

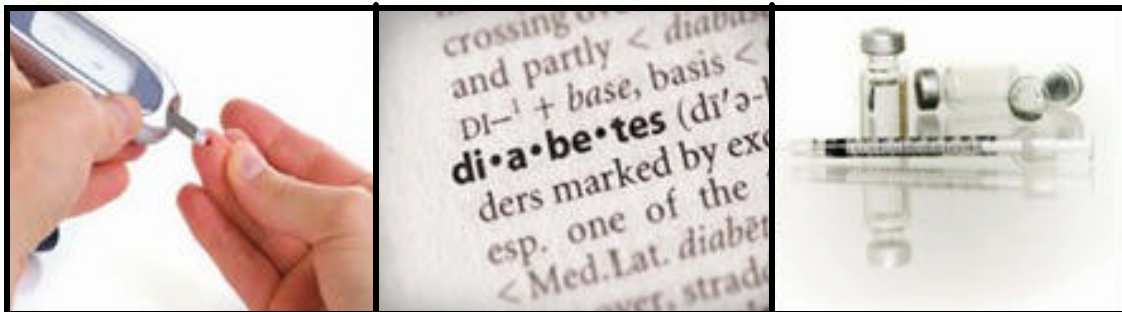


Diabetes Newsletter

Control your
diabetes.
For Life.

PIKE COUNTY HEALTH DEPARTMENT

JANUARY, 2009



RAISING THE BAR

Nutrition bars are crowding store shelves everywhere. Many are nothing more than candy bars, repackaged with a “healthy” twist. Should you consider using them if you’re eating on the run?

Several types of nutrition bars are available on the market. They might not be interchangeable, even though their carbohydrate content is similar.

- ? Meal replacement bars are designed to replace a 300-400 calorie meal and often include 15 or more grams of protein.
- ? Snack bars are marketed for eating between meals, so they usually contain less than 300 calories. They may be used to replace a meal if supplemented with low-fat milk, yogurt, or fruit.
- ? Carbohydrate-controlled bars are often marketed to athletes, people following low-carbohydrate diets, and people trying to lose weight. They tend to be high in protein, with 15-30 grams per bar, and many are high in sugar alcohols, a type of carbohydrate that is incompletely digested, so it doesn’t raise blood glucose as much as “regular” forms of carbohydrate.

Diabetes bars are targeted toward people with diabetes and are intended to either replace a meal, prevent hypoglycemia often contain uncooked cornstarch, which is absorbed slowly and acts as a steady source of glucose over several hours. This is particularly useful for those trying to avoid low blood glucose overnight or before and/or after exercise.

Resistant starch and fiber are key ingredients in diabetes bars designed to prevent both hypoglycemia and high blood glucose. Resistant starch and fiber are not broken down into glucose and absorbed in the small intestine, so they do not cause an increase in blood glucose and insulin levels after meals (although other ingredients in the bar do).

Don’t use diabetes bars to treat hypoglycemia; they contain fat and protein and aren’t formulated to raise blood glucose level quickly.

Choosing A Bar

Know the nutrition value of the bar you are considering. Some general guidelines from the latest edition of *Choose Your Foods: Exchange Lists for Diabetes* (published by the American Diabetes Association and American Dietetic Association) are the following:

- ? A 1 1/3 -ounce meal replacement bar = 1 1/2 carbohydrate choices and 0-1 fat choice.
- ? A 2-Ouncy meal replacement bar = 2 carbohydrate choices and 1 fat choice.

Note the fat source in the nutrition bar. Look for one with 0 grams of trans fat, and avoid those that contain palm kernel or partially hydrogenated vegetable oils. Choose a bar with less than 5 grams of total fat and less than 3 grams of saturated fat..

A single nutrition bar doesn’t have all the nutrients your body needs, so don’t rely on them for meal replacements on a daily basis.

Pumpkin Cake

3 Cups all purpose flour
2 teaspoons ground cinnamon
1 teaspoon baking soda
1 teaspoon ground nutmeg
1 teaspoon ground cloves
1/2 teaspoon baking powder
1/2 teaspoon salt

1 Cup Sucralose-sugar blend
1/2 cup canola oil
1/2 cup unsweetened applesauce
1 can (15 ounces) solid pumpkin (about 2 cups)
3/4 cup cholesterol-free egg substitute
1 teaspoon powdered sugar (optional)



1. Preheat oven to 325°F. Coat 13x9-inch baking pan with nonstick cooking spray; set aside. Combine flour, cinnamon, baking soda, nutmeg, cloves, baking powder and salt in medium bowl. Mix well; set aside.
2. Beat sucralose-sugar blend, oil and applesauce in large bowl with electric mixer at medium speed 1 minute or until smooth. Beat in pumpkin and egg substitute until well blended.
3. Gradually add flour mixture to pumpkin mixture, beating until just blended. DO NOT OVERMIX.
4. Pour into prepared pan. Bake 1 hour and 20 minutes or until toothpick inserted into center comes out clean. Cool completely in pan on wire rack. If desired, sprinkle with powdered sugar.

Note: Pumpkin has significant nutritional benefits. It is naturally low in calories and fat, loaded with vitamin A, and an excellent source of fiber. Pumpkin's deep orange color reveals its rich supply of beta-carotene, an important antioxidant that supports healthy blood circulation and enhances vision.

Cal: 150 Chol: 0 mg Fat: 5 g
Sat Fat: 1 g Sod: 127 mg Fiber: 1 g
Sugars: 3 g Carb: 22 g Protein: 3 g
Exchanges/serving: 24 Servings

Next Diabetes Support Group Meeting is scheduled for Feb.12 from 4pm-5pm at the Health Department