



Managing Medication-Induced High Blood Glucose Levels

Your normal blood glucose levels are between 70 and 110 mg/dL when you are fasting or don't eat. After eating, your blood glucose levels should rarely go above 140 mg/dL. Medications such as diuretics, phenytoin, niacin, and high-dose glucocorticosteroids can cause an increase in blood glucose levels. The condition usually corrects itself when the medication is stopped, but care must be taken to eat the right diet while blood glucose levels remain high. These tips, in addition to the advice of your doctor, nurse, and dietitian, can help keep blood glucose levels in more desirable ranges.

- ◆ Eat protein-rich food at each meal and with snacks to help stabilize blood glucose levels.

- ◆ For the same reason, try to eat complex carbohydrates (whole grains, rice, and cereals) instead of simple sugars (refined flour and sugar).
- ◆ Eat meals and snacks at regular times. Try not to skip meals.
- ◆ Eat about the same amount of food each day.
- ◆ While it may not completely fix the problem, being at a healthy weight can help. If you need to lose weight, do so slowly and, if possible, through changes in diet and physical activity.
- ◆ Light or moderate physical activity, if recommended by your doctor, will help you control your blood sugars. Activity will also help you reach and stay at a healthy weight, and give you a sense of well being.

Food List

	Eat More	Eat Less
Meat and meat substitutes	Meats, fish, poultry, eggs, cheese, milk, yogurt, peanut butter, and dried beans	
Breads, cereals, rice, and pasta	Whole-grain breads and cereals; bagels, muffins, waffles; cold or unsweetened cereal; pasta; and rice	Pastries, doughnuts, and sweetened cereals
Fruits and vegetables	Any fresh, frozen or canned fruit (packed in juice or light syrup) and fresh, frozen, or canned vegetables	Fruit and vegetables in sauce or heavy syrup
Beverages, desserts, and miscellaneous	Coffee, tea, and sugar-free soft drinks; sugar substitutes; no-added-sugar jams, jellies, and syrups; plain cookies; plain desserts such as ice cream and unfrosted cake; sugar-free puddings and flavored gelatins; margarine, butter, salad dressing, vegetable oil, and mayonnaise	Sugar-sweetened drinks; sugar, jams, jellies, and syrups; and frosted cakes, rich desserts, pies



Recipes Recipes Recipes

Egg Omelet with Cottage Cheese

- 1 tablespoon margarine
- 2 eggs, separated
- $\frac{1}{4}$ cup low-fat cottage cheese
- Dash of pepper
- $\frac{1}{2}$ tablespoon dried parsley

Preheat oven to 350°F. Melt margarine in an oven-proof skillet. Beat egg whites until stiff but not dry. In a separate bowl, beat yolks until lemon-colored and thick. Add cottage cheese and pepper to yolks and beat until smooth. Fold in egg whites and

parsley. Place mixture in skillet with margarine and cook over medium heat until lightly browned on the bottom and fluffy (about 3 to 4 minutes). Bake in oven for 15 minutes. Make a crease down the center of the omelet with a knife and fold over. Serve immediately.

Makes one omelet. Each omelet contains 240 calories and 20 grams protein. Diabetic exchanges: 3 lean meats, 1 fat.

Turkey Vegetable Soup

- 1 teaspoon vegetable oil
- 1 pound 93% lean ground turkey
- 1 cup onion, diced
- 1 large clove garlic, minced
- 2 cups water
- $1\frac{1}{2}$ cups potato, diced
- $\frac{1}{2}$ cup carrots, chopped
- 2 15-ounce cans tomatoes (no salt added)
- 1 10-ounce package frozen mixed vegetables
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon each oregano and marjoram seasoning

In a large pot over low heat, sauté turkey, onion, and garlic in oil. Drain fat. Add water and potatoes and bring to a boil. Cook 10 minutes. Add carrots and tomatoes and cook 10 minutes more. Add mixed vegetables and spices, cover, and simmer for 15 minutes.

Makes eight $1\frac{1}{2}$ cup servings. Each serving contains 190 calories and 21 grams protein. Diabetic exchanges: 1 starch/bread, 2 lean meats, 3 vegetables.

