

# Healthy Futures Newsletter



## Safety

Summer is a great time to get outdoors and take advantage of the weather. With the temperature changes and increased sunshine there also comes some summer safety concerns. Here are some tips to keep the family safe and healthy this summer.

- Hydrate! Drink plenty of water and avoid sugary beverages
- Outside activities should be limited to the early mornings or late evening hours
- Wear light colored clothing that reflects the sun's heat from the body
- Make sure that children are supervised at all times around water
- Apply sunscreen when going outdoors
- Eat lighter meals and choose healthy foods like vegetables and fruits
- Remember to wear a helmet , life preserver or seat belt
- Limit alcohol intake, always have a designated driver
- Have a partner help with grilling and chores
- Leave the firecrackers to the professionals

**For more diabetes and nutrition information visit us at:**

**Wassaja Memorial Health Center**

**480-789-7890**

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# Stay Hydrated This Summer



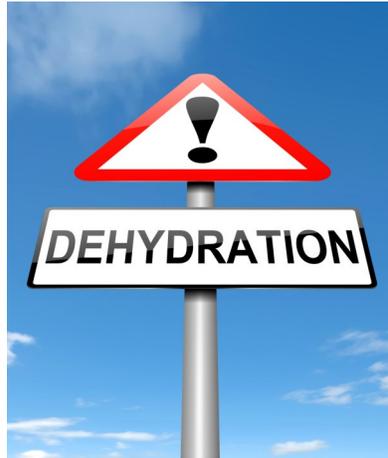
Being well hydrated is essential for good health. Consuming water is important to keep the body functioning properly, regulate body temperature and flush out waste. This is especially important during the summer months.

## Tips to stay hydrated:

- Drink six to eight 8 ounce glasses of water daily
- Bring a refillable water bottle to work
- Drink water during meals
- Don't wait till your thirsty to drink water

SUMMER  
**SAFE**

# KNOW THE SIGNS OF DEHYDRATION



Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke. Thirst is not the best indicator of hydration, if you are thirsty then you are already dehydrated. It's good to listen to your body and drink water throughout the day to avoid dehydration.

Watch for the signs and symptoms of dehydration, they can range from minor to severe:

- ⇒ Feeling thirsty
- ⇒ Weakness
- ⇒ Headache or light headedness, confusion
- ⇒ Dizziness
- ⇒ Dry mouth or swollen tongue
- ⇒ Fatigue or sleepiness (for children, being less active than usual)
- ⇒ Less frequent urination or decreased urine output
- ⇒ Dark yellow or amber colored urine (clear or yellow urine indicates you are well hydrated)
- ⇒ Constipation
- ⇒ Few or no tears when crying
- ⇒ For infants, no wet diapers for more 3 hours

## *Tips For Grilling Vegetables from the Diabetic Chef*

**STEP 1:** Choose fresh brightly colored vegetables. Look for newly picked stems where applicable, firmness and aroma of the flesh to indicate freshness

**STEP 2:** Prep– wash and clean your vegetables. With peppers, quarter and remove seeds. For mushrooms, remove the skin so it can absorb more of the seasoning. Also remove the stem and rib underneath.

**STEP 3:** Seasoning. Place all of one type of vegetable in a bowl and season. This allows you to season each vegetable differently.

**STEP 4:** Temperature/Timing. Grill at a medium-high temperature or about 400-450°.

**STEP 5:** The real secret to grilling is control your heat. By understanding how your grill works and where the hot spots are you can develop better grilling skills.

**STEP 6:** Use the shelf. Most grills have a shelf above the direct heat that keeps food warm while you cook.

**STEP 7:** Plating. Always plate at the grill and then serve right to the table and enjoy.



**Diabetic Chef's Tip:** When grilling any food, presentation is a factor. Grilled items are not grilled unless they have grill marks.



## From Beach to Barbecue

### Summer Portion Control tips for Diabetes and Weight Management

Use these tips to help you stay on track with healthy eating during the summer months.

**Tip #1: Shape Your Plate.** Use a 9-inch plate and divide it into 3 sections. Fill half with non-starchy vegetables, one quarter with lean meat and the other quarter with grains or starchy vegetable. Pile the food only to about half an inch high for each section. Add a serving of fresh fruit and low-fat dairy on the side.

**Tip #2: Estimate Portion Sizes.** Use common household items to estimate portion sizes. For example, a nine-volt battery equals one ounce of cheese; two CD cases stacked equals two pancakes or one waffle and a tennis ball equals one cup of non-starchy vegetables, rice or pasta.

**Tip #3: Wait to Take Seconds.** After eating your balanced plate, wait at least 20 minutes before going back for more. It takes that long for your brain to know whether you are full. If after 20 minutes you are still physically hungry, take one more serving of one type of food rather than a complete full plate.

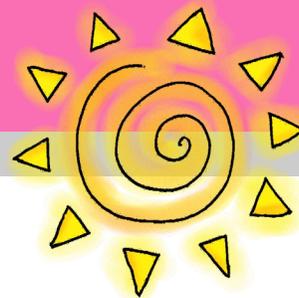
**Tip #4: Drink Lots of Sugar-free Fluids.** Make a habit of drinking water or other sugar-free fluids before, during and after the meal. A word of caution when drinking alcoholic and sugary beverages as fill-up liquids, they have hundreds of hidden calories that can run havoc on blood sugar control as well as cause weight gain.

**Tip #5: Grab a Healthy Snack before the Party.** If you arrive hungry and the meal is delayed, you will be more likely to overeat and eat very quickly. Choose a high fiber, low-sugar, low-fat snack such as crackers, soup, fresh fruit, vegetable salad, granola bar or yogurt. The snack can also prevent low blood sugar (hypoglycemia) if your meal will be several hours from your normal meal time.

**Tip #6: Assess Those Appetizers.** Grazing through the table is a minefield of calories. Aim for small portions, eat slowly, sit far away from the appetizer table and look for fresh vegetables, hummus, salsa and baked chips. Or bring your own healthy appetizer.

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## From Beach to Barbecue Continued



**Tip #7: Get Moving.** To keep from getting seconds and feeling stuffed for the rest of the day, take a walk with a group of friends, help clean up, play games or play in the pool to start burning calories and help digest the meal. You would be surprised at how many others would appreciate the chance to get moving as well.

**Tip #8: Be Savvy at the Grill.** Many of the entrees served at cookouts and gatherings are high in unhealthy saturated fats and calories, plus sodium. Aim for a serving size that is the size of a deck of cards. Be mindful of toppings like cheese, guacamole, mayonnaise and onion rings which can add hundreds of added calories. Instead pile on the mustard, ketchup, salsa, lettuce, onions, tomatoes, mushrooms, pickles, peppers and cucumbers. Also, consider eating half the bun.

**Tip #9: Be Picky about Creamy Salads.** Choose salads made from fresh vegetables and fruits that have light dressings made of olive oil and lemon. Take small portions of salads made with high-carb and high-fat ingredients to minimize the calories and effect on your blood sugar.

**Tip #10: Go Slow with Dessert.** The most important tip for desserts is to keep portions small. This means a serving that your fingers can wrap all the way around if it is in your hand. If the dessert is fresh fruit or fruit based the serving can be larger.

