



Nutrition for Life: Diabetes Plate Method

The Diabetes Plate Method is a helpful tool for anyone who wants to eat better and learn about variety and portion sizes, including people with prediabetes. Each section of the plate (based on a nine-inch plate) is for the following three food groups: vegetables, grains, and protein. Off to the side is dairy and fruit. These five food groups are the foundation for healthy eating.

Fill 1/2 of the plate with non-starchy vegetables.

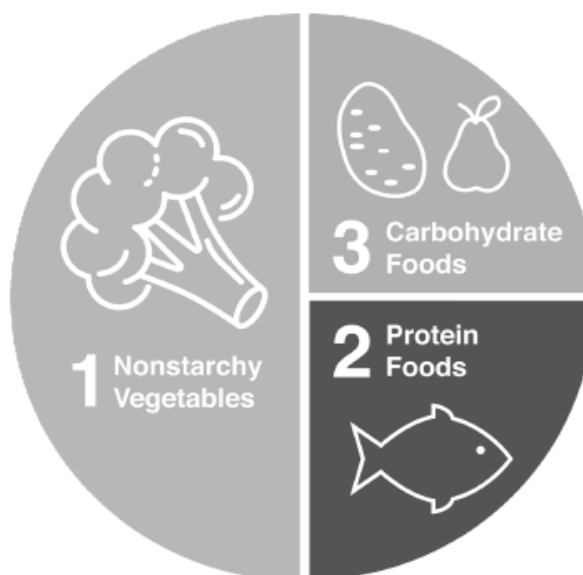
- Non starchy vegetables are low in carbohydrates. One serving amounts to one cup raw veggies, such as a salad greens or ½ cup cooked, such as broccoli. You can have as many non-starchy vegetables as you like, but make sure at least half of your plate is filled with things like green salad, broccoli, or asparagus.

Fill 1/4 of the plate with grains, starchy vegetables, or beans and lentils.

- Choose whole grains such as brown rice or quinoa which are rich in vitamins, minerals, and fiber. Beans and lentils contain both starch and protein with good amounts of fiber.

Fill 1/4 of the plate with Protein

- This section includes meat and other protein sources, such as eggs and fish. Look for lean cuts of meat and low-fat cheeses. 1/4 of the plate is equivalent to a 3 oz cooked portion (about the size of a deck of cards or the palm of your hand).



(continued)

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)

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Nutrition for Life: Diabetes Plate Method

GRAINS AND PASTA	BREADS	CEREALS	STARCHY VEGETABLES	DAIRY	BEANS, PEAS, AND LENTILS	FRUITS
1/3 to 1/2 cup cooked	1 slice (1 oz)	1/2 cup cooked	1/2 cup cooked	2/3 to 1 cup	1/2 cup cooked	1/2 cup fresh

*These measurements are based on estimates and each has about 15 gm of carbohydrate. Please see the nutrition label or talk to your health care provider or a registered dietitian for questions relating to serving sizes.

Protein

- Beef
 - Ground beef, 90% or higher lean/10% or lower fat
 - Choice grades such as chuck, round, rump
 - Loin cuts such as sirloin and tenderloin
- Cheese, preferably low-fat varieties
- Curd-style cheese, cottage, ricotta
- Eggs
- Pork, rib or loin chop or roast, tenderloin
- Seafood, such as fish, clams, crabs, and shrimp
- Tofu
- Turkey or chicken (without the skin)

Dairy

Milk and milk products are served on the side of your plate. Choose low-fat (skim), nonfat, or reduced-fat varieties. One serving (which is one cup) of the milk products below contains 12 grams of carbohydrate.

- Fat-free (skim) milk, low-fat (1%) milk, buttermilk, soy milk
- Yogurt, plain or Greek. You can sweeten this with an artificial sweetener.

Fruit

Fruit is a power food packed with vitamins, minerals, and fiber. In the Diabetes Plate Method, it is served on the side, depending on your needs, to help manage total carbohydrate intake.

Fats

In the Diabetes Plate Method, healthy fats are used for cooking and as condiments. It's best to choose unsaturated fats, which are usually liquid rather than solid. One serving of these healthy fats (which is about one teaspoon) contains 5 grams of fat and 45 calories each.

- Vegetable oil, olive oil, canola oil, sunflower oil, safflower oil, or corn oil
- Avocado
- Nut butters
- Nuts, such as almonds, peanuts, and pecans
- Olives
- Non-dairy spreads such as margarine which contains vegetable oil. Make sure your spreads are trans fat-free!

Beverages

To complete your meal, add water or another zero-calorie beverage such as diet soda, diet tea, plain tea, or coffee.

Make the Diabetes Plate Method your method!

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COPD Awareness Month

COPD Awareness Month is recognized during the month of November. As defined by the American Lung Association, Chronic Obstructive Pulmonary Disease (COPD) is a chronic lung disease that makes it difficult to breathe. COPD occurs when air becomes trapped in the lungs due to excess mucus, scars and narrowing of the air passages and breakdown of the air sacs.

The greatest cause of COPD is cigarette use and/or exposure. Other causes are maternal smoking during pregnancy and secondhand smoke during childhood, which both affect the development of the lungs.

Symptoms of COPD, according to Mayo Clinic, are difficulty breathing or shortness of breath, cough, mucus production and wheezing. Those diagnosed with COPD are at an increased risk of developing heart disease, lung cancer and many other conditions.

If you believe you could have COPD, please speak with your primary care physician to seek proper diagnosis and treatment.

Sources:

<https://www.lung.org/blog/copd-awareness>

<https://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-20353679>

Stovetop Veggie Frittata

- 1 tbsp canola oil
- 2 scallions, green and white parts separated, thinly sliced
- 1 cup frozen mixed veggies, such as broccoli, cauliflower, and carrots, roughly chopped
- 1/8 teaspoon salt
- 2 large eggs, lightly beaten
- 2 TBSP shredded Cheddar cheese
- 1/2 whole wheat English Muffin, toasted
- 1 medium orange, cut into wedges

Directions:

1. Heat oil in an 8-inch nonstick over medium-high heat. Add scallion whites, frozen veggies (do not thaw), and salt; cook, stirring occasionally, until lightly

browned, 3 to 5 minutes. Stir in scallion greens.

2. Pour eggs evenly over the vegetables and sprinkle with cheese. Cover tightly with a lid or foil and remove from heat. Let stand until the frittata is set and firm, 4 to 5 minutes.
3. Serve with English Muffin half and orange wedges.

Tip:

To reduce saturated fat, use a combination of 1 large egg and 2 egg whites. (Reserve egg yolks for other purpose, like breading chicken or using egg wash).

Source: <https://www.eatingwell.com/recipe/7885791/stovetop-veggie-frittata/>

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Exercise Series!

Only perform exercises you feel comfortable doing. Do not do anything that causes pain. Always consult your doctor before beginning any exercise regimen.

5 Minute Turkey Trot

Let's work on keeping active during the holidays! If you need support, do these exercises in front of something sturdy such as kitchen counters. Take your time and rest as you need to.

1. Walk in place for 30 seconds. Step to the right, return to center, step to the left, return to center. Repeat for 30 seconds.
2. Walk in place for 30 seconds. Step forward with right foot, return to starting position, step forward with left foot, return to starting position. Repeat for 30 seconds.
3. Walk in place for 30 seconds. Step back with right foot, return to starting position, step back with left foot, return to starting position. Repeat for 30 seconds.
4. Walk in place for 30 seconds. Step forward with right foot, bring left foot to right. Step to the left, right foot following. Step back with left foot, right foot following. Step to the right with left foot following. You've completed a box step. Repeat for 30 seconds.
5. Walk in place for 30 seconds. Bend your knees slightly to do a "mini" squat. Repeat mini squats for 30 seconds. Have chair behind you in case you need to rest.





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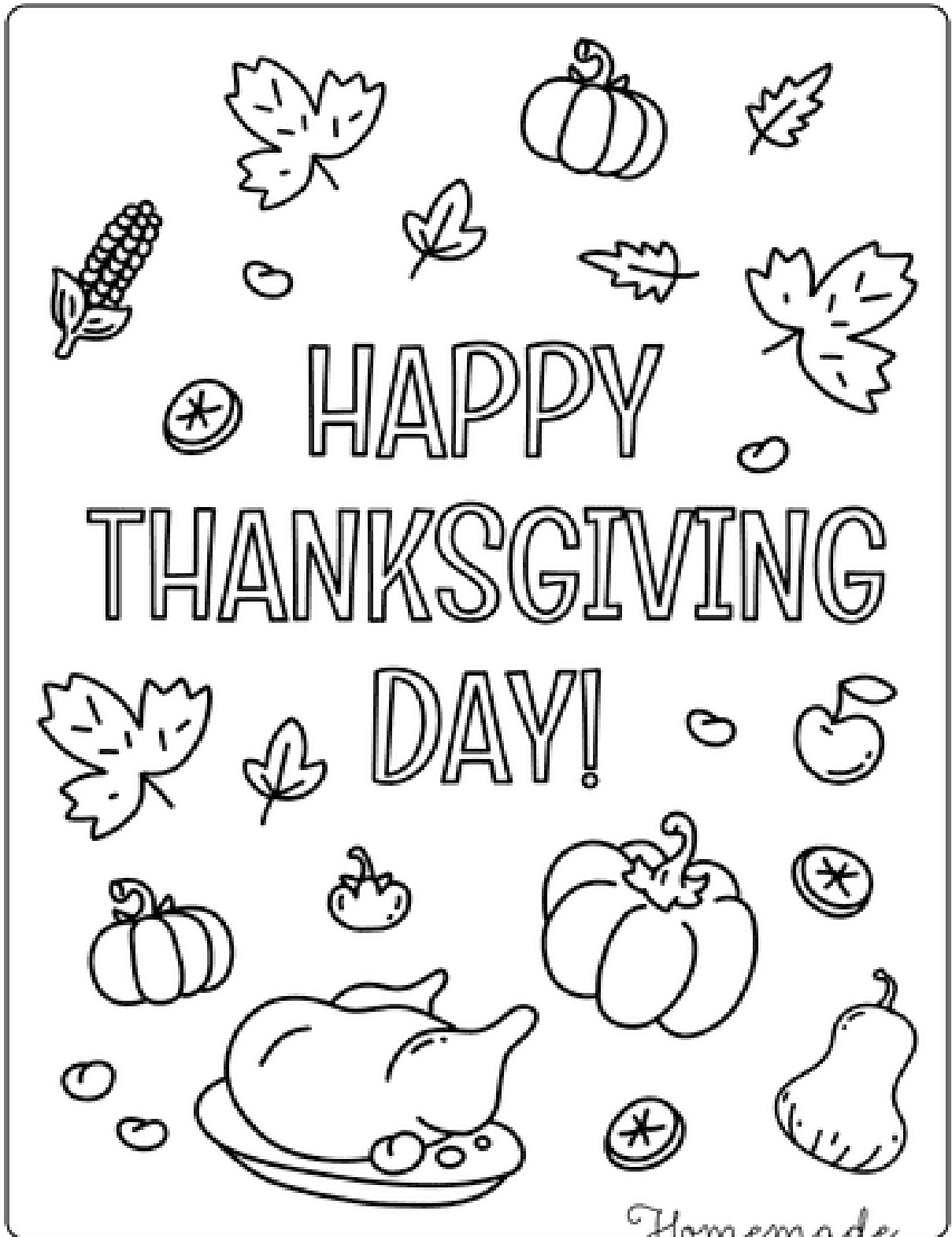
Dementia Care Insights from The Office of Dementia Services

Thanksgiving is a beautiful holiday that reminds us to be thankful for the important people in our lives. It's a time for families to gather together and share a meal. When a loved one has dementia, it's important to take some extra steps in order to plan a successful holiday experience.

Tips to help make a Thanksgiving celebration dementia-friendly:

- **Prepare your loved one.** Try to familiarize them with the guests beforehand by showing photos, sharing stories, or arranging a phone or Facetime chat prior to the celebration.
- **Prepare your guests.** Consider sharing beneficial information with guests about your loved one—such as ways to communicate with the person, what they respond well to, and what may cause distress—especially if they have not seen the person recently.
- **Factor the person's routine into the scheduling.** Changes in daily routine can be challenging for someone living with dementia, so to the greatest extent possible, plan the celebration around that routine. For example, if the person usually takes an afternoon walk, build in time for that.
- **Hold the celebration early.** Individuals living with dementia are prone to “sundowning,” a syndrome which can cause agitation and confusion in the late afternoon-early evening as the sun sets. This can be compounded when adding a celebration with a house full of guests. Consider holding the celebration earlier in the day so your loved one feels more comfortable.
- **Plan for help.** Preparing and holding a holiday gathering can be stressful even without the additional responsibilities of caring for a loved one with dementia. Relatives and friends are often eager to help, but may not know how. Don't be afraid to let them know what you need, whether it's asking them to bring a dish, help with cooking, shopping, or decorating, or spending time with your loved one while you are preparing for the celebration.
- **Keep your loved one involved.** Make adaptations that enable your loved one to participate in the celebration by focusing on what they can do, rather than what they cannot. Invite them to help by preparing ingredients for a simple dish, setting the table, decorating, and other activities. Playing familiar music or going through old photos are great forms of reminiscence that can bring joy and foster positivity during the celebration. For intergenerational activities, try singing familiar songs together, doing art activities, and having a snack together.

Source: <https://caregiver.com/articles/thanksgiving-dementia/>



Homemade
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