

# Nutrition Notables

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## Special points of interest:

- Learn about the risks and costs of diabetes!
- Make a diabetic friendly pumpkin pie!
- Help stop diabetes this month by Participating in American Diabetes Month!

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## American Diabetes Month

November is officially American Diabetes Month. As part of the American Diabetes Association's Stop Diabetes® Campaign, they are trying this month to raise awareness of diabetes and the seriousness of it. Here are just a few statistics from the American Diabetes Association about diabetes, it's complications, and it's costs:

- Nearly 24 million children and adults have diabetes.
- Another 57 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- One out of every 3 children (and 1 in 2 minority children) born in the United States today will face a future with diabetes if current trends continue.

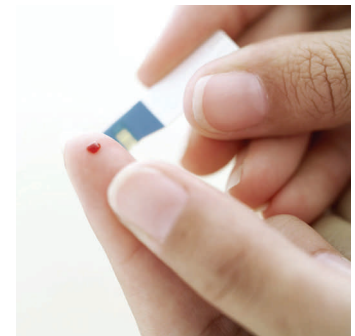
### Complications

- The death rate from diabetes continues to rise. Since 1987, the death rate due to diabetes has increased by 45%.
- About 60-70% of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction, and other nerve problems.

- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of new cases of blindness in adults.
- Diabetes is the leading cause of kidney failure.

### Costs

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.
- Direct medical costs reach \$116 billion, and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
- Indirect costs amount to \$58 billion (disability, work loss, premature mortality).
- Further published studies suggest that when additional costs for gestational diabetes, prediabetes, and undiagnosed diabetes are included, the total diabetes-related



costs in the U.S. could exceed \$218 billion.

- The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare costs.

Now that you know what's at stake; here's what you can do about it when it comes to nutrition. Make sure you are following a diabetic diet. This means counting the number of carbohydrates you are eating each day and at each meal and snack. If you aren't sure what a carbohydrate is or how many you should be eating contact a registered dietitian to set up an individualized meal plan for you.

It also means reducing your trans fat, saturated fat and sodium (salt) intake.

If you get your diet in control, it will go a long ways to helping to stop diabetes and it's complications in it's tracks.



## Diabetic Pumpkin Pie!

### Recipe Box—Pumpkin-Maple Pie

Want a diabetic friendly way to enjoy pumpkin pie this Thanksgiving? Well look no farther. With only 21g of carbohydrate per serving, it's an easy fit into a healthy diabetic meal.

#### Low-fat pie crust

- 1 cup all-purpose flour
- 1/4 cup almond meal
- 1/4 tsp salt
- 1/4 cup skim milk
- 3 tablespoons canola oil

#### Pumpkin Pie Filling

- 1 15 oz can pumpkin
- 1/3 cup sugar-free maple flavored syrup
- 1 Tbsp all-purpose flour
- 2 packets Splenda
- 1 1/2 tsp pumpkin pie spice
- 3/4 cup egg substitute
- 1 cup evaporated skim milk
- 1 1/2 tsp vanilla

In a medium bowl stir together flour, almond meal, and salt. In a separate bowl combine milk and canola oil. Add milk and oil all at once to flour mixture. Stir with a fork until dough forms. If necessary, add 1 to 2 teaspoons additional milk. Shape the dough into a ball.

On a lightly floured surface flatten dough. Roll into a 12-inch circle. Wrap dough circle around a rolling pin. Unroll into a 9-inch pie plate. Ease crust into the pan, being careful not to stretch the dough. Trim to 1/2 inch beyond edge of the pie plate. Crimp edge if desired. Do not prick dough.

In a medium bowl combine the pumpkin, syrup, flour, Splenda, and pumpkin pie spice. Add egg substitute. Beat lightly with rotary beater or fork until just combined. Gradually stir in evaporated milk and vanilla, mix well. Place pie plate on oven rack. Carefully pour filling into crust. To prevent overbrowning, cover edge of pie with foil. Bake at 375°F for 25 minutes. Remove the foil. Bake 20 to 25 minutes more or until a knife inserted near the center comes out clean. Cool on a wire rack. Cover and refrigerate within 2 hours.

Makes 8 servings.

#### Nutrition Facts per Serving:

Calories: 188 calories  
Carbohydrate: 21g  
Fiber: 1.5 g



# Happy Thanksgiving from the MUSC Nutrition Department!

## The Future of Diabetes is in Your Hands during American Diabetes Month®

***This November, the American Diabetes Association is asking: How will you Stop Diabetes®? The future is in your hands.***

Tuesday Ross, who lives in Texas, is one of the 1.6 million new people who have been diagnosed with diabetes this year. Nearly 24 million children and adults in the U.S. have diabetes, and an additional 57 million people are at high risk for developing type 2 diabetes.

"My whole life has changed," she said. "Diabetes truly alters your body, mind and soul, and puts such an emotional stress on you."

But Tuesday decided she was not going to let diabetes control her life. She is one of the hundreds of thousands of Americans who have joined the American Diabetes Association's movement to Stop Diabetes®.

"I want to Stop Diabetes because I realize now that I have not been issued a death sentence. I watch my glucose levels. I watch what I eat and try to get exercise every day. I choose to fight this disease until there is a cure."

During American Diabetes Month® this November, the American Diabetes Association is encouraging the public to take action against this devastating disease by asking "How will you Stop Diabetes? The future is in your hands."

The national Stop Diabetes movement was launched in November 2009. By

the end of December 2010, the goal is to gather the support of 1 million Americans to help confront, fight - and most importantly - stop diabetes. The Association hopes to reach and exceed the goal by the end of this year.

Local residents can become a part of the movement by visiting [stopdiabetes.com](http://stopdiabetes.com) or calling 800-DIABETES to:

**Share\*** – "Share Your Vision to Stop Diabetes" by posting your video on [stopdiabetes.com](http://stopdiabetes.com) starting October 15, 2010.

Incorporate the hand as a symbol of the movement in a 30-second video online to show your passion and commitment to changing the future of diabetes. Be sure to check out our sample videos at [stopdiabetes.com](http://stopdiabetes.com) made available by VSP® Vision Care.

Once the video submissions are complete, the public will be able to vote for the most compelling video. The top 3 finalists will receive an Apple® iPad® and the winner will be part of a Stop Diabetes public service announcement. The "Share Your Vision to Stop Diabetes" video contest is sponsored by VSP® Vision Care.

*\*Video submissions will not be accepted after November 30, 2010.*

**Act** – The future of diabetes is in your hands. Take action now by visiting [stopdiabetes.com](http://stopdiabetes.com) or calling 1-800-DIABETES.

Text JOIN to 69866 to join the movement to Stop Diabetes. Standard data and message rates apply.

Become one of the millions in the movement.

Become an Advocate for the cause and receive alerts and critical information to help stop diabetes through our

advocacy efforts.

Attend a local community activity to learn more about diabetes and how you can stop it.

Take control of your health. Request your free copy of "Top Five Ways to Stop Diabetes and Get Healthy Right Now!" or "What Can I Eat?" booklet by calling 1-800-DIABETES.

Download your own Check Up Checklist at [stopdiabetes.com](http://stopdiabetes.com) and bring it to your next health care provider's visit.

**Learn** – Become a part of the movement by learning more about diabetes.

Learn how to survive the holidays with the "Celebration Survival Guide" available at [stopdiabetes.com](http://stopdiabetes.com) or 1-800-DIABETES.

### **Give**

The drive to stop diabetes cannot succeed without individuals dedicating time, effort and funds to support our mission-critical activities in your neighborhood. You can get involved by visiting [stopdiabetes.com](http://stopdiabetes.com) or calling your local American Diabetes Office at 1-800-DIABETES.

