressure, which often goes hand in hand with diabetes.

**Mediterranean**
This is one diet that seems to do it all. Prevent heart disease? Check. Reduce inflammation? Check. Help you lose weight? That, too.

The power of the Mediterranean diet appears to lie in its plant-based approach and in its healthy fats, which come mostly from olive oil, fish, and nuts. Research finds it can ward off diabetes in people who don’t already have it, and help control blood sugar in people who do. “It’s a very nicely balanced low-fat and high-fiber diet, which should help keep your glucose fairly stable,” Cypress says. In one study, the Mediterranean diet controlled blood sugar better than a low-fat diet, and helped people who’d been recently diagnosed with type 2 diabetes put off taking blood sugar-lowering medicine.

**Vegetarian/Vegan**
Could cutting meat out of your diet change the course of your diabetes? Possibly. By following vegetarian and vegan diets, people are able to get a better handle on their blood sugar, provided they cut calories in the process. To get the most from this diet, choose foods wisely. While lots of fruits, vegetables, and whole grains can help prevent blood sugar spikes, platefuls of pasta with cream sauce don’t do you much good.

**Your Right Diet**
There’s no one-size-fits-all diet for diabetes. Any eating style that limits portion sizes and emphasizes fruits, vegetables, and other good-for-you foods should keep your weight within a healthy range and help you manage your diabetes in the process, Cypress says.

In designing your diet, ask for input from a registered dietitian. This is especially important if you’re going on a vegetarian or vegan diet, to make sure it contains enough nutrients like protein and B vitamins. “Probably most dietitians can help you, but a certified diabetes educator who is also a dietitian is your best bet because they understand diabetes,” Cypress says.
Feeling fatigued? If you have diabetes, tiredness can be one of the symptoms. The first step toward feeling better is to talk to your doctor, who will check your overall health, including how well your diabetes is controlled and whether you have other medical conditions that need attention.

To help your doctor, keep a diary for a week or two before your appointment. Write down:
• Your blood sugar levels for each day
• How stressed you feel (some people feel burned out from their daily efforts to manage diabetes)
• How often and how much you exercise
• What you eat, when you eat, and how much you eat
• How many hours and how well you sleep
• If you wake up at night because you’re snoring, you need to use the bathroom, or something else interrupts your sleep
• How you feel when you wake up in the morning—are you rested or tired?

Together, you and your doctor can make a plan to boost your energy level. Yours may include:

**Exercise.** Move more, and you get more energy. People who take a brisk, daily 30-minute walk are less tired than sedentary people, says Cynthia Fritschi, PhD, RN, CDE, assistant professor in the biobehavioral health science department at the University of Illinois at Chicago’s College of Nursing.

Choose an activity you like, whether it’s Zumba, tennis, walking, gardening, or swimming. Do it for 30 to 60 minutes a day.

Wear a pedometer so you know how many steps you take. Try to add 500 steps a day until you reach at least 10,000 daily steps, says Geralyn R. Spollett, MSN, ANP, CDE, associate director of the Yale Diabetes Center.

**Watch your diet.** To keep your blood sugar level steady, eat three healthy meals and a snack during the day. Include healthy carbohydrates from fruits, vegetables, and whole grains as well as lean protein from beans, tofu, fish, or skinless chicken breasts.

**Limit or avoid caffeine, especially late in the day.** This stimulant can keep you awake and disrupt sleep. Consuming too much may also make it harder to control your blood sugar.

**Get enough B vitamins.** If you have nerve problems from diabetes, make sure you’re getting these nutrients in your diet (good sources are fish, poultry, fortified cereals, and eggs)

Consuming too much caffeine may make it harder to control your blood sugar.
HEALTHY TRAVEL

Power Trip

HEADED OUT OF TOWN? STAY IN CONTROL OF YOUR DIABETES ON THE ROAD

By Gina Shaw

Managing type 2 diabetes while you’re at home isn’t always easy, but at least you have a routine to rely on, with set eating habits, sleep schedule, and exercise plan. When you’re traveling, however, your rhythm can get thrown off.

So how can you keep your diabetes in control when you’re on the go? Molly McElwee Malloy, RN, CDE, diabetes educator and clinical research coordinator for the Center for Diabetes Technology at the University of Virginia, offers a few travel tips.

Pack extra supplies. “You’ll be off schedule and your blood sugar will fluctuate more than usual, so you should test it more often,” says Malloy. Bad weather or other variables could also delay your return. So pack a week’s worth of extra gear just in case: insulin, glucose test strips, glucose tabs, or whatever your treatment requires.

Appoint a travel buddy. Identify a responsible person (at home or traveling with you) who will check in with you regularly and will know what to do in case of an emergency.

Plan for indulgences. Despite your best intentions, you’ll almost certainly take in more calories when you travel. Balance that with increased physical activity, such as walking tours of your destination or time at the hotel gym.

There’s an app for that. Malloy swears by smartphone apps as diabetes management tools. Two of her favorites are GoMeals, a healthy lifestyle app that includes a blood glucose tracker, and MedCoach, a medication reminder tool.

Prepare for time zone changes. If you’re changing time zones by only one to three hours, “you can delay or advance your insulin dosage by 30 to 90 minutes if you’re insulin-dependent,” says Malloy. But if you’re crossing continents and losing or gaining four to six hours or more, that’s a big deal. Work out a plan with your diabetes educator or physician.

IN THE BAG

PACKING FOR A TRIP IS HARD ENOUGH WITHOUT WORRYING ABOUT HOW LONG YOUR INSULIN CAN STAY OUT OF THE FRIDGE AND WHAT AIRPORT SECURITY WILL SAY ABOUT YOUR SYRINGES. WHAT ARE YOUR BEST OPTIONS FOR PACKING YOUR SUPPLIES?

Opened insulin bottles or vials are good at room temperature for up to 28 days. Write on the package the day you took it out of the fridge. “You can carry it with you in your purse or backpack, but it just can’t get too hot or too cold,” says Malloy. If you’re concerned about temperatures, try an insulin cooling case that doesn’t need ice.

Syringes can go through security—but don’t prefill them. “If you take empty syringes and your vial of insulin with you in your carry-on bag, you should be fine,” says Malloy. (Never put these items in your checked luggage; you risk damaging or losing them altogether.)

A letter from your physician, on letterhead, can prevent any problems with airport security—especially if you’re flying to a foreign country.

Reviewed by Brunilda Nazario, MD
WebMD Lead Medical Editor

Join 500+ convos in WebMD’s Diabetes community.
You may have been surprised to learn after you were diagnosed with type 2 diabetes that there’s no one official diabetes diet and no “blacklist” of foods that are off the table. The American Diabetes Association recently updated its nutrition recommendations to emphasize the importance of personal choice, saying that your food choices should reflect your own likes, dislikes, and traditions, as well as the state of your health.

So you don’t have to feel deprived when your aunt shows up at a party with her famous chocolate cake. “You may have to limit [how much you eat], and plan around it, but if you have a piece of cake, it can be factored into your meal,” says registered dietitian Constance Brown-Riggs, MSEd, RD, CDE, CDN, author of The African American Guide to Living Well With Diabetes.

If you have diabetes, she recommends you meet at least once with a registered dietitian, who can help calculate how many grams of carbohydrates you need daily to keep your blood glucose levels steady and in a normal range. Consistently high blood glucose levels increase your risk for serious complications such as vision problems, kidney disease, and nerve damage.

### Weeknight Wonders

Think you can’t cook during the week? Turn to these easy, light, and diabetes-friendly recipes.

**BY ERIN O’DONNELL**

Recipes by Kathleen Zelman, MPH, RD, LD

Photography by Leigh Beisch

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**Weeknight Wonders**

**Salmon Burgers With Yogurt Sauce**

These summery salmon burgers offer lots of heart-healthy omega-3 fats. Serve them with the Moroccan Quinoa Medley, a green salad, and whole wheat buns.

Makes 4 servings

**Ingredients**

**Salmon Burgers**

- 1 lb salmon, cooked, cooled, and flaked
- Juice of 1 large lemon
- 1 tsp lemon zest
- 1 large egg, beaten
- ¼ cup light mayonnaise
- ¼ cup whole wheat breadcrumbs
- 1 shallot, minced (about 1 tbsp)
- 2 tbsp chopped Italian parsley
- Dash hot sauce
- Dash sea salt
- Freshly ground pepper, to taste

**Yogurt Sauce**

- ½ cup nonfat plain Greek yogurt
- 1 tbsp capers, rinsed, drained, and chopped
- 1 tbsp chopped fresh dill
- 1 tbsp chopped Italian parsley
- 1 tablespoon lemon juice
- 1 tsp lemon zest
- Salt and pepper, to taste

**Directions**

1. In a medium bowl, combine all salmon burger ingredients. Mix gently with a fork.
2. Form salmon mixture into four patties. Cover and refrigerate 1 hour.
3. Meanwhile, make the yogurt sauce: In a small bowl, combine all yogurt sauce ingredients. Season with salt and pepper.
4. Coat a large, nonstick skillet with cooking spray and place over medium heat. Add patties and cook until golden, about 7 to 8 minutes each side. Drain on paper towels. Serve with yogurt sauce.

**Per serving**

349 calories, 30 g protein, 9 g carbohydrate, 20 g fat (4 g saturated fat), 128 mg cholesterol, 1 g fiber, 2 g sugar, 355 mg sodium. Calories from fat: 53%

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Brown-Riggs urges her patients to make heart-healthy choices: more meatless meals and more vegetables, fruits, and whole grains. Opt for mono-unsaturated fats (in avocados and olive oil) over other fats. “You may have to monitor portions, maybe eat a little bit less, maybe change your plate. But it’s definitely not the end of good eating.”

Try our diabetes-friendly, heart-healthy recipes, all easy and delicious "less, maybe change your plate. But it’s definitely not the end of good eating.”

Moroccan Quinoa Medley
Quinoa is a nutty, gluten-free grain that offers a surprising amount of protein. This Middle Eastern-inspired dish is delicious with the grilled chicken thighs or salmon burgers. Serve with corn on the cob and a salad.

Makes 6 servings

Ingredients
1 cup uncooked quinoa, rinsed
2 cups low-sodium chicken stock
12 cherry tomatoes, halved
1 cup cooked chickpeas (can use low-sodium, canned chickpeas, rinse first)
½ cup shredded carrot
2 tbsp chopped fresh mint
2 tbsp fresh lemon juice
2 oz goat cheese, crumbled
½ tsp sea salt
2 tsp extra virgin olive oil
1 small onion, sliced

Directions
1. In a heavy-bottom saucepan combine quinoa and stock and bring to boil over medium-high heat. Reduce heat and simmer on medium-low about 12 minutes until quinoa is soft, and liquid is absorbed.
2. In a large bowl combine cooked quinoa, tomatoes, chickpeas, carrot, mint, lemon juice, goat cheese, salt, pepper, cumin, and olive oil. Mix thoroughly.
3. Sprinkle pine nuts on top, and serve dish warm or at room temperature.

Per serving
261 calories, 10 g protein, 30 g carbohydrate, 12 g fat (2 g saturated fat), 68 mg cholesterol, 5 g fiber, 3 g sugar, 248 mg sodium. Calories from fat: 40%.

Summer’s Bounty Gazpacho
As temperatures climb, this cool vegetable soup is a refreshing start to any meal. Pair it with the kale chicken salad for a light supper starring some of summer’s best produce.

Makes 6 servings

Ingredients
3 stalks celery
2 scallions, with green tops reserved for garnish
1 English cucumber, peeled, seeded
1 large red bell pepper, top and seeds removed
3 garlic cloves
4 cups low-sodium tomato juice
1 lb ripe tomatoes, diced
1 tbsp olive oil
2 tbsp balsamic, red wine, or sherry vinegar
2 tsp Worcestershire sauce
3 tbsp chopped fresh basil or cilantro
3 tbsp nonfat Greek yogurt
½ medium avocado, peeled and diced
3 tbsp fresh lime juice
2 tbsp nonfat Greek yogurt
½ garlic clove, minced
2 tbsp fresh lemon juice
2 tsp Worcestershire sauce
¼ tsp sea salt
¼ cup extra virgin olive oil

Directions
1. In a food processor, pulse the first 5 ingredients until coarsely chopped. Add tomato juice and pulse until finely chopped.
2. Transfer to a large bowl, and stir in tomatoes, olive oil, vinegar, Worcestershire, lemon juice, basil, and hot sauce (if desired).
3. Ladle soup into six bowls. Garnish with shrimp, yogurt, avocado, and green scallion tops and serve.

Per serving
185 calories, 19 g protein, 16 g carbohydrate, 5 g fat (0 g saturated fat), 140 mg cholesterol, 5 g fiber, 9 g sugar, 237 mg sodium. Calories from fat: 25%.

Kale Caesar Salad With Grilled Chicken
Enjoy this as an entrée or skip the chicken and use as a side salad. Pair with a whole grain roll and gazpacho.

Makes 6 servings

Ingredients
6 (3 oz) boneless chicken breasts
8 cups chopped baby kale, ribs removed
3 radishes, thinly sliced
½ cup shaved Parmesan cheese
½ cup chopped, fresh parsley
¼ cup unsalted pumpkin seeds, toasted
1 tbsp Dijon mustard
¼ cup low-fat or nonfat Greek yogurt
½ tsp anchovy paste (optional)
1 garlic clove, minced
2 tbsp fresh lemon juice
2 tsp Worcestershire sauce
½ tsp sea salt

Dressing

Ginger-Garlic Grilled Chicken Thighs
This recipe involves marinating chicken overnight, but the fantastic Asian flavors make that extra effort worthwhile. Serve chicken with grilled veggies, brown rice, and a side of broccoli slaw.

Makes 6 servings

Ingredients
2 lbs (about 8) boneless, skinless chicken thighs
1 tbsp canola oil
1 tbsp canola oil
2 tbsp extra virgin olive oil
1 ½ tsp salt
1 ½ tsp garlic powder
1 tsp mustard powder
1 tsp paprika
1 tsp ground cumin
1 tsp dried thyme
1 ½ tsp black pepper

Directions
1. Combine first 9 ingredients in a large bowl. Add chicken thighs and toss to coat. Cover and refrigerate overnight.
2. Remove chicken thighs from marinade and discard marinade. Pat chicken dry and rub both sides of thighs with canola oil.
3. Preheat grill or grill pan to medium high and coat with cooking spray.
4. Grill chicken 5-6 minutes per side until grill marks appear and an instant-read thermometer inserted in the thickest part of thigh registers 160°F. Serve immediately.

Per serving
160°F. Serve immediately.

Per serving
178 calories, 15 g protein, 2 g carbohydrate, 12 g fat (0 g saturated fat), 78 mg cholesterol, 3 g fiber, 2 g sugar, 123 mg sodium. Calories from fat: 40%.

WebMD Medical editor

Hansa Bhargava, MD
WebMD Medical editor
Diabetes isn’t just a disorder of the pancreas. It also can cause serious complications in other parts of your body. “The eye blurriness is a problem for me,” one community member writes to the WebMD diabetes community board. “I am very afraid of losing my vision.” How much do you know about how diabetes can affect more than your blood sugar? Take our quiz to find out.

**HEALTH CHECK**

**WHAT’S YOUR DIABETES IQ?**

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**QUIZ**

1. People with diabetes can develop blurry vision and even blindness.
   - True
   - False

2. High blood sugar can lead to tooth and gum disease.
   - True
   - False

3. People with diabetes catch the flu more than other people.
   - True
   - False

4. Diabetes can hurt your feet.
   - True
   - False

5. Diabetes causes acne.
   - True
   - False

**Answers:**
1. True. Diabetes can affect vision in several ways. The disease can damage small blood vessels in the eye, for instance, which can lead to blurry vision and possibly blindness. People with diabetes can also develop cataracts and glaucoma. Be sure to get a dilated eye exam from an optometrist or ophthalmologist every year.
2. True. People with poorly controlled diabetes are at a higher risk for gum disease because high blood sugar makes them more vulnerable to infections. In turn, gum disease, like other infections, can make your diabetes worse.
3. False. People with diabetes are not at increased risk of getting the flu. However, the flu can make your diabetes more difficult to manage. Diabetes also increases your risk of complications from the flu, so it’s a good idea to get vaccinated every year.
4. True. Chronically elevated blood sugars can cause nerve damage and circulation problems, which in turn can lead to serious foot problems, such as pain or loss of sensation in the foot, sores that are slow to heal, and—in extreme cases—gangrene and amputation. Monitor your blood sugar and maintain normal control, and check your feet every day for cuts, cracks, redness, swelling, sores, blisters, calluses, splinters, and other injuries. Never go barefoot. Instead, wear comfortable, well-fitted shoes. Visit a podiatrist once a year for foot and nail care.
5. False. Diabetes does not cause acne. But it can cause your skin to become dry, itchy, cracked, and thin. People with diabetes may also be more vulnerable to fungal skin infections.

**SOURCES:**
- American Diabetes Association
- National Institute of Diabetes and Digestive and Kidney Diseases
- WebMD Diabetes Health Center