

## It's Still a Party, Even With Diabetes

### A house party, indoors or out, always begs the question, “What can I bring?”

If you have diabetes, you want to choose something you can eat that will be just as tasty for the other guests. At the same time, you want to be able to enjoy the food as much as the next person. After all, it's a party!

So, how can you do this while watching your blood sugar? Here are a few tips to help you focus on healthy food choices.

- **Bring what you like.** Don't stress about what your host is cooking. You know what's good for you. Bring one of your favorite healthy foods. If you like it, chances are others will too. People with and without diabetes will be sure to dig in.
- **Know your limits.** Eat slowly to enjoy your food. You'll eat less and feel full. Use a small plate and try not to go back for seconds.
- **Timing is everything.** If you're eating around your usual meal time, eat the same amount of carbohydrates as you would at home. If that piece of pie has your name on it, cut back on other carbs during the main course.
- **Go sugar-free on drinks.** Put mint or a slice of lemon in your water. Drink sugar-free iced tea. Avoid sugary mixes or drinks like soft drinks. If you drink alcohol (no more than two drinks a day for men, and one drink a day for women), eat something first to prevent low blood sugar levels.



- **If you slip, just start fresh!** Regain control by watching what you eat, exercising, and checking your blood sugar levels.

Visit [www.diabetes.org](http://www.diabetes.org) to learn more.

### ! National Hotline Numbers and Resources

American Cancer Society **1-800-227-2345** [www.cancer.org](http://www.cancer.org)

Find a farmer's market near you!

[www.ams.usda.gov/local-food-directories/farmersmarkets](http://www.ams.usda.gov/local-food-directories/farmersmarkets)

Recipes from the U.S. Department of Agriculture

[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

### Questions?

No problem.  
Call a Health Coach  
to help you control  
your disease risks.



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## I ♥ Brushing: *Brush Your Way to Better Heart Health*

If you're wondering what brushing your teeth has to do with a healthy heart, you're not alone. In the past few years, experts have wanted to find out how issues in your mouth may affect your heart. That's because some studies have shown that gum disease and heart disease may be linked.

One thing scientists know for sure is that there's a link between germs (or *bacteria*) and swelling (or *inflammation*) in the body. Bacteria from your mouth can enter your body through infected gums. Your body wants to fight the bacteria. So it makes swelling happen. But that can lead to problems with your heart and blood vessels.

To lower your chances for gum disease, and maybe heart disease too, take good care of your teeth. Brush twice each day. Visit your dentist every six months. And be sure to check your mouth for signs of gum disease. These include bleeding, bright red, or swollen gums. Other signs are bad breath or gums that are receding.

If there are any kids in your life, get them into good brushing habits early.

The bottom line is that brushing your teeth may be just one more way to help keep your heart healthy. Now *that's* something to smile about!

Sources include: [www.perio.org](http://www.perio.org), [www.mayoclinic.com](http://www.mayoclinic.com)

## How Salt Shakes Out

Pre-packaged, processed, and restaurant foods are fast. But did you know they make up almost all of the *sodium* (or salt) that Americans eat every day? Limit yourself to no more than 1,500 milligrams (mg) of sodium a day. It's heart-healthy! People who eat no more than 1,500 mg of sodium a day can have better blood pressure. A low-sodium diet can also help people with heart failure.

***It's not as hard as you think!***

### Try these tips:

- Choose fresh foods when you can. Eat lots of fruits and vegetables, fat-free or low-fat dairy, whole grains, fish, and lean poultry such as chicken without the skin. Beans, unsalted seeds, and unsalted nuts are good too.
- When you do buy packaged foods, read the label. Look for the word *sodium*.
- Cook and eat at home more often. This way you are able to control the amount of added sodium in the foods you make.
- When you do go out, look for low-salt foods.

Source: [www.heart.org](http://www.heart.org)



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HEY, FRIENDS! IT'S YOUR PAL, DARBY BOINGG! TODAY WE ARE TALKING ABOUT YOUR BACKPACK. IT IS IMPORTANT TO FILL IT WITH WHAT YOU NEED FOR SCHOOL, BUT ALSO TO MAKE SURE IT FITS RIGHT.

**FILL IN THE LETTER TO FIND THE HEALTHY SNACK!**



A \_ P \_ E



C A \_ R \_ T



G \_ A P \_ S



\_ E \_ E R \_











C R \_ C \_ E R



DARBY BOINGG

## BACK-TO-SCHOOL BACKPACK CHECKLIST!

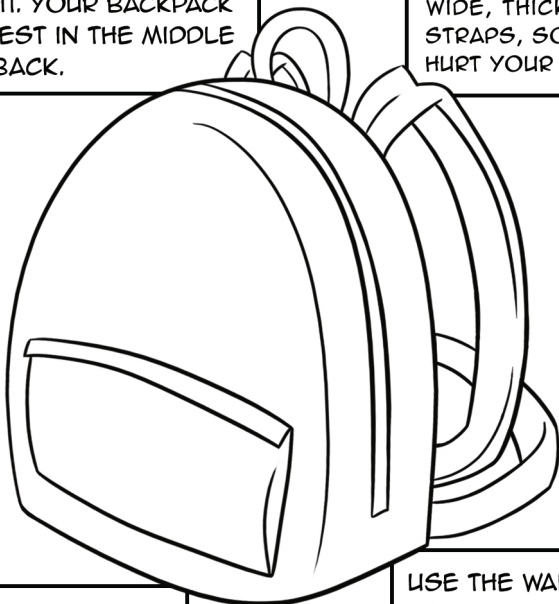
CHECK-OFF THE SCHOOL SUPPLIES YOU WILL NEED!

-  SCHOOL BOOKS
-  FOLDERS
-  NOTEBOOKS
-  MARKERS
-  PENCILS
-  ERASERS
-  RULER
-  HEALTHY SNACKS

## COLOR THE BACKPACK AND LEARN HOW TO MAKE SURE YOURS FITS!

TIGHTEN STRAPS FOR A CLOSER FIT. YOUR BACKPACK SHOULD REST IN THE MIDDLE OF YOUR BACK.

IT SHOULD HAVE TWO WIDE, THICK SHOULDER STRAPS, SO IT WILL NOT HURT YOUR SHOULDERS.



USE BOTH SHOULDERS TO CARRY - NOT ONE!

USE THE WAIST BELT. IT WILL HELP YOU CARRY THE BACKPACK BETTER.

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## Flu Shots / Vacunas contra la gripe

### Cooler weather is just starting. But it's not too early to think about getting a flu shot.

The flu shot can save everyone from the fever, chills, coughing, sore throat, and aches and pains of the flu. (*Influenza* is another word for the flu.) But some people need the flu shot to protect them from even bigger problems. If you have asthma, COPD, diabetes, heart disease, or heart failure, the flu can make your condition worse. Young children, pregnant women, and everyone age 65 and older should get a flu shot too.

Flu season is at its worst in most places in January and February. But you can catch it months earlier or later. Plus, it takes a few weeks after getting a flu shot for it to begin working in your body. That's why experts say you should get a flu shot as early as possible. Ask if your doctor's office can give you a flu shot. Or talk to your health coach about where else you can get a flu shot. Your coach can also help you figure out other ways to stay healthy.

Source: [www.cdc.gov/flu](http://www.cdc.gov/flu)

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### Aunque el clima más fresco apenas se empieza a asomar, no es demasiado temprano para ir pensando acerca de vacunarse contra la gripe.

La vacuna contra la gripe puede evitar que uno tenga fiebre, escalofríos, tos, garganta adolorida y las molestias y los dolores que causa la gripe. (*Influenza* es otra palabra que se usa para la gripe.) Sin embargo, algunas personas necesitan esta vacuna para protegerse de problemas todavía más graves. Si tiene asma, enfermedad pulmonar obstructiva crónica (COPD, siglas en inglés), diabetes, enfermedad del corazón o insuficiencia cardíaca, la gripe puede empeorar su padecimiento. Los niños pequeños, las embarazadas y todos los mayores de 65 años de edad también deben vacunarse contra la gripe.

En la mayoría de los lugares, la temporada de gripe llega a su apogeo en enero y febrero. Sin embargo, puede contraerla meses antes o después. Además, la vacuna contra la gripe se tarda unas cuantas semanas después de su aplicación para empezar a surtir efecto en su organismo. Por eso, los expertos recomiendan vacunarse contra la gripe lo antes posible. Pregunte en el consultorio de su médico si pueden vacunarle contra la gripe o bien, hable con su entrenador de la salud sobre otros lugares en donde puede vacunarse. Su entrenador también puede ayudarle a encontrar otras formas de mantenerse saludable.

Fuente: [www.cdc.gov/flu](http://www.cdc.gov/flu)