

Fall 2005

# shoppe

**Diabetes Shoppe**  
Your Partner In Diabetes Care

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# talk for kids



## may I take your healthy order?



A typical fast food meal can use up half a day's calories and raise your blood sugar above your target range, but follow these hints and you can make healthy choices when you join your friends for a fast-food outing:

**DON'T** go for jumbo or supersized meals. These larger portions mean more calories, more fat, and they will make it harder to keep your glucose under control.

**DO** try grilled meals. They are better choices than breaded or deep-fried meals.

**DO** try the salad bar. You might find your favorite fruits and vegetables there.

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# there's a lot more to halloween than candy



That spooky time is just around the corner. Here are some tips to fill your holiday with treats but no tricks.

- ☾ Make your costume count. Pick someone or something you will really enjoy being.
- ☾ Join in all the festivities going on in your area—parades, parties, hayrides, bonfires, haunted houses.
- ☾ Get some extra physical activity on the days around Halloween to help keep your blood sugar on target.

When it's time for trick-or-treating, follow these rules:

- ☾ Always stay with an adult.
- ☾ Be ready to check your blood sugar while you're out if Mom or Dad says you need to.
- ☾ Don't eat your treats until Mom or Dad checks them out first!

You won't get to eat all the goodies you get (nobody does!), but with your parents' help, you can pick out some favorite treats. Have a few on Halloween, and save some in the refrigerator or freezer for another day.

Happy Halloween!

# a-mazing fruits

Go through the maze and find the fruit!



recipe

# apple dumplings



You will need an adult to supervise and assist with this recipe.

**SERVING** 1 dumpling (makes 4)

## INGREDIENTS

- 1 frozen pie shell, softened
- 4 apples
- 1 tablespoon lemon juice
- 3 tablespoon granulated sugar substitute
- 1/4 teaspoon cinnamon
- 4 teaspoon margarine
- 1 egg white (slightly beaten)

## DIRECTIONS

- 1 Roll out pie shell and cut into 4 equal pieces.
- 2 Peel and core apples; sprinkle with lemon.
- 3 Place 1 apple in center of each piece of dough. Top each apple with 1 teaspoon margarine.
- 4 Combine sugar substitute and cinnamon in a bowl.
- 5 Bring opposite ends of dough up over apple. Moisten slightly with water; seal securely.
- 6 Brush dough with beaten egg white; sprinkle cinnamon mixture over dough.
- 7 Place dumplings in a shallow pan; bake at 425°F (35 to 45 minutes).

**EXCHANGES** 2 bread, 1 fruit, 2 1/2 fat



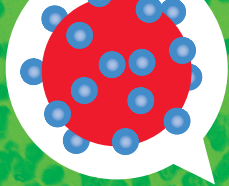
# playing it safe

Before starting a sports activity, kids with diabetes have a few additional steps to take beyond the usual warm-ups and stretching. Follow these tips to play it safe!



- Check with your doctor about your blood testing schedule. You may need to test it before, during and after an activity.
- Let your blood sugar levels guide you. You may need to have an extra snack to prevent blood sugar level from going too low, but you also need to watch for high blood sugar levels that can occur during exercise too. If you take insulin, you may need to adjust the dosage.
- Stress can also cause your blood sugar to go up. Remember, it's only a game!
- Keep an eye on any cuts and bruises to make sure they don't get red or swollen.
- Whatever sport you are involved in, it's important to keep hydrated. That means drink lots and lots of water!
- Stop playing and tell your coaches if you get injured or feel sick. And don't go back to playing until you get the OK from your doctor and your parents.





# diabetes dictionary

## WHAT IS A KETONE?

A ketone is a chemical found in the urine of kids with type 1 diabetes. Ketones tell doctors that there is not enough insulin in the blood.

## WHAT IS INSULIN?

Insulin is a hormone that helps your body make energy out of food and control how much sugar is produced. It is made naturally by the pancreas, but if your pancreas isn't making enough, you can get more insulin through an injection or insulin pump.



Ketone

The words below may sound the same but they have very different meanings. Words like these are called homophones. Pick the right word below to complete each sentence.

1. What is the  price of a movie ticket?  
(curreant; current)
2. My sister  when she got her flu shot.  
(bald; bawled)
3. My mom tells me to always “mind my ”  
when we visit the pharmacy. (manners; manors)

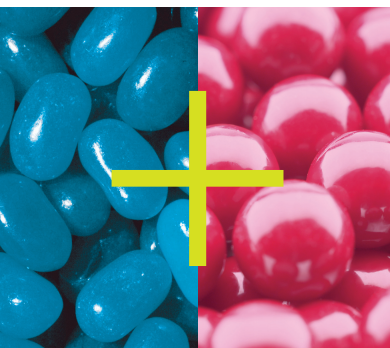
The following words are homophones too. Can you list their homophone partner or partners?

- |                                     |                               |
|-------------------------------------|-------------------------------|
| a. blue / <input type="text"/>      | d. sea / <input type="text"/> |
| b. bear / <input type="text"/>      | e. two / <input type="text"/> |
| c. principle / <input type="text"/> | f. no / <input type="text"/>  |

Answers  
 1. current 2. bawled 3. manners  
 a. blew b. bare c. principal d. see e. to/too f. know



# story-telling by the numbers



## CAN YOU FIGURE OUT THE MATH PROBLEM IN THE FOLLOWING STORY?

Fran the pharmacist interviewed 50 people with diabetes. She found that 21 like only mint-flavored sugar-free candies, 17 like only cherry-flavored sugar-free candies and 9 like both candies. How many people who were interviewed like neither candies?

ANSWER: 5

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## may I take your healthy order?

**DON'T** starve yourself. If you really want those fries, get a small serving and share with your friends.

**DO** check your blood glucose regularly. It might be annoying, but it's your best way to stay healthy.



## a-mazing fruits answer key

