

Here's a delicious recipe you can try at home!!!

### PITA PIZZAS

- 4 whole wheat pitas (6-8 inch rounds)
- 375 g fresh mushrooms, thickly sliced
- 275 ml water
- 325 ml low fat cottage cheese
- 125 ml grated low fat mozzarella
- 5 ml dried thyme
- 5 ml dried oregano
- 75 ml tomato paste
- 5 ml granulated sugar
- 125 ml chopped fresh chives or parsley

Separate pitas into 2 rounds and place on baking sheet. Broil each side until crisp.

In a skillet, simmer mushrooms with 125 ml water for 5 minutes covered. Drain and set aside.

Combine cottage cheese, mozzarella, thyme and oregano in a bowl. Mix and set aside.

Combine tomato paste, remaining water and sugar and mix well. Spread mixture over pitas and top with cheese mix. Spoon mushrooms over pitas and bake in 400°F/200°C oven for 10-15 minutes. Sprinkle with chives or parsley. Makes 4 servings of 2 pizzas each.

#### Nutritional Information:

One serving = 2 pitas

cal. 286, fat 6 g, cholesterol 15 mg, sodium 718 mg, protein 23 g, carbohydrate 21 g, fibre 2 g.

#### References:

<sup>1</sup> Lewis, S.M., Heitkemper, M.M., & Dirksen, S.R. (2000). Medical-surgical nursing: Assessment and management of clinical problems (5<sup>th</sup> ed.). St. Louis: Mosby.

<sup>2</sup> Bayer Care Health Support Program. Take Charge Management (for Type 2 Diabetes). Toronto: Bayer Corporation, 2001.

<sup>3</sup> Isaccs, J. (2002, Oct). Restaurant Meals. Managing Diabetes, pp. 12-15.

<sup>4</sup> BD Consumer Health Care. Dining Out Made Simple. Oakville: BD Consumer Health Care, n.d.



**Beverages:** Beverages are often a hidden source of carbohydrates. The best choices are mineral water, club soda, sugar-free soft drinks, tomato juice, tea (iced or hot), coffee (iced or hot) and skim milk. Try to avoid drinks such as chocolate milk, regular soft drinks and milk shakes.

### Tips for Different Types of Restaurants

#### French:



Though it is delicious, French foods tend to be cooked with fat and rich sauces. If you enjoy foods like these, ask for the sauce to be served on the side so you can regulate the amount of sauce that is fit for your type of meal plan. Do not order dishes that have names with words that are unfamiliar to you, without asking first, because these usually refer to how the dish is cooked.<sup>4</sup>

#### Italian:



The backbone of most Italian meals is starch. You will often find breads, pastas, and sauces in Italian dishes. You must limit your portions according to the specific meal plan that you and your dietician formulated.<sup>4</sup>

#### Asian:



Asian foods are an increasingly popular choice for Northern Americans. Generally, the meals tend to contain large amounts of low carbohydrate, vegetables along with meat, fish or poultry. Keep in mind that servings of rice and noodles should be eaten in moderation.<sup>4</sup>



#### Tips For Those Who Require Insulin

Carrying medical supplies for administering insulin can be difficult. However, creating a small case with your insulin bottle(s), 2 syringes, paper tissues and alcohol swabs can be very helpful. Also, try to keep a few packages of sweets in the case such as hard candies. After you have ordered your food, go to a private place where you can administer your insulin. Never administer insulin before leaving home just in case there is too much time between administration and your meal. There may be a great chance of an insulin reaction taking place.<sup>4</sup>



# Eating Out With Diabetes Mellitus Diabetes Mellitus



## What is Diabetes Mellitus?

Diabetes is a group of disorders that involve abnormalities in the body's glucose levels (called hyperglycemia).<sup>1</sup> There are two main types of diabetes, type I and type II.



## What causes Diabetes?

It is caused by a decrease in the body's production of insulin (the hormone that breaks down glucose), which results in high levels of glucose found in the blood.<sup>1</sup> Type I occurs when insulin is no longer produced by the pancreas, and type II is when there is insufficient amounts of insulin produced or when the body's doesn't use it effectively.

## How does it affect the body?

When insulin is altered, the processing of proteins, carbohydrates and fats are affected.<sup>1</sup> Therefore, problems with some of the organs, such as the heart, kidneys and eyes, develop.

## What are the signs and symptoms?

- Frequent urination
- Excessive thirst
- Change (increase) in appetite
- Rapid weight loss
- Blurred vision
- Unusual tiredness
- Irritability
- Tingling in the limbs
- Sweet-smelling breath
- Slow healing of cuts
- Nausea and vomiting
- Severe abdominal pain

\*\*\*Contact your health professional immediately if you experience 3 or more of these symptoms\*\*\*

## What should I ask my doctor?

If you see the first 3 symptoms of hyperglycemia, see your doctor and ask for the following tests:

- Fasting blood glucose levels
- Glycosylated hemoglobin (HbA<sub>1c</sub>)
- Glycosylated protein test
- Microalbuminuria test
- 24 hour urinalysis

## If I'm diagnosed for diabetes, what will my health care plan involve?

**Diet:** Every person's meal plan is different. By helping you get to healthy weight, it will help the insulin to work better, and will help manage your blood glucose levels.

**Exercise:** Regular exercise is needed to help your insulin work more efficiently.

**Medication:** Some individuals may need to take diabetes medication to maintain normal blood glucose levels. These may consist of a variety of pills and even insulin.

**Self-testing:** Self-testing is the only way to accurately keep track of your blood glucose, HbA<sub>1c</sub>, weight, blood pressure, and lipid levels. This will ensure that you have proper control of your diabetes.

**Education:** Keeping track of the most recent developments in diabetes research can help you in talking to your doctor about new treatments & therapies that may benefit you.<sup>2</sup>

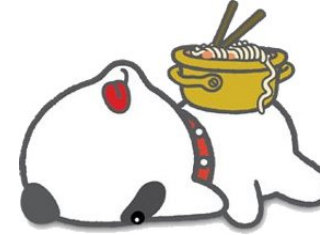


## What can I expect in the future?

While there is no cure for diabetes, researchers have been making advances everyday. However, it is not the end of your life. With proper health management, many diabetes sufferers live normal healthy lives.

## Before You Eat Out

- Always keep your meal plan in mind. Ensure that you only eat proper portion sizes, as most restaurants tend to serve larger portions. If needed, phone the restaurant to get more nutritional information about their menu ahead of time. Do not hesitate to ask the approximate carbohydrate, fat, caloric or protein contents if you are unsure. Ordering half portions or sharing with a friend is often a good strategy to avoid large meal portions.<sup>3</sup>



- Sugar substitutes are easy to carry and help you to monitor the amount of sugar in your foods and beverages.<sup>4</sup>
- Try to schedule your meals so that you are around your regular mealtime. If necessary, switch around snack times with meal times to avoid overeating. Making reservations at restaurants is a good idea. It allows you to avoid unpredictable wait times at busy restaurants.<sup>3</sup>
- Occasionally, restaurants offer a diabetic menu. You could ask the restaurant before you make a decision on where to dine.

## Healthy Choices From the Menu



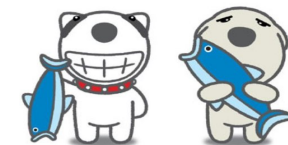
**Cocktails:** Consult a physician before including any alcohol in your meal plan. Alcohol has various effects on the body such as, raising lipid levels and lowering, as well as raising blood glucose levels, depending on which drink is consumed. In addition, it may react with certain types of diabetes medicines. Ask your health care provider to make sure you are not causing any harm to your body.<sup>4</sup>

**Appetizers:** Good foods to choose are fresh vegetables, unsweetened fresh fruits, seafood cocktail, clear broth, and bouillon. Try to avoid cream soups, meat or fish soups, sweetened canned fruit, and anything marinated in oil. If breads are offered, try to limit servings to bread, toast or muffins without butter and be sure to avoid donuts, coffee cakes and other sweet breads.<sup>4</sup>

**Salads:** Ideal salads to order are tossed salads, especially ones with sprouts, tomato, lettuce, cucumbers and other vegetables. Ordering dressings on then side helps to save on calories. However, lemon wedge and vinegar dressings can be used freely.<sup>4</sup>

**Sandwiches:** The best sandwiches are made from meat, fish, poultry, eggs, cold cuts, cheese or hotdogs. Toasting or broiling sandwiches helps add to the sandwich.<sup>4</sup>

**Meats, Fish, Poultry, Seafood:** Ensure all fats are trimmed from the meats as well as the skin from poultry. The best cooking methods are broiled, baked, braised or roasted. Try to avoid fried, fatty and breaded foods as well as meats cooked in casserole type dishes.<sup>4</sup>



**Vegetables:** Vegetables are an excellent addition to a meal. Have them either raw, stewed, stir fried, steamed, boiled or baked without added fat. You must stay away from any preparations with cream, lots of added fat or with sauces.<sup>4</sup>

**Desserts:** While sugar intake must be regulated, desserts are not to be sworn off. You are allowed to have sweets as long as eaten in moderation. Fresh fruit, angel food cake, small scoops of ice cream or sponge cake are safe desserts to enjoy. Usually fresh fruits are found with the salads or appetizers. Just ensure that you avoid extremely rich and creamy desserts.<sup>4</sup>

