

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

4 Daily Habits That Make Life with Diabetes Easier

When you have diabetes, it can be tough to follow all the rules. But little by little, you'll learn the ropes. Eventually, these habits will be as automatic as brushing your teeth.

Sleep Well

Lack of sleep can increase cravings for sugary foods and make it harder to lose weight. Aim for at least seven hours, and try to go to bed and wake up about the same time each day.

Eat Regularly

Eating at least three meals a day, with roughly the same amount of carbs at

each meal, helps keep blood sugars in range.

Check Often

Checking your blood sugar regularly can help you understand the impact of different foods and activities. Talk to your care team about how and when you should check.

Stay Active

Exercise can help you lose weight and improve insulin sensitivity — two things that

make managing diabetes easier. Even a 10-minute daily walk can make a difference. Ask your care team what's right for you.

4 Essential Health Checks to Get Each Year

Ask your provider about each of these screening tests.

- **A1C**
- **Blood pressure**
- **Dilated eye exam**
- **Urine protein**



Ask the Diabetes Doctor

Q What are some signs that my child's blood sugar is out of range?

A Managing diabetes is like keeping Goldilocks happy: You don't want blood sugars to be too high or too low — your goal is to keep them *just right*.

Kathleen Bethin, M.D., a pediatric endocrinologist and spokesperson for the American Academy of Pediatrics, says to watch out for these signs of out-of-range blood sugar.

- Weight loss
- Fatigue
- Frequent urination, especially at night
- Urinating and drinking a lot during the day
- Sunken eyes
- Pale skin



Hyperglycemia, or high blood sugar, can happen if your child isn't taking insulin as directed, isn't eating properly or getting enough exercise, is under stress, or is sick. Make sure they're getting insulin on schedule and following the diet and exercise plan prescribed by the doctor.

Hypoglycemia, or low blood sugar, can be caused by taking too much insulin, not eating

enough, or exercising too much. If blood sugar is too low, you can raise it to a safe level with a small portion of a sugary food, like a glass of orange juice.

"If your child is taking really deep and rapid breaths and their breath has a fruity odor, that could be a sign of ketoacidosis," says Dr. Bethin. This is a serious condition, and you should call your doctor right away.

We're Here for You

Your Case Manager can connect you to the resources you need. Just call **1-833-609-0735**.



Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

Plan a few meals (get the family involved!) and build a grocery list from there. And don't forget to restock staples. I like to take a photo of my pantry and fridge to remind me of what I need. Or, keep a running list on the fridge that everyone can add to as things run out.

Don't be brand loyal.

Prices can vary from brand to brand. Compare prices and try different brands when they're on sale or if

you have a coupon. Try store brands too. They're almost always less expensive, and the quality is just as good.

Keep it simple. It's a myth that eating healthy is more costly. It's not about elaborate meals and exotic superfoods. Focus on

basic ingredients and simple recipes. Practice habits like repurposing foods — leftovers are a great way to stretch the budget — and get the family involved in planning and cooking. Eating well doesn't mean going broke.

Be a Super Shopper!

Healthy, delicious food on a budget? Yes, you can!

Elizabeth Ferrer, R.D., AvMed's registered dietitian, shows you five simple ways to conquer the checkout line and be a star in the kitchen.

Protein for pennies.

Protein is important, but it doesn't have to come from the meat counter. Beans, peas, and chickpeas are inexpensive plant-based options. A pound of dry lentils costs only a couple of dollars and can make a large pot of lentil soup. With a salad on the side, you've got a low-cost, high-protein (and delicious) meal.

Do a deep freeze.

Fresh produce can be expensive and goes bad

so quickly. Instead, head to the freezer aisle. Frozen fruits and vegetables have the same nutritional value as fresh. (But check labels and avoid added salt, sugar, and sauces.) Keep



frozen veggies on hand to add to pastas, soups, stir fry, or even convenience foods like mac and cheese for a health boost.

Make a list. Knowing exactly what you need when you go to the store can save time and money.

Recipe



Cantaloupe, Cucumber, and Jicama Salsa

Serves 8 / Serving size: ½ cup
Prep time: 20 minutes

Sweet and savory with a cool crunch, this budget-friendly salsa is great on tacos or with grilled fish or chicken.

Ingredients

- 1 cup finely chopped cantaloupe
- 1 cucumber, chopped
- 1 medium jicama (or 2 tart apples), peeled and chopped
- 2 green onions, finely chopped
- Juice of 1 lime
- ¼ tsp. chili powder (optional)

Directions

In a large bowl, gently mix together all ingredients. Let sit 10 minutes at room temperature to allow flavors to marry.

Handy Hint: New to jicama? Nicknamed the “Mexican potato,” this nutritious root veggie is juicy and crunchy, like an apple, with a mildly sweet flavor.

Calories: 45
Fat: 0 g (0 g sat. fat)
Carbs: 11 g (4 g fiber)
Protein: 1 g
Sodium: 10 mg