



The Diabetes Solution: For Women

An Online Course with Dr. Jorge E. Rodriguez

Dr. Jorge Rodriguez's online course, The Diabetes Solution for Women, is available at:
DiabetesSolutionForWomen.com

Ten Things Not to Have in Your Refrigerator or Pantry if You Are Diabetic

It's not difficult and it is not deprivation to make these changes. They will help you live longer and healthier. After all, isn't that the goal?

1. POTATOES (especially boxed mashed potatoes)

The amount of high glycemic index carbohydrates is incredible. Use alternatives, like cauliflower, that are much healthier for you.

2. BOXED FOOD

Most boxed rice, potato, or macaroni dishes are extremely high in carbohydrates and preservatives. Cooking your own food from fresh ingredients is definitely the healthiest alternative.

3. JELLY/JAM

These are basically spreadable sugar bombs that can be abused during those times of hunger.

4. BREAD/CRACKERS

These items are potential diet busters and once you start munching on them, it's a slippery slope.

5. BAKED GOODS

Cupcakes, cookies, and doughnuts. . . . Not only is the flour pure carbohydrate, they also have additional sweeteners.

6. JUICES

Juices are nothing but water and sugar. Have the real thing. Fruits not only give you the nutrition and the carbohydrates but they also supply the fiber necessary to allow your body to use carbohydrates more efficiently.

7. NOODLES

Not only are they super salty (which doesn't help your blood pressure), they contain high amounts of useless carbohydrates.

8. ALCOHOL

Alcohol is essentially liquid carbohydrates. The last thing you want to drink are sweet, fruity drinks with mixers. Try vodka and soda instead.

9. DIET SODA

Using sugar substitutes may cut down on the carbohydrates initially but in the long run they make you crave sugar. They also change your gut bacteria and may lead to an increase in your weight.

10. DESSERT

No ice cream. No candy bars. (Sorry!) These little sugar bombs should be nowhere in the house. Make desserts from natural fruits instead.

Doctor Visit Checklist

Knowledge is power. And when it comes to your health, knowledge is the power that makes and keeps you healthy. If you are diabetic, here's a quick checklist to help you prepare for your next doctor visit.

1. HGAIC (ALSO KNOWN AS JUST A1C)

This will tell the doctor and you what your average blood sugar has been over the past three months. If you are diabetic, you ALWAYS want your A1C to be less than seven percent. Note: You don't have to be fasting for this test.

2. WEIGHT

If you have gained weight, chances are your blood sugar and A1C will be too high. Note: what you eat contributes more to your weight than how much you exercise.

3. MEDICATIONS

Review your medications and dosages every single time. It is never a bad idea to bring all your pill bottles and injectables to the doctor's office to make sure everyone is on the same page.

4. NEXT OFFICE VISIT

Make sure that you know when your next office visit is and what the specific plan is for that visit—do you need to come back to see how the new medication is working? See if you have lost weight? Know the next step in the plan.

5. BRING AN ADVOCATE

This has nothing to do with trusting your doctor; this is about having someone that can listen WITH you. Sometimes patients are so overwhelmed by what we tell them that not every bit of information is remembered. Have them take notes, if needed.

DATE	HGAIC/A1C	WEIGHT	MEDICATION/ DOSE CHANGE?	MEDICATION	DOSAGE	NEXT VISIT DATE

Test Your Diabetes Knowledge

1. What are symptoms of Diabetes?

- A. Increase in urination
- B. No symptoms at all
- C. Unplanned weight loss
- D. All of the above

2. Which of the following is/are a medical definition of Diabetes?

- A. A fasting blood sugar of greater than 125
- B. An A1C of greater than 6.5%
- C. Having sugar in your urine
- D. Both A and B

3. How many Americans have Diabetes or pre-Diabetes?

- A. 2 Million
- B. 30 Million
- C. Over 80 million

4. True or False? Being obese contributes to the likelihood of being diabetic.

- True
- False

5. Diabetes during pregnancy can cause which of the following?

- A. Miscarriages
- B. Larger than average babies
- C. Fetal birth defects
- D. All of the above

6. True or False? Women with Diabetes are more likely to have heart attacks than women without Diabetes.

- True
- False

7. True or False? Diabetes must always be treated with medication.

- True
- False

8. True or False? Women with Diabetes cannot breast-feed their babies.

- True
- False

9. On average, a diabetic woman with Diabetes is most likely to experience the following changes in blood sugar during menopause:

- A. Better control of blood sugar. The blood sugar is more stable.
- B. Worse control of blood sugar. The blood sugar is more out of control.
- C. No difference whatsoever.

10. Which of the following is a carbohydrate?

- A. White bread
- B. Wheat bread
- C. Corn
- D. All of the above

11. Which of the following vastly contains the LEAST amount of carbohydrates?

- A. Carrots
- B. Beets
- C. Tuna fish
- D. Goat's milk

12. True or False? Pre-Diabetes is not harmful.

- True
- False

Test Your Diabetes Knowledge (continued)

13. Do birth control pills increase complications if you are a diabetic woman?

- A. No. Birth control pills are completely safe.
- B. Maybe. But not enough to matter.
- C. Yes. They may make it more likely to have higher blood glucose and high blood pressure.

14. Which of the following is not an effective treatment for Diabetes?

- A. Insulin
- B. Oral medications
- C. Eating the correct type of carbohydrates
- D. Avoiding all carbohydrates
- E. Increasing the amount of aerobic exercise

15. What are some of the causes of Diabetes?

- A. Not making enough insulin
- B. Having insulin that doesn't work
- C. Being obese
- D. All of the above

16. True or False? Women do not have different Diabetes issues than men.

- True
- False

17. Gestational Diabetes...

- A. Usually causes overweight babies.
- B. May lead to the mother being diabetic in the future too.
- C. Can cause more complications during birth.
- D. All of the above

18. Diabetic women...

- A. Have double the risk of heart disease than women without Diabetes.
- B. Usually have better control of their Diabetes than men.
- C. Make up approximately 50% of all diabetics.
- D. Both A and C

19. True or False? Fruit juice is just as healthy for a diabetic as the actual fruit.

- True
- False

20. True or False? Type II Diabetes is a death sentence.

- True
- False

21. Type II Diabetes can cause damage to

- A. Vision
- B. Nerve endings
- C. Kidneys
- D. All of the above

22. Which of the following can raise your blood sugar?

- A. Chocolate éclair
- B. Rice
- C. Carrots
- D. All of the above

23. True or False? Estrogen does not affect your body's insulin efficiency.

- True
- False

24. Diabetic women tend to have more stable blood sugars after menopause.

- True
- False

1. D 2. D 3. C 4. True 5. D 6. True 7. False 8. False 9. B 10. D 11. C 12. False 13. C 14. D 15. D 16. False 17. D 18. D 19. False 20. False 21. D 22. D 23. False 24. True

Confetti Omelet with Goat Cheese

Serves 1

A good, balanced breakfast with a healthy dose of fiber as well as protein helps maintain blood sugar throughout the morning. And certain fats in cheese are associated with better glycemic control. This quick omelet offers it all. Start with half a grapefruit or a clementine or a kiwi. Then enjoy this tasty colorful omelet with a slice of organic whole grain toast drizzled lightly with olive oil.

1 extra-large farm fresh organic egg
Dash of Tabasco
2 tablespoons extra virgin olive oil
½ medium shallot
½ cup chopped broccoli crowns
3 tablespoons diced red bell pepper
Sea salt and freshly ground pepper
1 tablespoon fresh white goat cheese (chèvre)

1. In a small bowl, beat the egg with a dash of Tabasco. Beat in 1 teaspoon of cold water.
2. Heat the oil in an 8-inch nonstick skillet over moderate heat. Add the shallot and cook for 30 seconds. Add the chopped broccoli and diced red pepper. Season with salt and pepper to taste. Cook, stirring a couple of times, until the vegetables are just tender, 2 to 3 minutes.
3. Pour in the egg; immediately tilt the pan to make sure the egg covers the entire bottom. Cook until the omelet is just barely set, 30 to 60 seconds. Reduce the heat to moderately low.
4. Dot the center of the omelet with a row of small dollops of goat cheese. Use a wide spatula to carefully fold the omelet in half and turn out onto a plate.

Baked Salmon Ravigote with Quinoa and Kale

Serves 3 to 4

It's hard to go wrong with salmon, but this bright herbal sauce, which doubles as a topping and marinade as it cooks at a relatively low temperature, really kicks up the flavor. Serve with quinoa and kale (recipe follows).

12 ounces center-cut salmon fillet
Sea salt and freshly ground pepper
2 tablespoons mayonnaise
1 teaspoon coarse-grained mustard
1 tablespoon minced chives
1 tablespoon coarsely chopped parsley
½ teaspoon dried tarragon (or 1 teaspoon chopped fresh if you have it)
½ medium shallot, minced
2 teaspoons capers
2 teaspoons fresh lemon juice
½-¾ teaspoon finely minced lemon zest

1. Preheat the oven to 325°. Pat the salmon dry with paper towels and set skin side down in a lightly oiled baking dish. Season lightly with salt and liberally with ground pepper.
2. In a mini-food processor, combine all the remaining ingredients. Pulse several times, then whirl until everything is finely chopped and blended. Spread over the top of the fish.
3. Set in the oven and bake for 15 minutes, or until the salmon is just cooked through.

Quinoa and Kale

Serves 4 to 6

¾ cup quinoa, preferably red
1 package (10 ounces) prewashed baby kale
2 teaspoons soy sauce
1½ teaspoons toasted sesame oil

1. Put the quinoa in a bowl and add warm water to cover by at least an inch. Swish around and drain into a fine strainer; repeat. Cook the quinoa in 1¾ cups salted water, partially covered, until the little tails uncurl and it is almost tender, about 12 minutes.
2. Quickly add the baby kale and stir to mix. Cover the pot. Cook over moderately low heat for about 3 minutes longer to finish cooking the quinoa and steam the kale.
3. Stir in the soy sauce and sesame oil and serve.

Apple Almond Crisp

Serves 4 to 6

Rice flour is available now in many supermarkets both in the bulk section and in packages in the baking section. (Bob's Red Mill makes a rice flour you can find in many stores or by mail order.) In less volume, it provides a crisp alternative to ordinary wheat flour and is handy if any of your friends are gluten intolerant. Serve with a dollop of whipped cream or a spoonful of crème fraiche.

6 apples, preferably a mix of different types of heirlooms

1 tablespoon fresh lemon juice

6 tablespoons organic raw sugar

¼ teaspoon plus 2 dashes of ground cinnamon, or more if you prefer

¾ cup old-fashioned rolled oats

3 tablespoons rice flour, preferably raw brown rice flour

4 tablespoons unsalted butter, slightly softened

¼ teaspoon almond extract

¼ cup sliced almonds

1. Preheat the oven to 375°. Butter a 9-inch square baking dish or 14-inch oval gratin.
2. Peel and quarter the apples. Using a small paring knife, cut out the stems and cores. Slice the apples and turn into a buttered baking dish. Sprinkle on the lemon juice, 2 tablespoons of the sugar, and a couple of dashes of cinnamon. Toss to mix thoroughly.
3. In a small bowl, combine the remaining ¼ cup sugar with the oats and rice flour; mix well. With your fingertips, work in the butter, pinching and blending, to produce a sandy paste. Work in the almond extract and then the sliced almonds. Crumble the mixture evenly over the top of the apples, leaving some slightly larger clumps intact.
4. Bake for 40 minutes, or until the apples are bubbling and the top is lightly browned.